

Training Programme

Name

Goal

Date started



4 weeks

Week 1 of 4

Frequency - 3 day split

Programme - Upper Push

Split	Exercise	Sets	Reps	Weight	Rest	Tips
Upper	Chest Press	x3	10-12	80%	60-90 secs	
Push	Incline DB press v Plate raise	x3	10-12	70%	Super Set then 60 secs	
	Cable Fly (Medium)	x3	15-20	60%	60 secs	
	OH Shoulder DB press	x3	10-12	80%	60 secs	
	Lateral DB raise v Upright row KB	x3	15-20	60%	Super Set then 60 secs	
	Cable Fly (High) v Narrow push ups	x3	15-20	60%	Super Set then 60 secs	
	Lateral DB raise bent v Face pull	x3	10-12	80%	Super Set then 60 secs	

This is Week 1 of 4. Before starting any training programme you need to know your current strength and fitness levels. This can be done by testing what weight you can lift for certain muscle groups. You should test for your 1RM then be able to workout your 50-90% weight from that. Any questions let us know.