

# HOW TO MAKE A WORKOUT PLAN



# A FEW THINGS TO TAKE INTO CONSIDERATION FIRST

## **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 60-120 seconds, dependant on the intensity of the exercise. In the plan below will include the specific rest times for the exercise.

## **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.

## **LAST FEW BITS BEFORE WE MAKE YOU PLAN:**

- Be sure to include warmups in your exercise routine
- Do not try and increase weights too quickly. Learn correct form and perfect that before moving up.
- Do not think you're missing out on anything by not copying exercises you saw on tik tok.

**THIS PLAN CAN BE AMENDED AT ANY TIME TO INCLUDE PROGRESSIONS AND MIX UP THE EXERCISES, ALTHOUGH I WOULD ONLY RECOMMEND DOING THAT EVERY 4-8 WEEKS SO YOU CAN STAY CONSISTENT FOR A LITTLE WHILE.**

# STEP 1

BEFORE YOU CAN START CRACKING ON WITH YOUR PROGRAMME, YOU NEED TO BE CLEAR ON WHAT YOUR GOALS ARE.

WHETHER THAT IS TO LOSE WEIGHT, BUILD MUSCLE OR JUST IMPROVE GENERAL FITNESS. YOU NEED TO BE CLEAR ON THIS FIRST SO THAT YOU CAN CREATE THE MOST EFFECTIVE PLAN.

WITH THE TOPIC OF 'GOAL SETTING', MAKE IT MEASURABLE. A SPECIFIC NUMBER OF KG LOST OR A PARTICULAR FITNESS ORIENTATED GOAL (PARK RUN OR TOUGH MUDDER). THIS WILL MAKE YOU FOCUSED ON YOUR END RESULT AND YOU CAN THEN CREATE MINI GOALS THAT YOU ACHIEVE EVERY WEEK TO GET YOU THAT DREAM END.

# STEP 2

LOOK AT HOW MANY SESSIONS PER WEEK YOU'RE GOING TO DO. MAKE SURE IT FITS WITHIN YOUR SCHEDULE.

JUST LIKE IF YOU WAS GOING TO BUY SOMETHING, YOU WOULD LOOK AT FINANCES AND NOT BUY IT IF YOU COULDN'T AFFORD IT. WELL DON'T TRY AND COMMIT TOO MUCH OF YOUR TIME IF YOU DON'T HAVE IT.

2-3 SESSIONS PER WEEK IS COMPLETELY FINE AND WILL GET YOU TO YOUR END RESULT IF THE SESSIONS ARE EFFECTIVE. THIS CAN BE AT HOME WORKOUTS AS WELL.

# STEP 3

GYM OR HOME? WHAT WOULD WORK BEST FOR YOU AROUND YOUR DAY TO DAY LIFE. FINANCES ALSO MAY COME INTO THE EQUATION HERE.

IF IT'S GYM THEN YOU'LL HAVE TO ASSESS THE EQUIPMENT THEY HAVE WITHIN THE FACILITY AND THEN INCLUDE WHAT'S AVAILABLE.

IF YOU'RE WANTING AT HOME WORKOUTS THEN YOU WILL ONLY NEED MINIMAL EQUIPMENT (DUMBBELL & MAT) TO BEGIN WITH ANYWAY. BUT THIS WILL MEAN THAT YOU'RE LIMITED WITH THE EXERCISES YOU CAN DO. THERE IS STILL ENOUGH FOR YOU TO HAVE GREAT WORKOUTS, BUT NOT THE SAME AS IF YOU WAS IN THE GYM.

# STEP 4

BEGIN CREATING

ON THE NEXT FEW PAGES ARE LISTS OF EXERCISES FOR YOU TO CHOOSE FROM. WHAT EXERCISES YOU PICK WILL BE BASED ON EXPERIENCE AND WHETHER YOU WILL BE TRAINING IN A GYM OR AT HOME.

## TIP

IF THERE ARE ANY EXERCISES YOU'RE UNSURE OF THEN PLEASE MESSAGE ME AND ASK OR ASK A MEMBER OF STAFF IN THE GYM TO SHOW YOU.

# BILLY BUTLER PERSONAL TRAINING

# EXERCISE LIST

## Upper Body

CHEST PRESS	4 SETS / 8-12 REPS
SHOULDER PRESS	4 SETS / 8-12 REPS
LATERAL RAISE	3 SETS / 12-15 REPS
SEATED ROW	3 SETS / 12-15 REPS
LAT PULLDOWN	3 SETS / 12-15 REPS
CABLE FLY	3 SETS / 12-15 REPS
BENT OVER ROW	3 SETS / 12-15 REPS
BICEP CURL	3 SETS / 12-15 REPS
TRICP PUSH DOWN	3 SETS / 12-15 REPS
PULL UPS	3 SETS / 12-15 REPS
PUSH UPS	3 SETS / 12-15 REPS
SINGLE ARM ROW	3 SETS / 12-15 REPS

**There is a Resistance Machine or Free-weight equivalent for all of these exercises. Anything you're unsure of, just ask. For at Home workouts, you can adapt the majority of these exercises to be completed safely.**

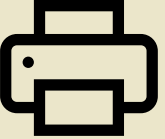
# BILLY BUTLER PERSONAL TRAINING

# EXERCISE LIST

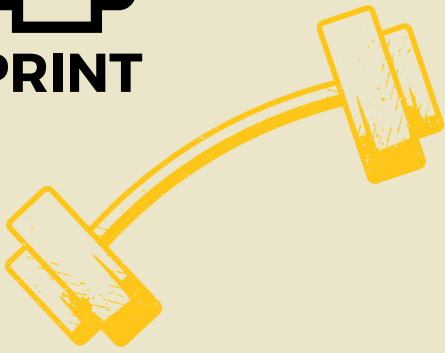
## Lower Body

BACK SQUAT	4 SETS / 8-12 REPS
HACK SQUAT	4 SETS / 8-12 REPS
BULGARIAN SPLIT SQUAT	4 SETS / 8-12 REPS
LEG PRESS	4 SETS / 8-12 REPS
GOBLET SQUAT	4 SETS / 8-12 REPS
ROMANIAN DEADLIFT	4 SETS / 8-12 REPS
HIP THRUSTS	4 SETS / 8-12 REPS
GLUTE BRIDGES	4 SETS / 8-12 REPS
WALKING LUNGES	3 SETS / 12-15 REPS
LEG EXTENSION	3 SETS / 12-15 REPS
HAMSTRING CURL	3 SETS / 12-15 REPS
CALF RAISES	3 SETS / 12-15 REPS

**There is a Resistance Machine or Free-weight equivalent for all of these exercises. Anything you're unsure of, just ask. For at Home workouts, you can adapt the majority of these exercises to be completed safely.**



PRINT



# Workout Planner



Exercise	Weight	Sets & Reps

- **Select 6 exercises.**
- **Use the recommended sets & reps next to the exercise.**
- **Allow adequate rest between sets. Minimum 30-45 seconds. Longer if doing heavier lifts.**
- **Starting weight should be comfortable to do. Focus on form.**

# There You Have It

So that is the workout plan completed. You should now have as many sessions planned out as you need for the week. Whether that be 2 sessions per week or 4. Or full body sessions or a push, pull & legs split.

If you're still not sure and need further help putting this all together or want a personalised plan suited to most effectively achieving your goals then message me and we can make a plan.

As I have mentioned before, the information is all out there for you to look through. It's about the implementation and staying consistent with it, that gets results.

If it's just a bit of inspiration you're after then check out my example programme on the link below. This is a 3-Day full body workout plan.

{Example Programme}



**Billy Butler**  
**Personal Trainer**