



YOUR TRAINING
PROGRAM

UNDERSTAND YOUR TRAINING PROGRAM



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 has three different options; taking fitness classes, online on-demand classes, or the gym. Please choose one option the entire time during your 8-weeks.

Are You Ready To Transform Your Body?

OPTION 1: GYM-FITNESS CLASSES

Getting your workouts in by attending fitness classes is the best way to get motivated and stay connected with fellow participants in this challenge. This option is best for those who have flexibility in their schedule to attend classes and have a premium membership at the gym to take classes. Please note this challenge is not affiliated with the gym and a premium membership is required in order to attend classes at the gym.

Here are the requirements for classes to take:

- 1** **3 Strength/HIIT Classes**
STRONG Nation, Bootcamp, Pure Strength, Total Body, Lifting, PC
- 2** **2 Cardio Classes**
Zumba, COMMIT, Ignite Dance, Rhythm Ride, Cycle, Running
- 3** **1 Flexibility Class**
Barre/Barreless, Pilates, Yoga, Circle, Stretching
- 4** **1 Complete Rest Day**

As well as-

- 5** **Video of the Week**
Changes weekly and will be posted in the group every Sunday
- 6** **Complete 12,000 steps daily**

OPTION 2: ONLINE VIDEOS

Getting your workouts in by attending fitness classes is the best way to get motivated and stay connected with fellow participants in this challenge. This option is best for those who have flexibility in their schedule to attend classes and have a premium membership at the gym to take classes. Please note this challenge is not affiliated with the gym and a premium membership is required in order to attend classes at the gym.

Here are the requirements for classes to take:

- 1** **3 Strength/HIIT Classes**
STRONG Nation, Bootcamp, Target Focused (Arms, Glutes, etc), PC
- 2** **2 Cardio Classes**
Zumba, COMMIT, Running
- 3** **1 Flexibility Class**
Barre/Barreless, Stretching
- 4** **1 Complete Rest Day**

As well as-

- 5** **Video of the Week**
Changes weekly and will be posted in the group every Sunday
- 6** **Complete 12,000 steps daily**

OPTION 3: GYM EQUIPMENT

PHASE 1: WEEK 1-4	Fit & 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	Fit & 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			

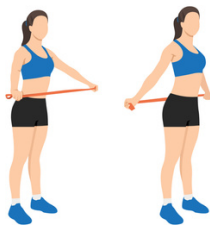
WARMING UP AND STRETCHING

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.

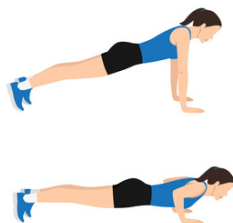
Here are a few warm-up/stretching options you can consider before starting your workouts:

1



Banded Shoulder Stretch

2



Bodyweight Push Ups

3



Bodyweight Curtsy Lunge

4



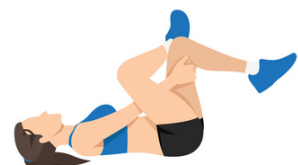
Hip Flexor Stretch

5



Cobra Back Stretch

6



Glute Stretch

BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

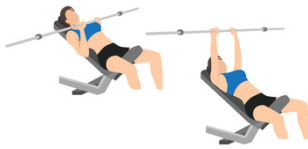


1. Lie on a flat bench and start by holding a barbell above your chest with your hands slightly wider than shoulder width.
2. Slowly lower the barbell to the middle of your chest and then press the barbell back up to the same start position until your arms are straight.
3. Repeat.

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](#)

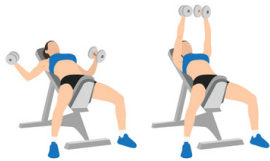


1. Sit on an incline bench set at 45 degrees.
2. Start by holding the bar over your upper chest with your arms straight and grip slightly wider than shoulder width.
3. Slowly lower the bar until the barbell makes contact with your upper chest.
4. Then press the barbell straight up over your chest until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

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

[TAP FOR VIDEO DEMONSTRATION](#)

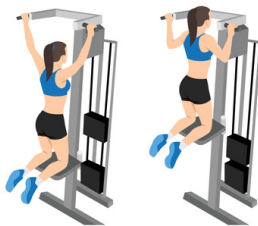


1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. Repeat 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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ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)

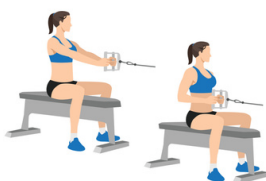


1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in 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](#)

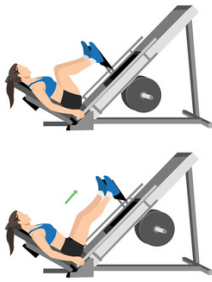


1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway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

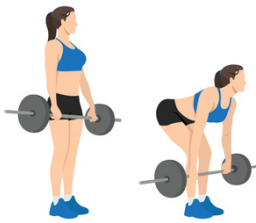


1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening 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](#)

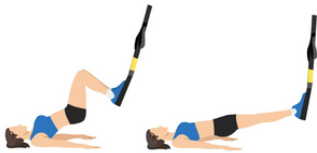


1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
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](#)

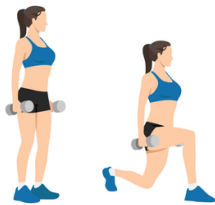


1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up 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

SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

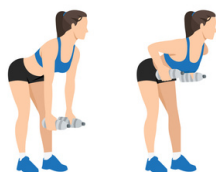


1. Position the ball of your foot on the edge of a step, leaving your heels hanging off the edge.
2. Adjust the lever pad on the calf raise machine to the height of your lower thighs.
3. Lower your heels by bending at the ankles until you feel a full stretch in your calves. Inhale as you do this.
4. Raise your heels by extending your ankles as high as possible, contracting your calves, and exhaling. Hold the top position for a second to maximize the contraction.
5. Repeat for the desired number of repetitions.

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

DUMBBELL BENT OVER ROW

[TAP FOR VIDEO DEMONSTRATION](#)

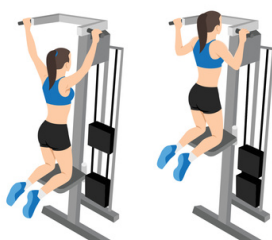


1. When performing this exercise, maintain a safe back by arching or keeping a neutral spine throughout the movement.
2. Assume a position similar to that of the deadlift, with your feet shoulder-width apart and a slight bend in your knees.
3. Hold a dumbbell in each hand with your palms facing your body.
4. Pull the dumbbells towards your stomach, retracting your shoulder blades and flexing your elbows.
5. Lower the dumbbells back down in a controlled manner, fully extending your arms.

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

ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)

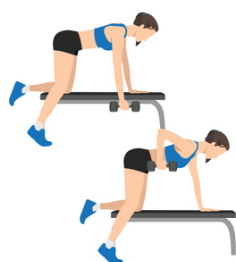


1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in 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

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.

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

DUMBBELL DECLINE CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

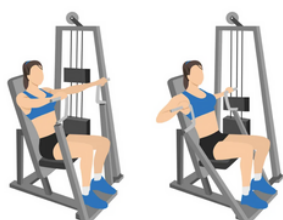


1. Lie on a decline bench with two dumbbells.
2. Start with dumbbells positioned just below the nipples.
3. Raise the dumbbells all the way up, pause, and then lower the weights. Make sure to keep your back flat on the bench at all times.

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

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.

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

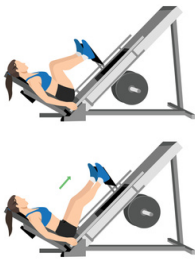
BARBELL SQUATS

[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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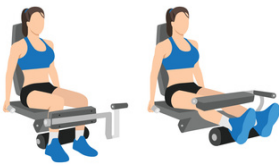
SEATED LEG PRESS

[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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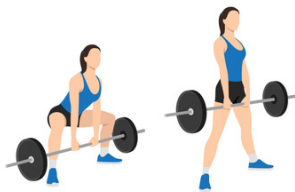
SEATED LEG EXTENSIONS

[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

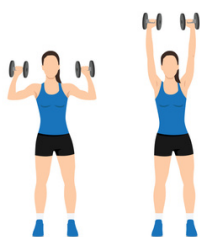
[TAP FOR VIDEO DEMONSTRATION](#)

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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STANDING DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

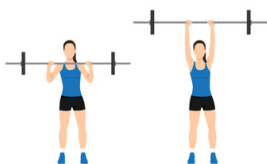


1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise for the desired number of repetitions.

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

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

REAR DELT DUMBBELL FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

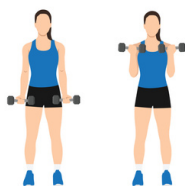


1. Start by standing with your feet shoulder-width apart and a dumbbell in each hand.
2. Hinge at your hips and slightly bend your knees to maintain a flat back position. Your chest should be almost parallel to the floor.
3. Keep a slight bend in your elbows and raise both arms out to the sides until 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

CABLE BICEP CURLS

[TAP FOR VIDEO DEMONSTRATION](#)

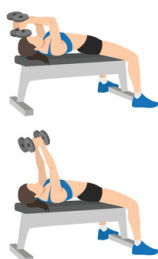


1. Stand up straight with a dumbbell in each hand, palms facing forward, and your arms hanging down at your sides.
2. Keep your elbows close to your body and curl the dumbbells upwards, squeezing your biceps as you lift.
3. Continue the curl until the dumbbells reach shoulder level or slightly higher.
4. Slowly lower the dumbbells back down to the starting position in a controlled manner.

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

DUMBBELL TRICEP SKULL CRUSHERS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by holding the dumbbells with your hands, keeping your grip less than 12 inches apart.
2. Extend your arms straight up towards the ceiling, with the dumbbells directly above your shoulders.
3. Slowly lower the dumbbells towards the sides of your head, allowing your elbows to bend.
4. Pause briefly when the dumbbells are near your head, then raise them back up to the starting position, fully extending your arms.

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

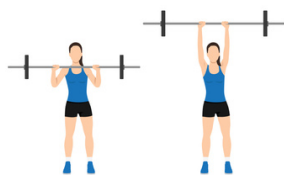
Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
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Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
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Day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

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

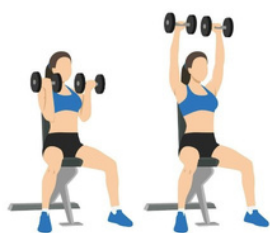
Week 1

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

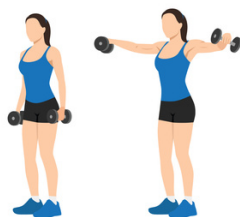
Week 1

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

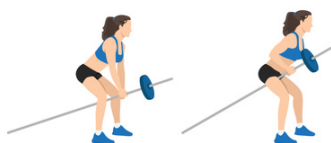
Week 1

Week 2

Week 3

Week 4

T-BAR ROW

[TAP FOR VIDEO DEMONSTRATION](#)

1. Position one end of a barbell into a landmine attachment or T-bar row machine.
2. Stand with feet shoulder-width apart, gripping the barbell with both hands using an overhand grip.
3. Bend at hips and knees, keeping back straight at a 45-degree angle.
4. Pull the barbell towards your torso, retracting shoulder blades and bending elbows.
5. Squeeze back muscles at the top, then lower the barbell in control.
6. Repeat for desired reps.

SETS x REPS

5 x 8

WEIGHTS

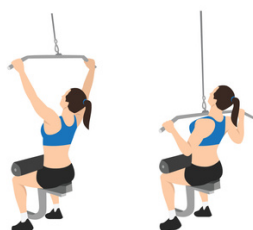
Week 1

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

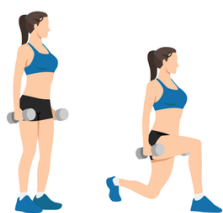
Week 2

Week 3

Week 4

WALKING DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)

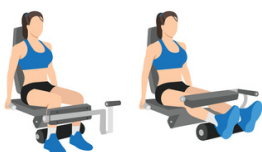


1. Begin by standing with your feet hip-width apart, holding a dumbbell in each hand with your arms at your sides.
2. Take a step forward with your right foot, and simultaneously lower your body into a lunge position, ensuring both knees are bent at 90-degree angles.
3. As you lower into the lunge, keep 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](#)

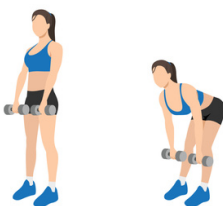


1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Straighten your legs and extend them fully, lifting 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](#)

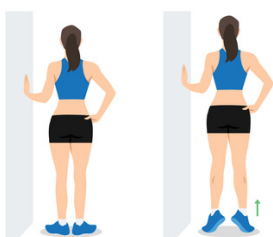


1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up 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 CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

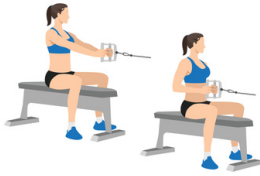


1. Stand up straight with a dumbbell in each hand, palms facing your body, and arms fully extended down at your sides.
2. Keep your feet shoulder-width apart and your toes pointed forward.
3. Rise up on the balls of your feet as high as possible, lifting your heels off the ground.
4. Hold the top position for a second to fully contract your calf muscles.
5. Slowly lower your heels 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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SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)

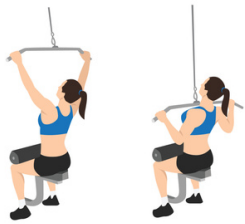


1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway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

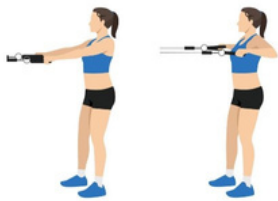


1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch 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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HIGH CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Set the cable pulleys at the highest position on both sides of the cable machine.
2. Stand facing the machine, grab one handle in each hand with an overhand grip, and step back to create tension on the cables.
3. Position your feet shoulder-width apart and slightly bend your knees.
4. Keep your back straight and chest up as you pull the handles back towards your upper abdomen, retracting your shoulder blades.
5. Squeeze your back muscles at the peak of the movement, then slowly release the tension and bring the handles back to the starting position.

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

[TAP FOR VIDEO DEMONSTRATION](#)

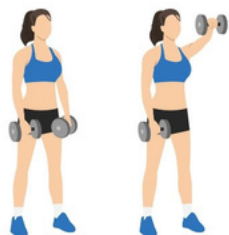


1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise 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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STANDING ALTERNATING FRONT RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

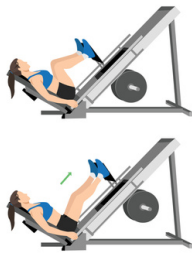


1. Stand up straight with a dumbbell in each hand, palms facing your body.
2. Keep your feet shoulder-width apart and your knees slightly bent.
3. Begin by lifting one dumbbell straight out in front of you, keeping your arm extended and your palm facing down.
4. Raise the dumbbell to shoulder level or slightly higher.
5. Lower the dumbbell back down in a controlled manner.
6. Repeat the same movement with the other arm, raising it alternately with the first arm.

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](#)

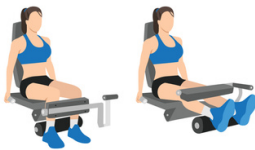


1. Stand with your feet hip-width apart and hold a barbell on your upper back, resting it behind your shoulders.
2. Take a step backward with one foot and lower your body into a lunge position, bending both knees at 90-degree angles.
3. Ensure your front knee is directly above your ankle and your back 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](#)

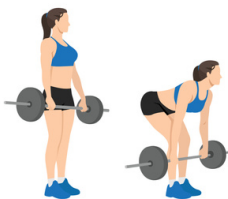


1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Extend your legs fully, lifting the weight until your 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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SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

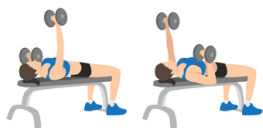


1. Sit on a calf raise machine with your back resting against the back pad and your feet on the foot platform.
2. Adjust the machine so that the balls of your feet are on the platform, and your heels can move freely off the edge.
3. Place your hands on the side handles or hold onto the front handles for stability.
4. Press through the balls of your feet to raise your heels as high as possible.
5. Hold the top position for a second to fully contract your calf muscles.
6. Slowly lower your heels back down until you feel a stretch in your calves.

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

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench with a dumbbell in each hand, held at shoulder level, and your palms facing away from you.
2. Start with both arms fully extended, holding the dumbbells directly above your chest.
3. Lower one dumbbell down towards your chest while keeping the other arm extended.
4. As you press the first dumbbell back up to the starting position, lower the other dumbbell down to your chest.
5. Continue alternating the movement, pressing one dumbbell up while lowering the other down.

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

[TAP FOR VIDEO DEMONSTRATION](#)

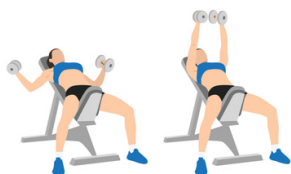


1. Lie down on a decline bench with your head lower than your feet, securing your feet under the footpads or having a spotter hold them in place.
2. Hold a dumbbell in each hand at shoulder level with your palms facing forward.
3. Lower the dumbbells down towards your chest, keeping your elbows at a 90-degree angle or slightly lower.
4. Press the dumbbells back up to the starting position, fully extending your arms.
5. Keep your core engaged and maintain control throughout the movement.

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

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. 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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TRICEP BENCH DIPS

[TAP FOR VIDEO DEMONSTRATION](#)

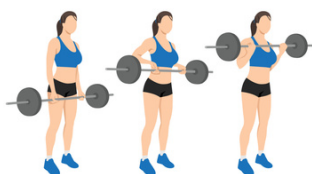


1. Sit on the edge of a bench with hands beside hips, fingers pointing forward.
2. Slide hips off the bench, knees bent at 90 degrees.
3. Lower body by bending elbows until arms are parallel to the ground.
4. Push through palms to extend arms and return to starting position.
5. Keep core engaged and repeat for desired reps.

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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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
.....	/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
.....				