

# Mens Balanced Physique

Enjoy the sample program we have created! It demonstrates how Primal Strength designs our programs and the results we achieve for our clients.

Review the sample program provided and aim to make progress each week. With this structure, watch your physique change!



## Answers to Typical Questions on How to Train

Every week, aim to progress from the previous week by building on what you did in the last working set through either increased repetitions or added load.

### **Q: When should I change weights?**

A: Strive to increase the weight or repetitions each week to achieve progressive overload. Focus on adding weight to each set while emphasising more repetitions until you reach the prescribed rep range. Then, add load to your last set in the following week.

### **Q: How long should I rest for?**

A: We recommend a 90 to 120-second rest for the first and second sets.

- For the third and fourth sets, typically considered your 'working sets, ' rest for 3 minutes between those sets.
- Between exercises, take a 3-minute rest.

### **Q: Why do the later sets have fewer reps than the initial or previous sets?**

A: The first set is a warm-up, and the second is a "feeder" set. These two sets help to 'potentiate' or acclimate your body to the current exercise, allowing you to perform the form correctly before training with the intensity necessary for muscle growth and strength. The last one or two sets (usually sets 3 and 4) should be taken to the point of "proximity to failure," where you can do no more than 0 to 3 additional reps with good form.

**Q: What is proximity to failure?**

A: Proximity to failure refers to working until you can no longer perform the exercise with good form (for example, using your back too much in a deadlift or shifting position under a bar in a bench press) or reaching a point of contractual failure (consider a bicep curl where you can no longer bring your forearm to your bicep, indicating contractual failure). Ideally, we want this to happen in the last one or two sets of an exercise within the last 4 to 5 repetitions of these sets.

**Q: How hard should I push myself?**

A: Gradually increase the weight for each set, but avoid pushing yourself too hard too quickly. The aim is to reach failure in the last set, keeping in mind the progression from the previous week (more load or more reps). Overall, ensure you can still perform the prescribed number of reps or more in the last set with good form.

- First Set: Aim to leave at least 5 reps until failure or a difficulty rating of 5 out of 10.
- Second Set: Aim to leave at least 3 reps until failure or a difficulty rating of 7 out of 10.
- Third and Fourth Set: Aim to reach failure, feeling like an 8 or higher out of 10.

**Q: How do I know I am close to 'proximity to failure' in the last set?**

A: It feels like a 9 out of 10.

The last 5 or so repetitions become involuntarily slower, no matter how hard you push.

If this does not occur in the last set, ensure it happens in the next and every subsequent exercise; this is how we subjectively identify the mechanisms of muscle growth during our sessions.

## Example

Consider sets and reps as guidelines. If you need fewer or more reps or sets to improve from the previous week, go for it. Just remember, the more sets and reps you do, the greater the fatigue, making it harder to progress.

When a ‘-’ is used, the number following it indicates a working set, in which you should train close to failure, if not to failure itself. In this situation, we have set a goal of 10 reps. Over the following weeks, this individual maintained their approach until reaching the prescribed rep range, after which they added load and continued this pattern to facilitate further progress

As seen from their warm-up sets (before their working set), they increased the load in these to prepare for the heavier load of the working set.

Each set before the working set gradually increases in load and difficulty while reducing reps to minimise fatigue from excessive repetitions before they reach their working set, which is the most crucial part of the exercise.

Each of the exercises comes with a video; just click on the name, and it will display a YouTube link of Jess demonstrating the movement.

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Leg Press</b>	Glute focused - Requires the top of your thigh to touch your stomach and or close to, press with your whole foot	4 x 10,8,6 - 10	50x10, 70x8, 90x6 110x6	50x10, 70x8, 90x6 110x8	50x10, 70x8, 90x6 110x10	70x10, 90x8, 110x6 130x4	70x10, 90x8, 110x6 130x6	70x10, 90x8, 110x6 130x8

## Upper 1

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
<u>Chest Supported Dumbbell Upperback Row</u>	Keep shoulders at 75-90 degrees for better upper back leverage.	4 x 10,8,6 - 10					
<u>Smith Machine High Incline Press</u>	45 Degree is going to be perfect to hit chest and shoulders -2 second hold at the bottom of each rep	4 x 10,8,6 - 10					
<u>Supinated Lat Pulldown</u>	Lean slightly back, arched lower back, chest high, drive elbows towards your hips, don't go past your torso	3 x 10,8 - 12					
<u>Seated DB Lateral Raise</u>	Keeping your shoulders at about 45 degrees to your body, think about pushing your shoulders toward the walls, not just aiming your dumbbells to the sky	3 x 12,10 - 8 (12) Use a heavier weight after your set. Raising your arms only halfway					
<u>Single Arm Cross Body Tricep Extension</u>	Bicep to forearm at the top of the movement, drive your arm to the side of your body while extending your elbow, keeping your shoulders back the whole time	4 x 10.8 - 10.15 2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 15 reps.					

## Lower 1

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
1A. <u>Captain Chair</u>	If you can't raise your legs all the way past your hips, start with knees to chest and then progress from there	2 x 10					
1B. <u>Russian Twist</u>	Look at the plate the whole time, exhaling as you rotate	2 x 10 each side					
<u>Seated Calf Raise</u>	Hold the bottom position for 3 seconds, get into neutral, get back down straight away - Repeat	3 x 12,10 - 10					
<u>Lying Leg Curl Dance</u>	As you extend your knees at the bottom of the movement, your body is also extended; as you flex your knees, you go back down - Repeat	4 x 10,10 - 8,15  2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 15 reps.					
<u>Leg Extension</u>	Go 3/4 way up, hold for a second, go all the way back into knee flexion	4 x 10,10 - 10,15  2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 15 reps.					
<u>Hack Squat</u>	Hamstring to calf at the bottom of the movement	4 x 8,6,4 - 10					

## Upper 2

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
<u>Neutral Grip Horizontal Cable Row</u>	Drive elbows towards your hips, think of dragging your elbows on your thighs - Don't go past your torso	4 x 12,10 - 8,12  2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 12 reps.					
<u>Shoulder Press</u>	Barbell at your chin at the bottom of the movement	3 x 10,6 - 12					
<u>Rack Chins</u>	Load through adding plates on your stomach  Keep your shoulders at 75/90 degrees and pull all the way to the top of the movement. If it is easy, place it flat straight in front of you and then on top of a bench	4 x 10,8 - 8,12  2 working sets, rest 2 minutes between sets, reduce load for last set aiming for 12 reps.					
<u>Pec Dec</u>	Elbows behind your body at the bottom of the movement, straightening out your arms as you 'hug'	4 x 10,10 - 10,12. 2 working sets, adding load on the second set. If you do less than 8 reps on the first set, do a back-off set. Rest 2 minutes between sets.					
<u>Single Arm Preacher Curl</u>	Keeping your triceps onto the pad, go 3/4 of the way down, then 3/4 of the way up	3 x 10,8 - 10					

## Lower 2

Exercise	Workout Notes	Sets/Reps	Week 1	Week 2	Week 3	Week 4	Week 5
1A. <u>Ab-Wheel Rollout</u>	Keep your arms underneath as you descend, maintaining a flexed upper back (like Hunchback), then thrust to return to flexion.	2 x 10					
1B. <u>Side Bend</u>	Drive your opposite hip as far out to the side as you can, all while flexing your ribcage into your pelvis	2 x 10					
<u>Calf Leg Press</u>	Hold for 3 seconds at the bottom of the movement, keeping your knees extended the whole time	3 x 12,10 - 8					
<u>Barbell RDL</u>	Drive your glutes back fully until you can't, then thrust the barbell as you stand tall. Allow your knees to flex for complete pelvic translation.	4 x 10,8,6 - 10					
<u>Single Leg, Leg Press</u>	Allow your thighs to come to the side of you to get into full knee flexion	3 x 10,8,6 - 10					
<u>Leg Extension</u>	10-second hold at the top of the movement at the start of every set	3 x 12,10 - 8					

