
BILLY BUTLER PERSONAL TRAINING



3 DAY FULL BODY WORKOUT

CREATED BY BILLY BUTLER

INTRODUCTION

This training programme will provide you with the routine you need to get the most effective results.

This is for those of you who are low on confidence, wanting to lose weight and generally feel better in yourself.

How To Make The Most Of This Programme

Do not go at this programme 100MPH immediately. Make sure you're completing all exercises correctly and then begin to increase the amount of weight you use.

Try recording yourself when doing exercises, so you can look back and review it.

Do not believe everything you see and hear in the gym. A lot of people could be causing themselves injury by having to big an ego. Be careful and be safe. Results will come!

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PERSONAL TRAINER

FAQ

What are reps?

Reps is short for repetitions. This means how many times you complete a full movement of an exercise.

What are sets?

Sets are how many reps you do in between resting periods.

What resting time should I use between sets?

This can vary between 30-120 seconds, dependant on the intensity of the exercise. The plan below will include the specific rest times for each exercise.

Why do the number of reps change throughout the programme?

This is because you will need to progressively overload as you complete the programme. This is used to prevent you from hitting a wall when training and stop seeing any progress.

FAQ

What is progressive overload?

You have probably heard this term used in videos or on websites. Simply put, it is when you gradually increase the weight, frequency or number of reps of an exercise. For example: Starting - 5kg/ 8 Reps > 5kg/ 10 Reps > 7kg/ 8 Reps. If you need any further explanation, my contact details are at the bottom.

Is 3 days a week enough?

When I ask new members in the gym or a new client, how often they plan on going to the gym they usually say 5x per week. This is not sustainable nor required for a complete beginner and even some experienced people in the gym. If you train your body evenly and to a high intensity, then you can comfortably see progress with 3-4 sessions per week. This programme is aimed at 3x per week for beginners or people returning to the gym after a period away.

What else should I do?

Get your steps in (Even on rest days). By hitting your daily step target, this will help with NEAT. Walking also helps with digestion and is proven to increase productivity and happiness.

FAQ.

What days should I train?

That is completely up to you. Whatever days' work best for you. Life can get in the way of plans so try to fit them in with a rest day in between, but if not possible then do them back-to-back. Whatever works for you as long as you get the sessions in.

Example 1: Mon – Day 1, Tue – Rest Day, Wed – Day 2, Thu – Rest Day, Fri – Day 3, Sat & Sun – Rest Day.

Example 2: Mon – Rest Day, Tue – Rest Day, Wed – Day 1, Thur – Day 2, Fri – Rest Day, Sat – Rest Day, Sun – Day 3.

How long should I stick to this?

What is important to realise quickly when beginning a training programme is that results can take time and that is why I say you will need to do this for a minimum of 8 weeks. Consistency and discipline will get you the results you want. Not giving yourself the necessary nutrients will only encourage fat storage so consistency and discipline with nutrition is important too. You can stick with this plan indefinitely if you would like to but after 3-6 months, I would suggest changing some exercises, so you do not become bored.

FAQ.

What if I do not like or cannot do an exercise?

Unless there is a serious chance of you injuring yourself because you are doing the exercise wrong then keep with it and develop. Do not keep changing exercises about as this completely gets rid of the consistency I mentioned above. If you do need to change an exercise, then make sure the replacement is working the same muscle group.

What if I need more help?

Then get in touch. There is a link at the bottom you can follow and send me an enquiry. I offer Online coaching or 1-1 Training. I look forward to hearing from you.

NOW LETS GET
STARTED ON THE
WORKOUTS

WARM UP - TOP TIPS

- Increase your heart rate (Cardio Machine, low intensity, 3-5 Mins)
- Mobility & Stretching – If you feel tight in any muscles or have had an injury in the past then focus on ensuring it is in the best condition before lifting weights.
- Do a warmup set before any big lifts (I.e., Bench Press, Barbell Squat, Deadlifts). Use lighter weight than your starting weight just to get a feel for the movement and ensure all muscles involved have been warmed up.

DAY 1

ROMANIAN DEADLIFT - 4
SETS / 8-12 REPS. 90-120 SEC
REST.

LATERAL RAISES - 3 SETS / 8-
12 REPS. 45-60 SEC REST.

LAT PULL DOWN - 3 SETS / 8-
12 REPS. 30-45 SEC REST.

SEATED LEG CURL - 3 SETS /
10-14 REPS. 30-45 SEC REST.

BICEP CURLS - 3 SETS / 8-12
REPS. 30-45 SEC REST.

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DAY 2

LEG PRESS - 4 SETS / 8-12
REPS. 90-120 SEC REST.

CHEST PRESS - 3 SETS / 8-12
REPS. 45-60 SEC REST.

WALKING LUNGES - 3 SETS /
8-12 REPS. 30-45 SEC REST.

SEATED ROW - 3 SETS / 10-14
REPS. 30-45 SEC REST.

BAR HANG - 3 SETS / TILL
FAILURE. 30-45 SEC REST.

FINISHER

DAY 3

HEEL ELEVATED BACK SQUAT - 4 SETS / 8-12 REPS.
90-120 SEC REST.

SHOULDER PRESS - 3 SETS /
8-12 REPS. 60-90 SEC REST.

PUSH UPS - 3 SETS / AMRAP.
45-60 SEC REST.

LEG EXTENSIONS - 3 SETS / 12-
15 REPS. 45-60 SEC REST.

TRICEP PUSHDOWN - 3 SETS /
12-15 REPS. 30 -45 SEC REST.

FINISHER

FINISHERS

ARMS

**CABLE BICEP CURLS & CABLE TRICEP
EXTENSION - 3 SETS, 10-12 REPS**

OR

**HAMMER CURLS & TRICEP DIPS - 3 SETS - 10-12
REPS**

ABS

**LEG RAISES - 45 SECONDS
FLUTTER KICKS - 45 SECONDS
PLANK - 45 SECONDS**

REPEAT THIS TWICE

**RUSSIAN TWISTS - 45 SECONDS
TOE TOUCHES - 45 SECONDS
PLANK - 30 SECONDS**

REPEAT THIS TWICE

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GLUTES

**BANDED FIRE HYDRANTS - 30 SECONDS EACH
LEG**

BANDED KICK BACKS - 30 SECONDS EACH LEG

REPEAT THIS TWICE

CARDIO

ROWER - 1000M

TREADMILL - 1000M

EXERCISE BIKE - 1500M

**WITH THE FINISHERS YOU CAN CHOOSE
WHICH EVER ONE THAT YOU WANT TO DO**

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WORKOUT LOG

Exercise	Sets	Reps	Weight	Comments

PRINT OFF COPIES OF THIS WORKOUT LOG SO YOU CAN FILL IN ONE EACH DAY.

YOU CAN ALSO USE YOUR PHONE NOTES SECTION OR A NOTEBOOK IF YOU WOULD FIND THAT EASIER.

FINAL NOTE

YOU MAY BE LOOKING AT SOME OF THESE EXERCISES AND WONDERING HOW YOU'LL BE ABLE TO DO THEM.

YOU CAN ASK FOR HELP FROM ANY MEMBER OF GYM STAFF OR A TRAINING PARTNER.

ALL OF THE EXERCISES ABOVE HAVE A LINK ATTACHED WHICH WILL TAKE YOU TO YOUTUBE WHERE THERE ARE VIDEOS OF HOW TO DO THE EXERCISE CORRECTLY.

YOU CAN ALSO GO TO CLASSES AT MOST COMMERCIAL GYMS THAT WILL TEACH YOU THESE EXERCISES.

ALTERNATIVELY, IF YOU NEED MORE HELP WITH ACTUALLY GETTING MOTIVATED AND WANT TO WORK WITH ME TO GET YOU GUARANTEED RESULTS THEN FOLLOW THE LINK BELOW OR CONTACT ME.

[ENQUIRY FORM](#)

[LINK TO ALL MY CONTACT INFO](#)