



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: extended 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**

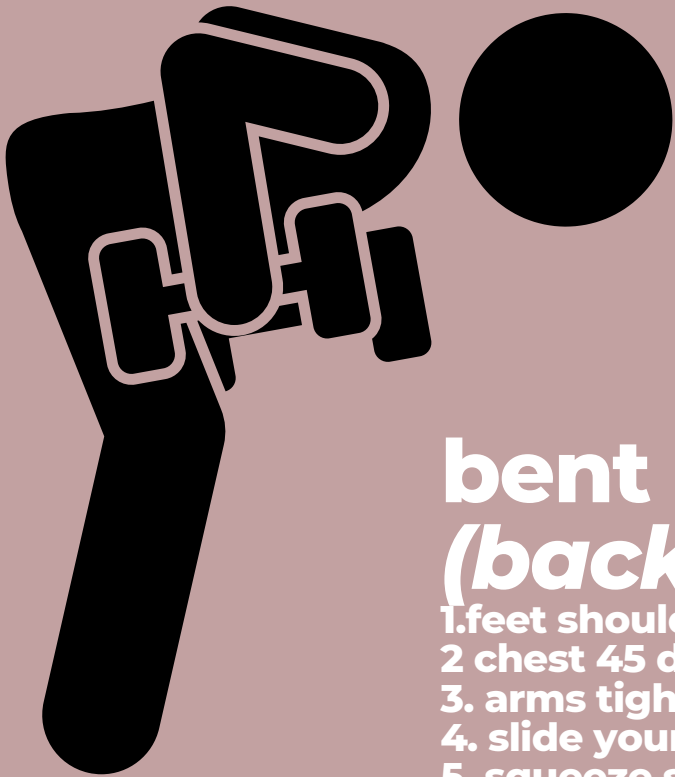
**tricep extensions superset
hammer curls 3 x 15- 90
seconds rest**

plank 1 min

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

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

Compound lifts

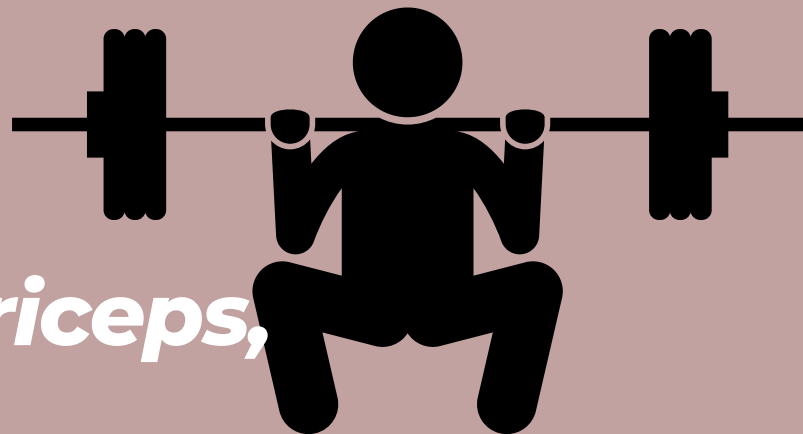


bent over row (back and biceps)

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 postions, 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*)

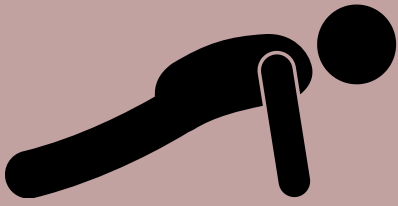
1. feet more narrow than shoulders

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



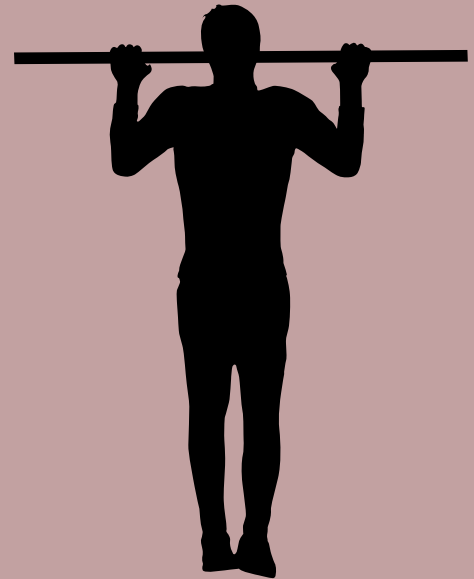
Compound lifts



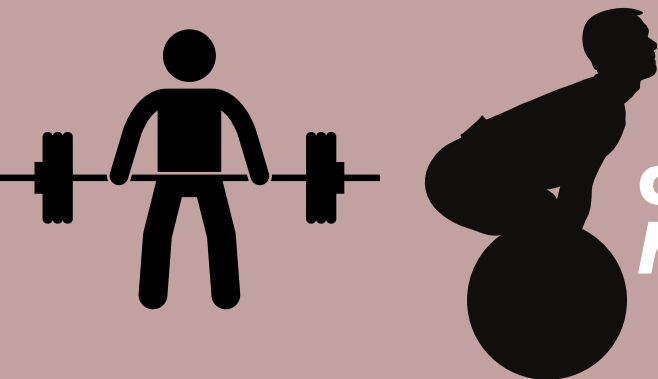
push ups (triceps, chest and front shoulders)

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



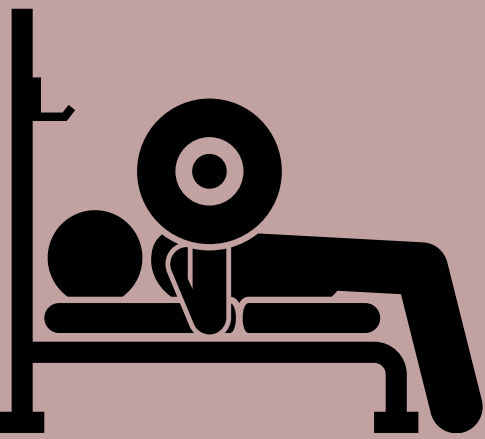
trx seated pull ups

Compound lifts



smith machine pull ups

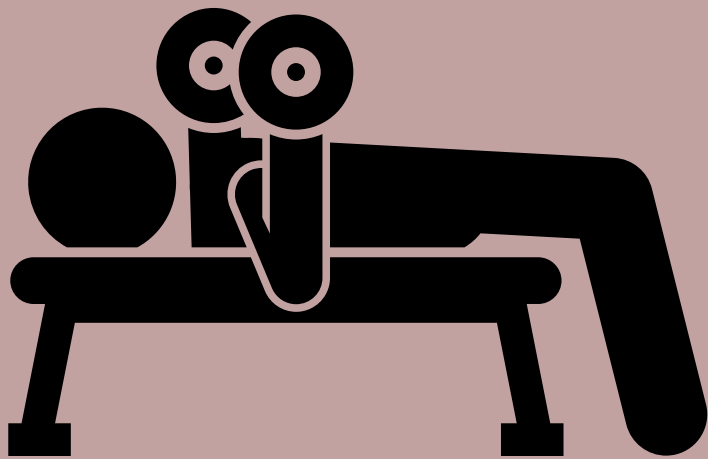
Compound lifts



flat barbell
press

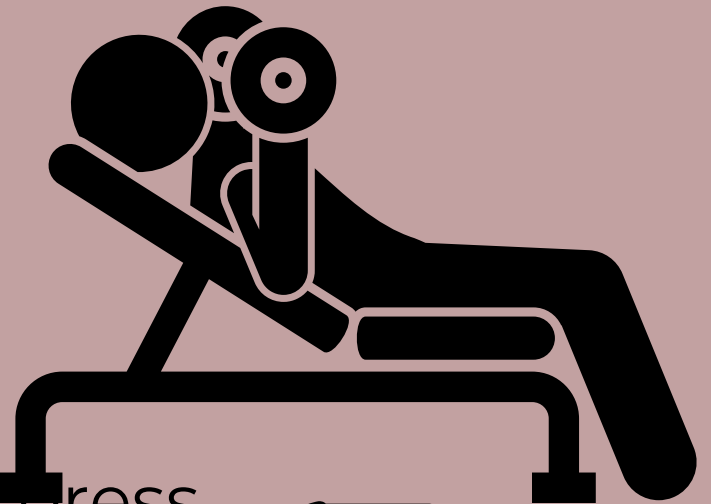
bench press (triceps, chest and front shoulders)

- 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

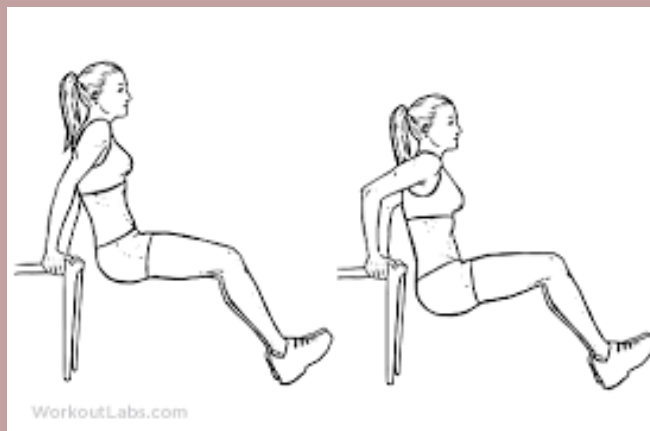
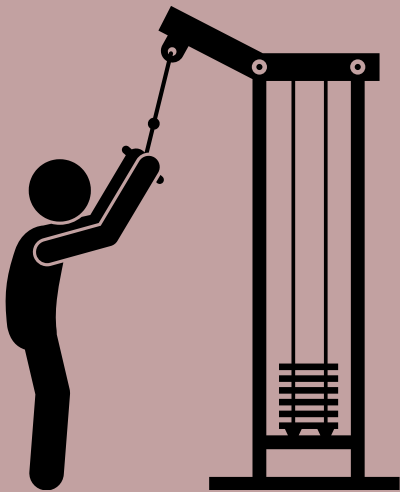


decline barbell press

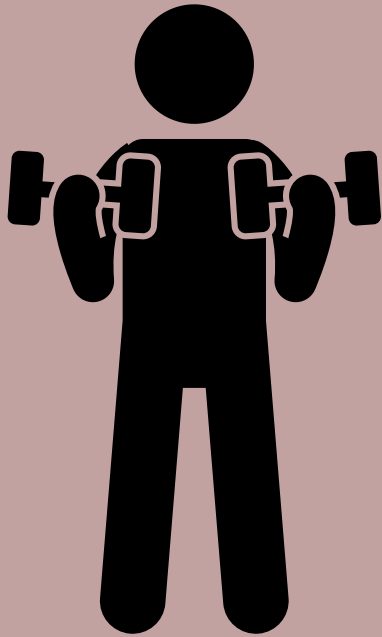


Isolation exercises

Arms: biceps and triceps



Isolation exercises



standing
bicep curls
dumbbell



preacher curl



standing hammer curl

Isolation exercises

Lower body

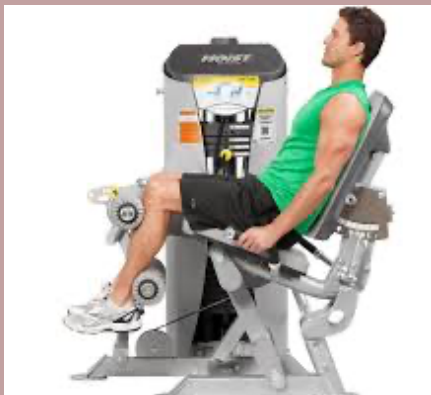
standing abduction



leg extension



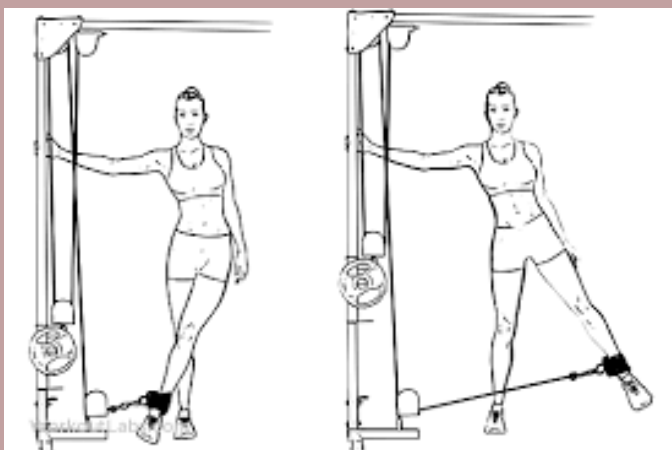
seated abduction



seated leg/hamstring curl



seated adduction



standing abduction and adduction- cable

Isolation exercises

chest and back

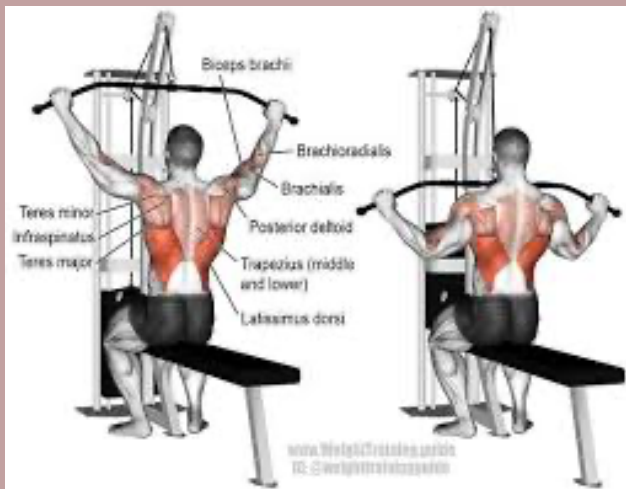


standing chest flys

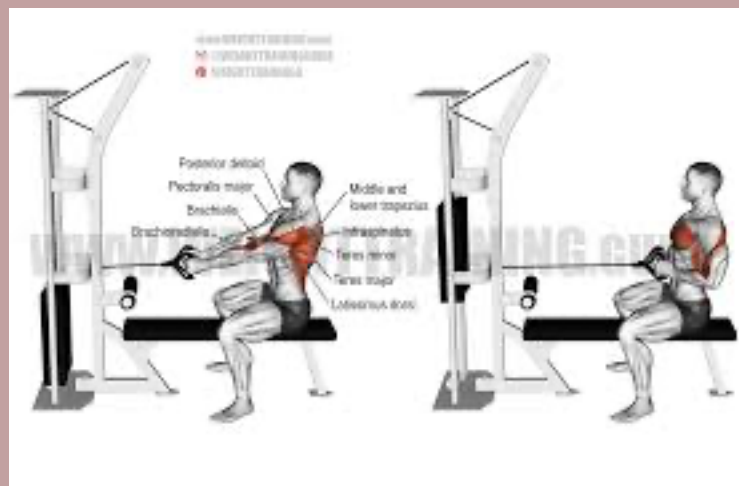


lat pullover

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 first photo shows her sitting in a patterned dress. The second photo shows her taking a selfie in a purple tank top. The third photo shows her in green leggings and a sports bra, also taking a selfie. The fourth photo shows her working out on a rowing machine in a gym. 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
CAN HELP YOU

EMAIL ME ON:
ROXANNESULLIVAN89@ICLOUD.COM
INSTAGRAM: ROXYPT_
YOUTUBE:
LIST=PLFNTFZU20CHRNQ50XE3K4BQQQ
GRQMBL3V

