



Progressive Overload Program

*Thank you for choosing our Progressive
Overload program*

Introduction

We've put together this progressive overload plan for beginners looking to get on the right track for building some good quality muscle mass and strength

Start Date:

End Date:

Goal(s):

Current Figures:

Weight:

Body Fat %:

Muscle Mass:

Week	Summary	Daily Calories	Macros F/C/P (Grams)
1	3x10 Every exercise		/ /
2	3x12 Every exercise		/ /
3	4x10 Every exercise		/ /
4	4x12 Every exercise		/ /

Workout Planner

Weekly details and intro

This plan will encourage some muscle grown and all round strength increase, it is key to perform each exercise with correct form to ensure maximum muscle fiber engagement

Week	Details
1	Base line week, this is used to get your muscled used to lifting the weight with correct form, perform 3x10 for every exercise
2	3x12 for every exercise
3	4x10 for every exercise
4	4x12 for every exercise
5	3x6-8 for every exercise (Weight increase 1-2kgs)
	Repeat the above 5 week rotation

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Weekly rotation

Day	Muscle Group	Notes
1	Legs	
2	Back & Biceps	
3	Rest Day	
4	Chest & Triceps	
5	Legs & Biceps	
6	Shoulders & Triceps	
7	Rest Day	

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Day 2 - Back & Biceps

Warm up with 8 minutes of any cardio followed by 30 wide grip pull downs (Light weight)

Exercise	Your notes
Assisted Pullups	
Pull downs (Wide grip)	
Dumbbell rows	
Pull downs (Close grip)	
Back extentions	
Single arm pull downs	
Seated row	
Preacher bench (EZ-Curl)	
Concentration curl	
Dumbbell curl	

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Day 4 - Chest & Triceps

Warm up with 8 minutes of any cardio followed by 25 push ups

Exercise	Your notes
Flat bench press	
Flat dumbbell fly	
Incline bench press	
Cable fly	
Front dumbbell raise (Palms up)	
Weighted dips	
Close grip press	
Single arm triceps cable extentions	
Skull crushers	

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Day 5 - Legs & Biceps

Warm up with 8 minutes of any cardio followed by 25 body weight squats

Exercise	Your notes
Straight leg deadlifts	
Leg press (Feet high and wide)	
Hamstring curls (Machine)	
Hip thrusts (Smith machine)	
Dumbbell split	
Goblet squats	
Standing calf raises	
Straight bar curls	
Dumbbell curls	
Hammer curls	

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Day 6 - Shoulders & Triceps

Warm up with 8 minutes of any cardio followed by 15 standing overhead press

Exercise	Your notes
Seated press	
Seated Y raise	
Seated lateral raise	
Upright row (Smith machine)	
Dumbbell front raise	
Shrugs (Smith machine)	
V-bar push downs	
Triceps rope extentions	
Single arm cable extention	

A quick thank you from our team

We hope you enjoyed following our progressive overload program and seen some increase in muscle mass and strength.

Feel free to check out our free workout programs.

Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston S. Churchill