



**LEAN AND STRONG**

@roxypt\_



# EXERCISE

1. Train 3-5 x a week
2. Start workouts with compounds, then finish with some isolations
3. dont forget rest

# WORKOUT PLAN



## Day 1:

### Legs

walk for 5mins  
hip circles  
body weight squats  
alt groinners  
squat to stand  
goblet squats

### **90 seconds rest**

leg extensions 3 x 15 light  
leg curls 3 x 15 light

walking lunges 2 laps dumbbell  
rest 60 seconds

deadlifts 3x 8 :60 seconds  
90 seconds rest

lleg press 3 x10: rest 60 seconds  
90 seconds rest

barbell back squat 4 x 8  
90 seconds rest

### cool down:

lying quad stretch  
pike stretch  
seated pretzel stretch  
cat cow stretch  
hip flexor stretch

# WORKOUT PLAN



Day 2

Chest and shoulders

shoulder circles

thread the needle

push up 3 x AMRAP 90 seconds  
rest

chest press 3 x 10- 90 seconds  
rest

chest flys 3 x 12- 90 seconds  
rest

shoulder press 3 x 10 - 90  
seconds rest

lateral raises superset with face  
pulls 3x 15- 90 seconds rest

rear delt rows 3 x 15- 90  
seconds rest

stretch: exxtended puppy pose  
shoulder stretch

# WORKOUT PLAN



**Day 3  
Back**

**cat cow  
scorpions  
pigeons**

**pull ups 3 x AMRAP- 90 seconds  
rest**

**lat pull down 3 x 10- 90 seconds  
rest**

**landmine rows 3 x 15 - 90  
seconds rest**

**trx rows 3 x 15- 90 seconds rest**

**seated rows 3 x 10- 90 seconds  
rest**

**Cool down**

**cat cow 60 seconds**

**cobra 60 seconds**

# WORKOUT PLAN



## Day 4 glutes

walk 10mins  
hip circles x 20  
glute bridges x 20  
fire hydrants x 20

glute hip thrusts 3 x 10 90  
seconds rest  
squats 3 x 10 90 seconds rest  
deadlifts 3 x 8 90 seconds rest  
kickbacks 3 x 15 90 seconds rest  
abductors 3 x 20. 90 seconds  
rest

seated pretzel stretch 30 secs  
each side  
lying hamstring stretch 30 secs  
each side  
cat cow 30 sec  
quad stretch lying 30 secs

# WORKOUT PLAN



**Day 5 arms**

**tricep dips superset bicep curls  
3 x 15- 90 seconds rest**

**tricep extensions superset  
hammer curls 3 x 15- 90  
seconds rest**

**plank 1 min**

**side plank right 30 seconds  
side plank left 30 seconds**

**bicep stretch 30 seconds  
tricep stretch 30 seconds**

# Compound lifts

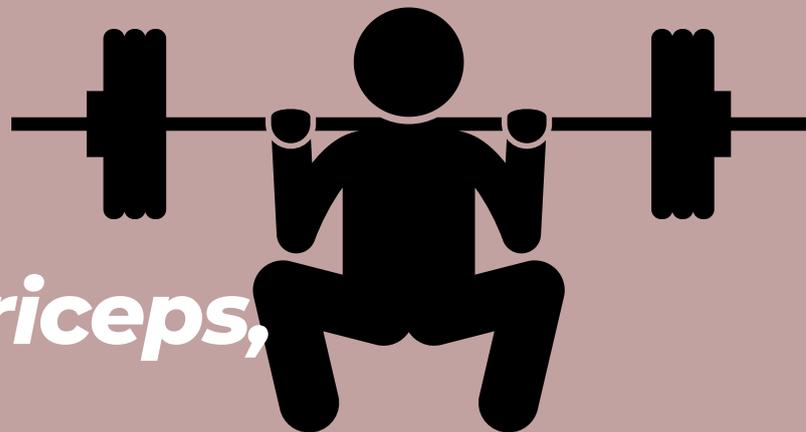


## bent over row (back and biceps)

1. feet shoulder width
2. chest 45 degrees
3. arms tight to your body
4. slide your hands up
5. squeeze shoulder blades

## squat (hamstrings, quadriceps, glutes, core)

1. feet can be in several positions, close together, shoulder width, wide or sumo
2. chest up
3. imagine your sitting back into a chair
4. knees out
5. push toes and heels into the floor
6. go as low as possible without feeling pain



# Compound lifts



## narrow squats (*more quads*)

1. feet more narrow than shoulders

## sumo squat (*hamstrings, quadriceps, glutes, core*)

1. feet can be in several positions, close together, shoulder width, wide or sumo
2. chest up
3. imagine your sitting back into a chair
4. knees out
5. push toes and heels into the floor
6. go as low as possible without feeling pain



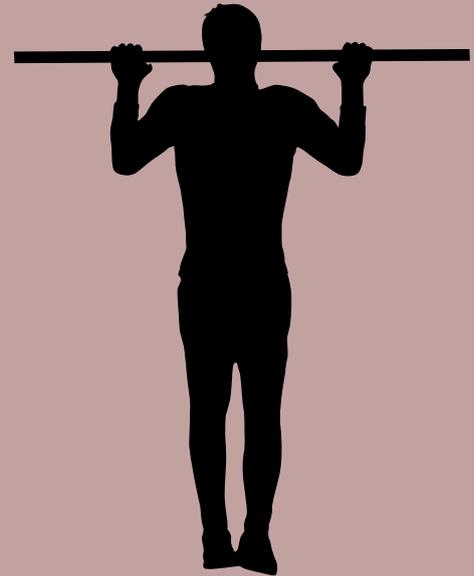
# Compound lifts



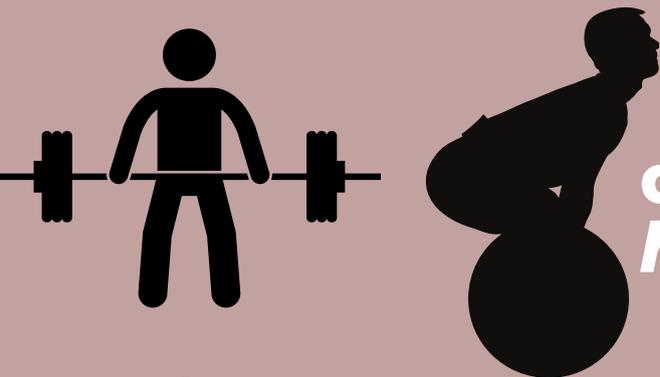
## push ups (triceps, chest and front shoulders)

Variations: wall, box, box quadruped, box half, half, full  
1. hands can either be close with elbows tucked right in, shoulder width or wider-  
narrower= triceps, shoulder width= equal working  
wider=more chest

## pull up (back and biceps)



1. Hands face away
2. pull chest to bar
3. shoulder blades down and back
4. legs can be straight or crossed
5. body tight, tense core
6. go as low as - arms straight at the bottom



## deadlifts (back, glutes, hamstrings, quads, core)

1. can be performed in several ways, for the purpose of this i will explain the barbell version as pictured
2. conventional as pictured in figure a, bar over middle of foot, hands outside feet, shoulders in front of the bar- shoulders down and back, and lift straight up
3. sumo: set up: feet wide, toes and knees point out, shoulders down and back, lift up and down, chest tall... shoulders in line with bar



# Compound lifts

## Push up variations



**Beginner option 1:  
wall push up**

### Wall push up

- Face wall, arms-length away
- Place hands on wall, shoulder-width apart
- Bend elbows and lean into wall
- Hold position for one second
- Slowly push back until arms are straight, then repeat



# Compound lifts

beginner option 2:  
quadruped push up



intermediate  
option 3  
half box push  
up



intermediate  
option 3  
push up

# Compound lifts

## Advanced option full push up



# Compound lifts

## DEADLIFT VARIATIONS

TrainwithCarsen



### CONVENTIONAL

FEET SHOULDER WIDTH APART, **HIPS ABOVE KNEES**

**WORKS FULL POSTERIOR CHAIN**



### SUMO

MUCH **WIDER STANCE** WITH FEET TURNED OUT

**LOWER & WIDER STANCE ALLOWS YOU TO LIFT HEAVIER WEIGHT**



### ROMANIAN

STRICT **HIP HINGE** MOVEMENT

**STRICT FOCUS ON HAMSTRINGS, GLUTES, & ERECTOR SPINAE**

# Compound lifts

Cant do a pull-up? Try these alternatives



Assisted machine pull ups

Assisted banded pull ups



# Compound lifts



**trx incline rows**



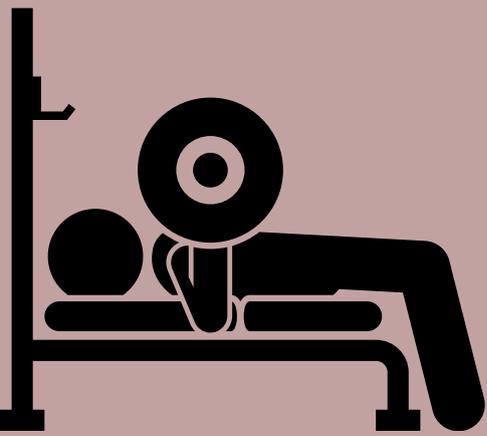
**trx seated pull ups**

# Compound lifts



**smith machine pull ups**

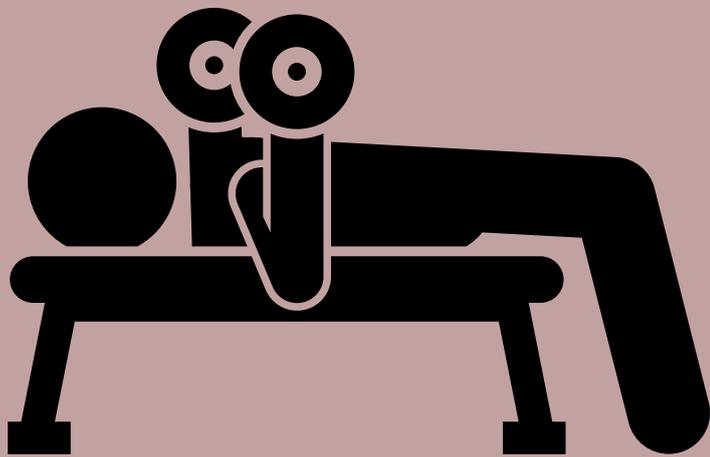
# Compound lifts



flat barbell  
press

## bench press (triceps, chest and front shoulders)

- 1. hands can either be close with elbows tucked right in, shoulder width or wider-  
narrower= triceps, shoulder width= equal working  
wider=more chest
- 2. if going mid width , elbows point to the floor, lower bar or dumbbells to chest stopping just before, extend arms keeping a soft bend in the elbows

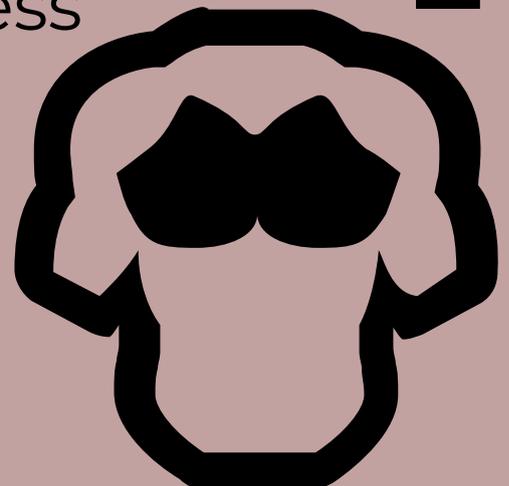
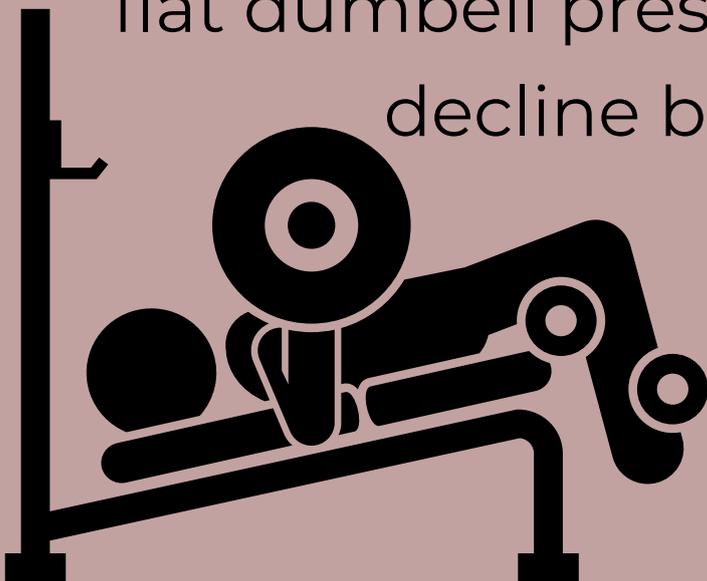


flat dumbbell press

incline dumbbell press

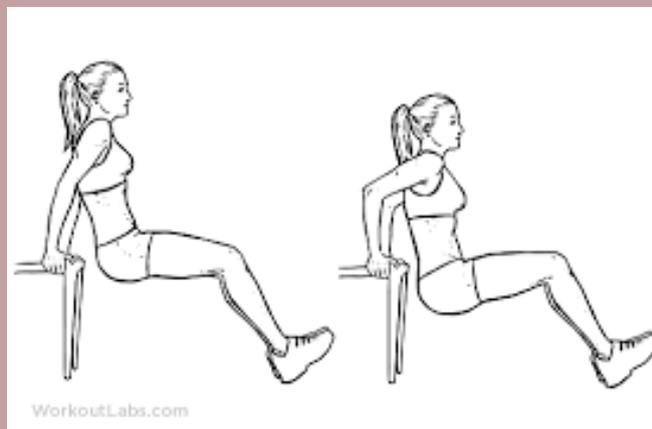
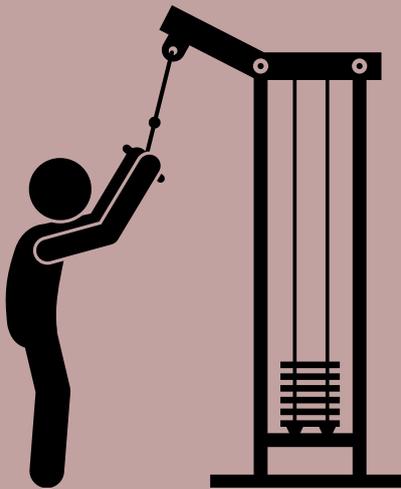


decline barbell press

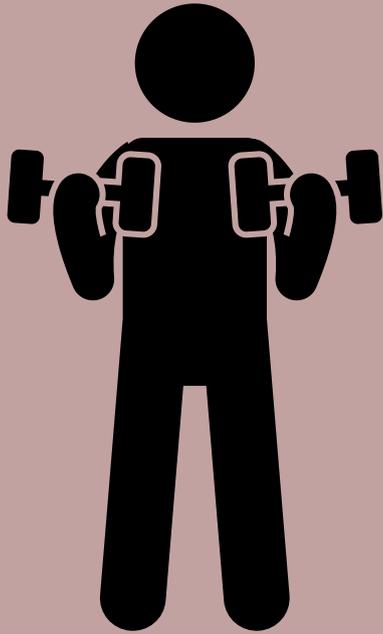


# Isolation exercises

Arms: biceps and triceps



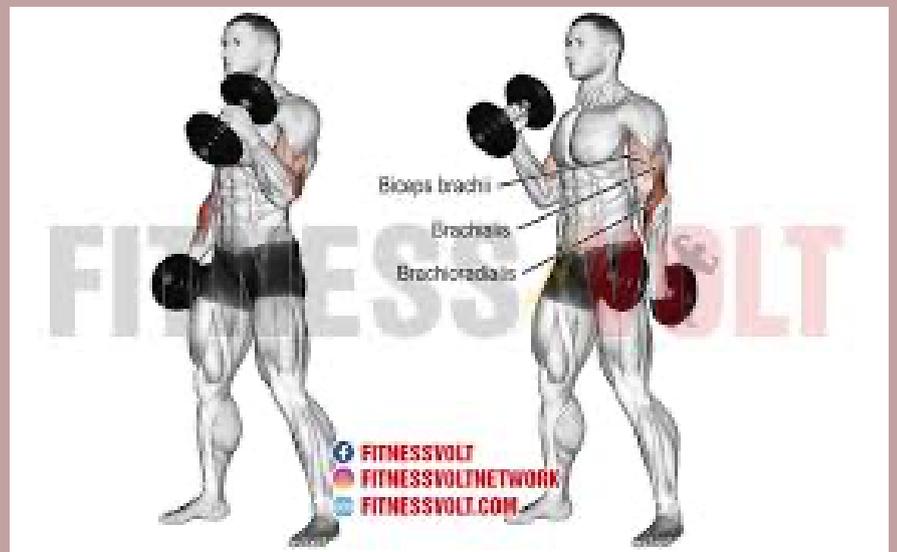
# Isolation exercises



standing  
bicep curls  
dumbbell



preacher curl



standing hammer curl

# Isolation exercises

Lower body

standing abduction



leg extension



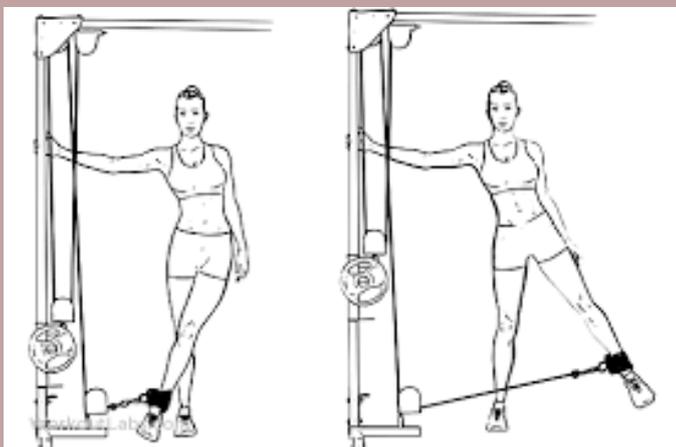
seated abduction



seated leg/hamstring curl



seated adduction



standing abduction and adduction- cable

# Isolation exercises

chest and back

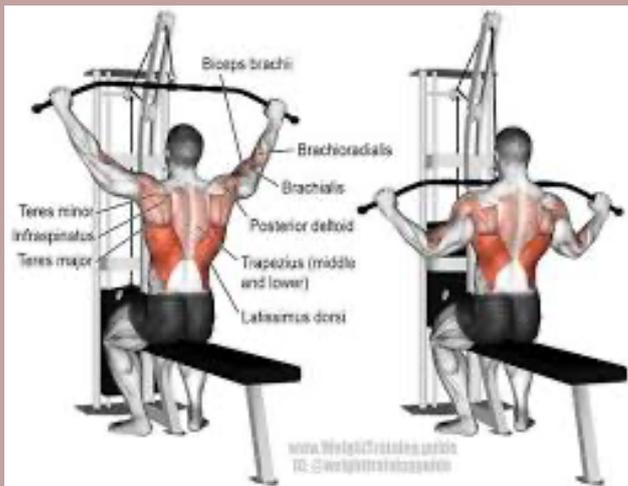


standing chest flys

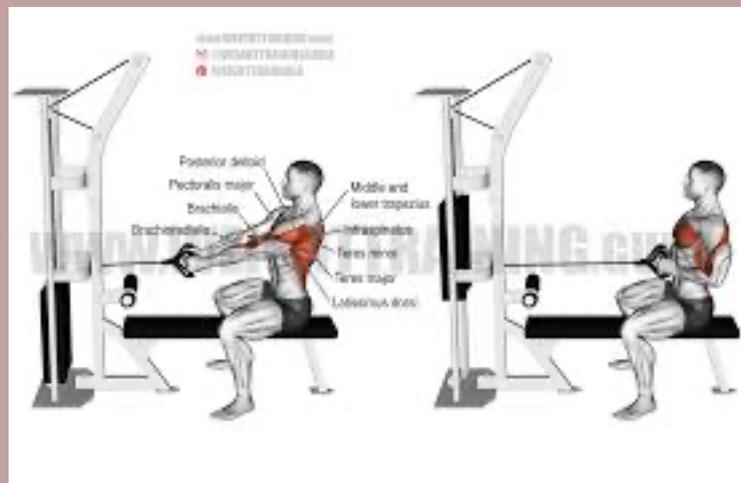


lat pullover

lat pulldown



seated row



# How many reps should i do?

There are several rep ranges:

1.1-6

2.8-12

3.15-20

4.failure- until you cannot do it anymore

It doesn't matter too much , but you have to progress over time

So every few weeks you should aim for more:

sets or

reps or

weight

You can also make something harder such as going from assisted pull ups/push ups to full OR box/half push ups to full

# What about my rest times?

I would say around 90 seconds

# NUTRITION



## WHAT SHOULD I EAT?

1. protein: Around 2-2.8g per kg bodyweight  
So if you weight 60kg , you will want approximatelt 120g  
1. calories: how to work out- use my wbesite: :  
<https://bristolpersonaltraining.live/>

1. carbs and fats: what ever ratio you choose  
2. water: 2-3l per day



A screenshot of a website with a navigation menu at the top: HOME, CALORIE CALCULATOR, FREE WORKOUTS, FREE DIET TIPS, BLOG. Below the menu is a collage of four photos showing a woman's fitness journey. The photos show her in various settings: sitting in a chair, taking a selfie in a purple top, taking a selfie in a green top, and working out on a rowing machine. The collage is labeled 'PIC-COLLAGE' at the bottom.



# PROGRESS

## TRACK

1. Download my fitness pal- check out my : how to use my fitness pal properly guide
2. take weekly photos front, side and back, take tape measurements and weigh yourself

**myfitnesspal**



NEED MORE HELP?  
BOOK A FREE 30MINUTE, NO  
OBLIGATION CONSULTATION TO FIND  
OUT ABOUT MY 1-1 SERVICE AND HOW I  
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GRQMBL3V

