

Training Programme

Name

Goal

Date started



4 weeks

Week 1 of 4

Frequency - 3 day split

Programme - Upper Pull

Split	Exercise	Sets	Reps	Weight	Rest	Tips
Upper	Lat Pulldown	x3	10-12	80%	60-90 secs	
Pull	Seated Row v Straight arm bar pull	x3	10-12	70%	Super Set then 60 secs	
	Reverse Fly machine	x3	15-20	60%	60 secs	
	Pronated bent over row v Supinated Barbell row	x3	10-12	80%	Super Set then 60 secs	
	Seated Bicep curl v DB Hammer curls	x3	15-20	60%	Super Set then 60 secs	
	Seated Low row v Single arm DB row	x3	15-20	60%	Super Set then 60 secs	
	Plate curls v Under hand pull ups	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.