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*YOUR TRAINING*  
**PROGRAM**

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# UNDERSTAND YOUR TRAINING PROGRAM

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When it comes to transforming your physique and improving overall fitness, incorporating compound exercises into your workout routine is a powerful strategy. Compound exercises are multi-joint movements that engage multiple muscle groups simultaneously, making them highly efficient for building strength and muscle mass.

So whether you're a seasoned fitness enthusiast or a beginner, this exercise program will guide you through the process of incorporating compound exercises into your workout routine to achieve your strength and muscle-building goals.

Keep in mind that the program you're about to embark on will be focused on an intermediate level of fitness. If you're a beginner, feel free to reduce the number of sets or training days to suit your needs.

## Are You Ready To Transform Your Body?



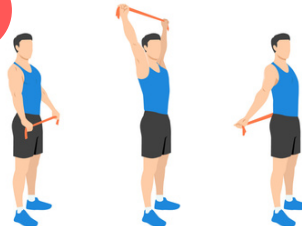
# WARMING UP AND STRETCHING

Prior to weight training, warming up and stretching play a crucial role in injury prevention and enhancing performance. A well-executed warm-up gradually elevates the heart rate, improves blood flow to the muscles, and primes the body for the upcoming workout.

Adapting your warm-up and stretching routine to suit your body's needs is of utmost importance. Listening to your body's signals allows you to make necessary adjustments. If you have specific injuries or concerns, seeking guidance from a specialist or healthcare provider ensures the development of a tailored warm-up and stretching regimen that addresses your individual requirements.

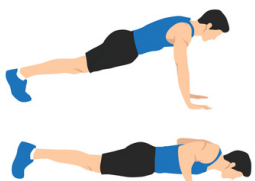
Here are a few warm-up/stretching options you can consider before starting your workouts:

1



Banded Shoulder Stretch

2




Bodyweight Push Ups

3




Bodyweight Side Lunge

4



Hip Flexor Stretch

5



Cobra Back Stretch

6



Glute Stretch

# WEEKLY WORKOUT SCHEDULE

**PHASE 1:  
WEEK 1-4**

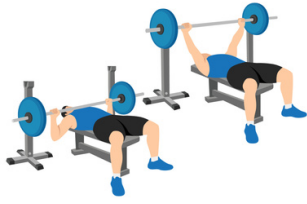
Strength & Tone	5 Exercises	20 Sets	10 Reps
Day 1 Upper Body			
Day 2 Lower Body			
Day 3 Upper Body			
Day 4 Lower Body			
Day 5 Upper Body			
Rest/Recovery Day			
Rest/Recovery Day			

**PHASE 2:  
WEEK 5-8**

Strength & Tone	5 Exercises	24 Sets	8 Reps
Day 1 Upper Body			
Day 2 Lower Body			
Day 3 Upper Body			
Day 4 Lower Body			
Day 5 Upper Body			
Rest/Recovery Day			
Rest/Recovery Day			

BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench and start by holding a barbell above your chest with your hands slightly wider than shoulder width.
2. Slowly lower the barbell to the middle of your chest and then press the barbell back up to the same start position until your arms are straight.
3. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL INCLINE BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

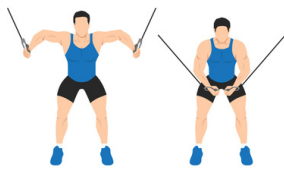


1. Sit on an incline bench set at 45 degrees.
2. Start by holding the bar over your upper chest with your arms straight and grip slightly wider than shoulder width.
3. Slowly lower the bar until the barbell makes contact with your upper chest.
4. Then press the barbell straight up over your chest until your elbows are locked.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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CABLE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

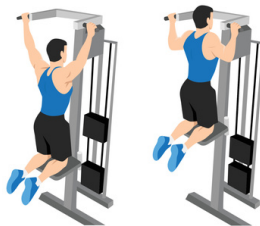


1. Bend over at the waist holding handles with your arms straight out to your sides at shoulder height and your feet split.
2. Pull the handles down together in front until they meet, keeping your arms straight.
3. Return to the starting position.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)

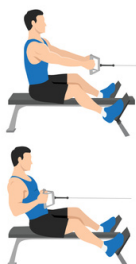


1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

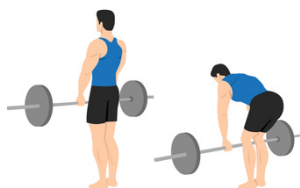


1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)

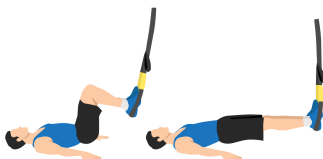


1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

REVERSE DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)

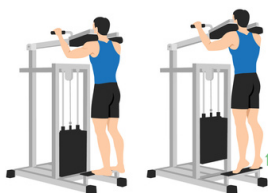


1. Stand with dumbbells in both hands hanging down your sides.
2. Extend one leg back and lower your body on the other leg until the knee of the rear leg is almost in contact with the floor.
3. Return to the original standing position.
4. Make sure your torso is straight during the whole exercise.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

STANDING MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



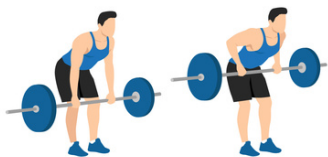
1. Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step.
2. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4



**BENT OVER BARBELL ROW**

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand in a half deadlift-like position -- bent at the hips, midline set in neutral (spine in neutral), and grasp a barbell with your hands shoulder-width apart and arms hanging.
2. Pull the bar towards your body by squeezing your shoulder blades together.
3. Pause at the top, and return to the starting position.

<b>SETS x REPS</b>	4 x 10	<b>WEIGHTS</b>	Week 1	Week 2	Week 3	Week 4
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**ASSISTED PULL UPS**

[TAP FOR VIDEO DEMONSTRATION](#)

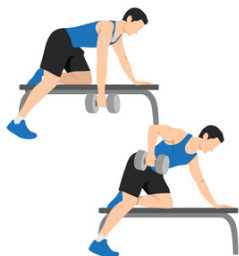


1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

<b>SETS x REPS</b>	4 x 10	<b>WEIGHTS</b>	Week 1	Week 2	Week 3	Week 4
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**SINGLE ARM DUMBBELL ROW**

[TAP FOR VIDEO DEMONSTRATION](#)



1. Place one knee on a bench, one hand in a push-up position. Keep your body parallel to the floor with your back straight. Hold a dumbbell in your free hand, allowing it to hang down to your side.
2. Pull the dumbbell up to the side of your chest, keeping your elbow close to the body and squeezing your shoulder blade.
3. Lower the dumbbell, returning to the starting position with your arm fully extended.
4. Complete all reps on one side before switching to the other side.

<b>SETS x REPS</b>	4 x 10	<b>WEIGHTS</b>	Week 1	Week 2	Week 3	Week 4
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**DUMBBELL DECLINE CHEST PRESS**

[TAP FOR VIDEO DEMONSTRATION](#)

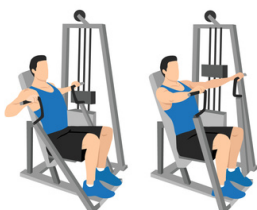


1. Lie on a decline bench with two dumbbells.
2. Start with dumbbells positioned just below the nipples.
3. Raise the dumbbells all the way up, pause, and then lower the weights. Make sure to keep your back flat on the bench at all times.

<b>SETS x REPS</b>	4 x 10	<b>WEIGHTS</b>	Week 1	Week 2	Week 3	Week 4
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**CHEST PRESS MACHINE**

[TAP FOR VIDEO DEMONSTRATION](#)

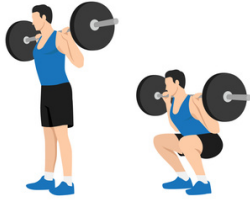


1. Sit upright on the chest press machine, making sure your back is rested on the backrest. Hold both handles in a horizontal position close to your shoulders, with your elbows bent.
2. Push both handles forward to a straight arm position in front of your chest.
3. Bending at the elbows, slowly return to the starting position.
4. Repeat.

<b>SETS x REPS</b>	4 x 10	<b>WEIGHTS</b>	Week 1	Week 2	Week 3	Week 4
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BARBELL SQUATS

[TAP FOR VIDEO DEMONSTRATION](#)



1. With the barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly.
2. Keep your chest up and knees out as you sit back and down into your hips.
3. Under control, reverse the motion and push yourself back up to a standing position.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)

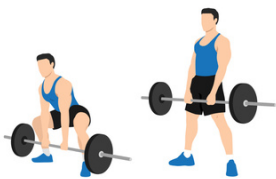


1. For this exercise, ensure that the pad rests just above the ankle.
2. Secondly, you want to make sure that the weights don't tap down in between each repetition.
3. Keep a tall body throughout the exercise.
4. Extend your knees fully, raising your legs straight out.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SUMO DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, get your hips as low as you can while maintaining a slight extension throughout your spine.
2. Stand with your feet wide and turned out at about 45 degrees.
3. Position your knees in line with your feet and hips while keeping your rib cage high and both hands on the barbell. This will be your starting position.
4. Drive up through your heels, slightly pushing your knees laterally. Pause at full extension. Then return to the starting position.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, put the ball of your foot on the step.
2. Place your lower thighs under the lever pad, which will need to be adjusted according to the height of your thighs.
3. Slowly lower your heels by bending at the ankles until the calves are fully stretched. Inhale as you perform this movement.
4. Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for a second.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

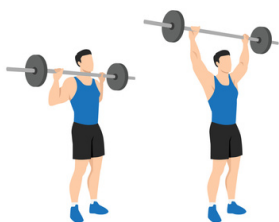


1. Start with both dumbbells positioned to each side of the shoulders with a 90-degree bend in the elbows.
2. Press the dumbbells upwards until the arms are extended overhead.
3. Lower the dumbbells back down to the starting position and repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

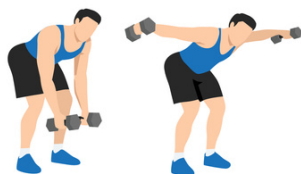


1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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REAR DELT DUMBBELL FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

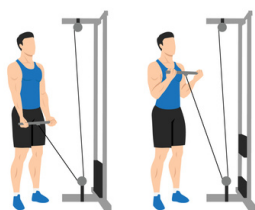


1. Start by standing with your feet shoulder-width apart and a dumbbell in each hand.
2. Hinge at your hips and slightly bend your knees to maintain a flat back position. Your chest should be almost parallel to the floor.
3. Keep a slight bend in your elbows and raise both arms out to the sides until they are parallel to the floor. Focus on squeezing your shoulder blades together during this movement.
4. Lower the dumbbells back down in a controlled manner to the starting position.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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CABLE BICEP CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand facing a cable machine with your feet shoulder-width apart and a slight bend in your knees.
2. Grasp the cable handles or bar with an underhand grip (palms facing up).
3. Keep your elbows close to your sides and your upper arms stationary.
4. Begin by curling the handles or bar towards your shoulders, contracting your biceps as you do so.
5. Pause at the top of the movement, squeezing your biceps.
6. Slowly lower the handles or bar back to the starting position under control.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL TRICEP SKULL CRUSHERS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a bench with feet flat on the floor. Hold a barbell with an overhand grip, hands shoulder-width apart.
2. Extend arms fully above your chest.
3. Slowly lower the barbell towards your forehead by bending your elbows.
4. Push back up to the starting position, squeezing your triceps.
5. Repeat for desired reps.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 4 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 5 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 6 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 4 Reflections

Sleep

Energy

Water

Mood

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Day 5 Reflections

Sleep

Energy

Water

Mood

/Hrs

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Day 6 Reflections

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Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

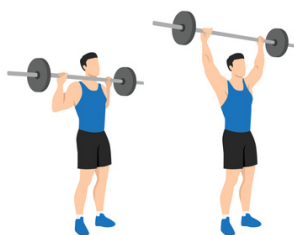
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/Litres

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BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED ARNOLD SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

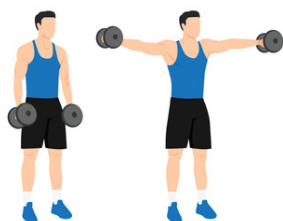


1. Sit on a bench with back support and hold a dumbbell in each hand at shoulder height with palms facing your body and elbows bent.
2. Start with the dumbbells at shoulder height and your palms facing your body.
3. Press the dumbbells overhead while rotating your palms outward until your arms are fully extended.
4. Lower the dumbbells back down to the starting position, reversing the palm rotation.
5. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL SIDE LATERAL RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand with your palms facing your body.
2. Keep a slight bend in your elbows and your back straight.
3. Raise both dumbbells to the sides at the same time until your arms are parallel to the floor.
4. Keep your elbows slightly bent as you lift the dumbbells to shoulder height.
5. Pause briefly at the top of the movement, squeezing your shoulder muscles.
6. Lower the dumbbells back down to the starting position in a controlled manner.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

INCLINE DUMBBELL ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Set an adjustable incline bench to approximately 45 degrees and stand facing it.
2. Hold a dumbbell in each hand and rest your chest on the inclined bench, with your arms fully extended and hanging down toward the floor.
3. Keep your back flat, and your neck in a neutral position throughout the movement.
4. Row the dumbbells upward toward your chest by bending your elbows and squeezing your shoulder blades together.
5. Lower the dumbbells back down under control to the starting position.
6. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4



WALKING DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet hip-width apart, holding a dumbbell in each hand with your arms at your sides.
2. Take a step forward with your right foot, and simultaneously lower your body into a lunge position, ensuring both knees are bent at 90-degree angles.
3. As you lower into the lunge, keep your chest up and core engaged for stability.
4. Push through your front heel to return to the starting position and take a step forward with your left foot, repeating the lunge on the opposite side.
5. Continue alternating legs as you walk forward.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Straighten your legs and extend them fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position with control, bending your knees.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)

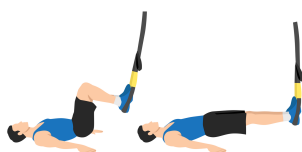


1. Stand with your feet shoulder-width apart and a slight bend in your knees.
2. Hold a dumbbell in each hand with a neutral grip (palms facing your body) and your arms fully extended down in front of your thighs.
3. Keeping your back flat, hinge at your hips and lower the dumbbells down towards the ground while maintaining a slight bend in your knees.
4. Lower the dumbbells as far as your flexibility allows, feeling a stretch in your hamstrings.
5. Engage your hamstrings and glutes to raise your body back up to the starting position, keeping your back straight throughout the movement.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)

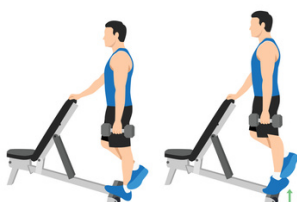


1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING SINGLE LEG CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

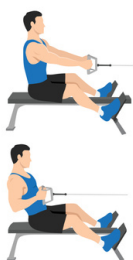


1. Stand on one foot with the other foot lifted slightly off the ground.
2. Place the balls of your working foot on the edge of a step or platform.
3. Slowly raise your heel as high as you can by using your calf muscles.
4. Hold the top position briefly and feel the contraction in your calf.
5. Lower your heel back down without letting it touch the ground.
6. Repeat for the desired number of repetitions, then switch legs.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)

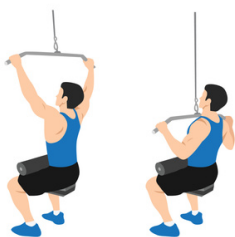


1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STRAIGHT ARM CABLE PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand facing a cable machine with the pulley set to the highest position.
2. Grasp the handle with an overhand grip and arms fully extended overhead.
3. Keep your feet shoulder-width apart and a slight bend in your knees for stability.
4. Engage your lats and pull the cable down towards your thighs while keeping your arms straight.
5. Focus on using your back muscles to control the movement.
6. Slowly release the cable back to the starting position with control, maintaining tension in your lats.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a bench with back support and hold a dumbbell in each hand at shoulder height with your palms facing forward.
2. Keep your feet flat on the floor and engage your core for stability.
3. Press the dumbbells upward until your arms are fully extended overhead, but not locked out.
4. Lower the dumbbells back down to shoulder height in a controlled manner.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SMITH MACHINE SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Position an adjustable bench underneath a Smith machine with the backrest in an upright position.
2. Sit on the bench and grip the Smith machine bar with an overhand grip, hands slightly wider than shoulder-width apart.
3. Adjust the height of the bar so that it is at shoulder level when you are seated.
4. Keep your feet flat on the floor and engage your core for stability.
5. Press the bar upward until your arms are fully extended overhead, but not locked out.
6. Lower the bar back down to shoulder level in a controlled manner.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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REVERSE BARBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet hip-width apart and hold a barbell on your upper back, resting it behind your shoulders.
2. Take a step backward with one foot and lower your body into a lunge position, bending both knees at 90-degree angles.
3. Ensure your front knee is directly above your ankle and your back knee hovers just above the floor.
4. Push through your front heel to return to the starting position.
5. Alternate legs and repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)

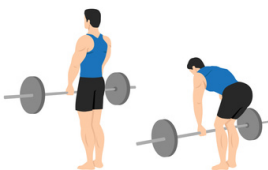


1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Extend your legs fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position, bending your knees.
6. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STIFF LEG BARBELL DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)

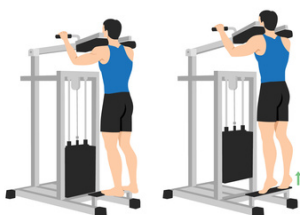


1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

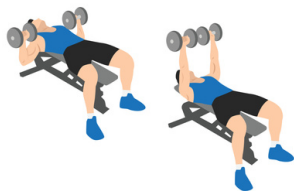


1. Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step.
2. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

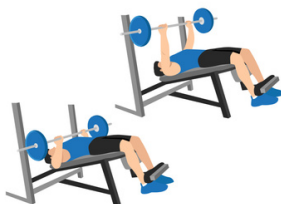


1. Lie on a flat bench with a dumbbell in each hand, positioned at shoulder level with your palms facing forward.
2. Keep your feet flat on the floor and your back pressed against the bench.
3. Engage your core and press the dumbbells upward, extending your arms fully until they are directly above your chest.
4. Lower the dumbbells back down to the starting position with control, bending your elbows to about 90 degrees.
5. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DECLINE BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

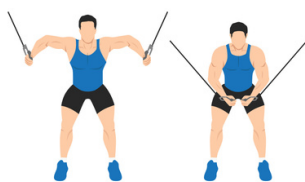


1. Set up a decline bench at an angle of around 15 to 30 degrees, with the head higher than the feet.
2. Lie down on the bench with your feet securely anchored at the bottom.
3. Grasp the barbell with an overhand grip, hands wider than shoulder-width apart.
4. Unrack the barbell and lower it down towards your lower chest, keeping your elbows at a 90-degree angle.
5. Push the barbell back up to the starting position, fully extending your arms.
6. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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CABLE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

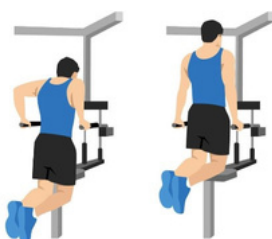


1. Bend over at the waist holding handles with your arms straight out to your sides at shoulder height and your feet split.
2. Pull the handles down together in front until they meet, keeping your arms straight.
3. Return to the starting position.
4. Repeat.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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ASSISTED TRICEP DIPS

[TAP FOR VIDEO DEMONSTRATION](#)

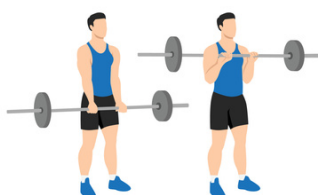


1. Set up a dip machine with the appropriate assistance for your strength level.
2. Step onto the platform or kneel on the knee pads, depending on the machine's design.
3. Grasp the parallel bars with your palms facing down and hands slightly wider than shoulder-width apart.
4. Lower your body by bending your elbows until your upper arms are parallel to the floor, and your elbows are at around 90 degrees.
5. Push through your palms to extend your arms and lift your body back up to the starting position.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL CURL

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a barbell with an underhand grip (palms facing up) and your hands shoulder-width apart.
2. Keep your elbows close to your sides and your upper arms stationary throughout the exercise.
3. Curl the barbell upward by bending your elbows, while keeping your upper arms stationary.
4. Continue to curl until the bar is at shoulder level and your biceps are fully contracted.
5. Lower the barbell back down to the starting position in a controlled manner.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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<b>Day 1 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 2 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 3 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 4 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 5 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 6 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 7 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				

<b>Day 1 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 2 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 3 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 4 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 5 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 6 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				
<b>Day 7 Reflections</b>	<b>Sleep</b>	<b>Energy</b>	<b>Water</b>	<b>Mood</b>
.....	/Hrs	/10	/Litres	/10
.....				



Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

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Day 3 Reflections

Sleep

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Day 6 Reflections

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Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

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