

The Total Coach – Generic Pull /Push /legs

- *Day 1 – Pull workout*
- *Day 2 - Push workout*
- *Day 3 – Legs workout*
- *Day 4 – Rest*
- *Day 5 – Repeat from Day 1*

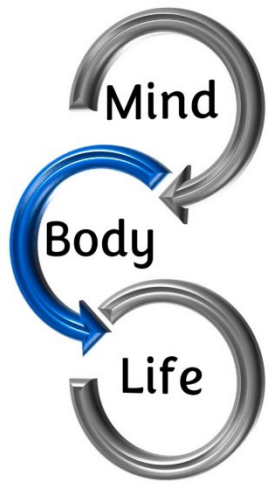
Notes

- ✓ Hypertrophy Focussed workout.
- ✓ Make sure form is good (if you don't know how to perform the exercise seek advice)
- ✓ Ensure maximum mind muscle connection (if you don't feel the target muscle group you aren't doing it right.
- ✓ Progressive overload can be more reps, more weight, better form. Aim for progression in each session,
- ✓ Substitute any of the exercises for similar depending on equipment etc but ensure this exercise is kept consistent throughout the weeks.
- ✓ Appropriate diet required.

IMPORTANT - This is a generic workout plan & does not take into account experience, injury, mobility limitations, equipment or your specific goals.

Interested in a bespoke workout plan, get in touch

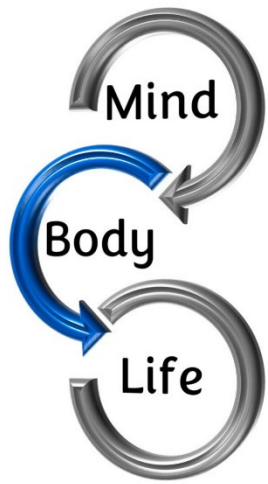
(info@thetotalcoach.co.uk)



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The Total PULL Workout

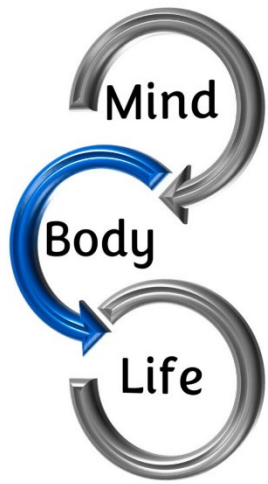
Muscle Group	Exercise	Sets	Reps	Comments
Back	Rack Pulls	6	5-7	3 priming sets / 3 work sets. If you hit 3 sets of 7 increase weight next session
Back	Bent over row	4	10-12	1 priming set / 3 work sets. If you hit 3 sets of 12 increase weight next session
Back	Lat pull down	4	10-12	1 priming set / 3 work sets. If you hit 3 sets of 12 increase weight next session
Back	Cable Horizontal row	4	10-12	1 priming set / 3 work sets. If you hit 3 sets of 12 increase weight next session
Rear Delts	Face Pull	3	15-20	If you hit 3 sets of 20 increase weight next session
Biceps	Bicep Curls	3	10-12	Pick an exercise you prefer (barbel, dumbbell etc)
Biceps	Hammer curls	3	10-12	Pick an exercise you prefer (barbel, dumbbell etc)



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The Total PUSH Workout

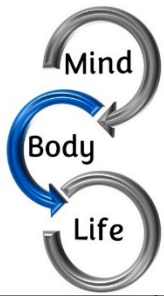
Muscle Group	Exercise	Sets	Reps	Comments
Shoulders	Shoulder press	5	10-12	2 priming sets / 3 work sets. If you hit 3 sets of 12 increase weight next session (Dumbbell or barbell)
Shoulders	Lateral raise	4	15-20	1 priming set / 3 work sets. If you hit 3 sets of 20 increase weight next session
Chest	Bench Press	5	10-12	2 priming sets / 3 work sets. If you hit 3 sets of 12 increase weight next session (Dumbbell or barbell)
Chest	Flys	4	10-12	1 priming set / 3 work sets. If you hit 3 sets of 12 increase weight next session
Chest	Incline Press	4	10-12	1 priming set / 3 work sets. If you hit 3 sets of 12 increase weight next session
Triceps	Skull Crushers	3	10-12	Dumbbells



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The Total LEGS Workout

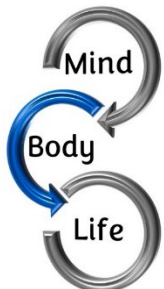
Muscle Group	Exercise	Sets	Reps	Comments
Leg Extension	Quads	4	10 -15	1 priming set / 3 work sets. If you hit 3 sets of 15 increase weight next session
Overall Legs	Squats	5	8-12	2 priming sets / 3 work sets. If you hit 3 sets of 12 increase weight next session (Hack Squat / Barbell Squat or Other Squat Alternative)
Hamstrings	Leg Curl	4	10 -15	1 priming set / 3 work sets. If you hit 3 sets of 15 increase weight next session
Hamstrings / Glutes	Straight Leg Deadlifts	5	10-12	2 priming sets / 4 work sets. If you hit 3 sets of 12 increase weight next session
Calves	Calf Raises	4	12-15	1 priming set / 3 work sets. If you hit 3 sets of 15 increase weight next session



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The Total PULL Workout - Session Notes

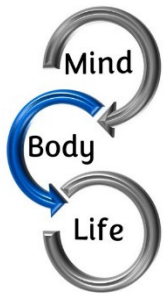
		Prime Set 1		Prime Set 2		Set 1		Set 2		Set 3		Set 4	
Muscle Group	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Back	Rack Pulls												
Back	Bent over row												
Back	Lat pull down												
Back	Cable Horizontal row												
Rear Delts	Face Pull												
Biceps	Bicep Curls												
Biceps	Hammer curls												



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The Total PUSH Workout - Session Notes

		Prime Set 1		Prime Set 2		Set 1		Set 2		Set 3	
Muscle Group	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Shoulders	Shoulder press										
Shoulders	Lateral raise										
Chest	Bench Press										
Chest	Flys										
Chest	Incline Press										
Triceps	Skull Crushers										



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The Total LEGS Workout - Session Notes

		Prime Set 1		Prime Set 2		Set 1		Set 2		Set 3	
Muscle Group	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Leg Extension	Quads										
Overall Legs	Squats										
Hamstrings	Leg Curl										
Hamstrings / Glutes	Straight Leg Deadlifts										
Calves	Calf Raises										