

WEEKLY OVERVIEW						

CHRIS  
POWER  
FITNESS

# TRAINING PLAN

## DAY ONE

### PRE SESSION PROTOCOL

BEGIN EACH WORKOUT WITH A 6-8 MINUTE INCLINE WALK ON A TREADMILL/ BIKE RIDE THAT BRINGS HEART RATE TO 130-140PM.  
BEING EACH WORKOUT WITH A HOODIE ON, WHEN YOU FEEL READY TO TAKE THIS HOODIE OFF YOU CAN ASSUME THAT YOU ARE NOW FULLY WARMED UP

BODY PART	ORDER	EXERCISE	FEEDER SETS	WORKING SETS	REP RANGES	TEMPO	TECHNIQUE	REST	EXPLANATION
QUADS	1	GOBLET SQUAT DUMBBELL	2	3 (E2MOM)	10-12		STRAIGHT SET	TIME LEFT AFTER PERFORMING SET	Hold the dumbbell at chest height and set feet in a comfortable position which allows you to bend your knees to 90 degrees without your heels lifting off the floor.
GLUTES	2a	ROMANIAN DEADLIFTS DUMBBELL	2	3-4	6-10		PAIRED SET	90s	Begin this movement by gripping the dumbbells just outside of your hips, our main focus here is keep your back straight/neutral throughout in order to protect the spine. As you begin the movement take a deep breath in and aim to drive hips back as far you can, where the dumbbells finishes will depend on your flexibility, however it should reach atleast below knee length.
CHEST	2b	INCLINE BENCH PRESS DUMBBELL	2	3-4	6-10		PAIRED SET	90s	Set the bench at a 30 - 45 degree incline unless told otherwise. The dumbbells should be in line with your nipples and the depth is based on where you feel comfortable depending on your range of movement.
BACK	3a	LAT PULLDOWN or STRAIGHT ARM PULLDOWN	1	3	8-12		PAIRED SET	90s	Grip the bar with an overhand grip and have your arms just outside of shoulder width. Pull the bar down to your chest with a slight lean backwards, driving four elbows down and back. Keep your position stable throughout the movement in order to minimise any swinging to manipulate the movement.
SHOULDERS	3b	SHOULDER PRESS DUMBBELL	1	3	8-12		PAIRED SET	90s	Set the bench one off fully upright in order to allow shoulders blades to retract. The range of movement of this exercise will be dependant on the individual, we want to bring the dumbbells down to atleast inline with your ears/eyesight.
QUADS	4	LEG EXTENSIONS	1	3	8-12		STRAIGHT SET	90s	Set the seat so that your knees align with the machines axis point (this should normally be shown on the machine) and set the pads on the front of your legs as far up the shin as is comfortable for you. Anchor yourself by holding onto the side handles so that you're locked in. Use your legs to drive the weight up so that your quads get a short as possible, then squeeze hard at the top before slowly lowering the weight.
			E2MOM = EVERY 2ND MINUTE ON THE MINUTE PAIRED SET = 90 SECOND REST BETWEEN EXERCISES AND SETS						

### POST SESSION PROTOCOL

## DAY TWO

### PRE SESSION PROTOCOL

BEGIN EACH WORKOUT WITH A 6-8 MINUTE INCLINE WALK ON A TREADMILL/ BIKE RIDE THAT BRINGS HEART RATE TO 130-140PM. BEING EACH WORKOUT WITH A HOODIE ON  
WHEN YOU FEEL READY TO TAKE THIS HOODIE OFF YOU CAN ASSUME THAT YOU ARE NOW FULLY WARMED UP

BODY PART	ORDER	EXERCISE	FEEDER SETS	WORKING SETS	REP RANGES	TEMPO	TECHNIQUE	REST	EXPLANATION
QUADS	1	LEG PRESS MACHINE	2	3	12-14 (E2MOM)		STRAIGHT SET	TIME LEFT AFTER PERFORMING SET	Position your feet as low down on the platform as possible in order to maximise knee flexion, but ensure that you can achieve good depth and your heels do not come away from the platform whilst performing your sets.
BACK	2a	ASSISTED PULL UP	1	10 MINUTE AMRAP 1-3 REPS IN RESERVE			AMRAP	AS NEEDED	Depending on what machine you have you will either be kneeling or standing for this. Imagine you're using a lat pulldown machine, we want to drive Elbows down and back towards our pockets whilst keeping chest slightly elevated pushing towards the bar.
GLUTES	2b	REVERSE LUNGE	1				AMRAP	AS NEEDED	Focus on taking the body down as you lunge rather than taking it forward. Another key point is to keep the front knee in line with your second toe throughout the lunge. It may help to tuck the hips a bit during the movement and check your form in a mirror.
HIPS	3a	ADDUCTOR	1	2 - 3 ROUNDS	8-12		MINI CIRCUIT	AS NEEDED	Set the starting position to as wide as is comfortable, aligning the pads on your inner thighs. Push the weight to the middle aiming to squeeze the pads together, focus on pushing through your thighs and not your feet. If you're not able to get the pads to touch reduce the weight.
SHOULDERS	3b	DUMBBELL LATERAL RAISE					MINI CIRCUIT	AS NEEDED	Begin this movement with the Dumbbells at your side almost resting on your hips. Raise the Dumbbells whilst concentrating on driving your elbows outwards rather than upwards, tilting your hands slightly so that your little fingers are higher than your thumbs. Eliminate all momentum with this movement, do not allow your body to swing.
BICEPS	3c	DUMBBELL HAMMER CURLS					MINI CIRCUIT	AS NEEDED	<a href="https://vimeo.com/512893754">https://vimeo.com/512893754</a>
TRICEPS	3d	OVERHEAD DUMBBELL EXTENSION					MINI CIRCUIT	AS NEEDED	<a href="https://vimeo.com/500826654">https://vimeo.com/500826654</a>
			E2MOM = EVERY 2ND MINUTE ON THE MINUTE AMRAP = AS MANY ROUNDS AS POSSIBLE REPS IN RESERVE = REPS FROM FAILURE.				STRAIGHT SET	AS NEEDED	