



WEEK 4-5

**TRAINING PROGRAMME
SESSION ONE**

**Train on alternate days
One day on, one day rest**



Chest Exercises

BB Bench Press

Exercise	Sets	Reps	Rest Interval	Weight Lifted
BB Bench Press	3	6-8	90	



Lie flat on the bench with your feet firmly on the floor.

Grip the bar slightly wider than shoulder-width and un-rack the bar.

Lower the bar smoothly towards the sternum whilst breathing in.

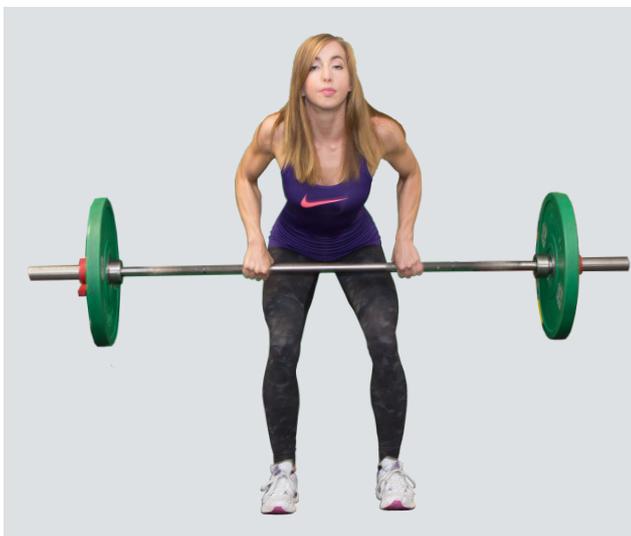
Push the bar back up to the start position and exhale towards the top.



Back Exercises

BB Bent Over Row

Exercise	Sets	Reps	Rest Interval	Weight Lifted
BB Bent Over Row	3	6-8	90	



Grip the barbell slightly wider than shoulder-width apart.

Deadlift the barbell from the floor and hinge over at the hip, keeping the back straight.

Pull the barbell towards the navel, exhaling towards the top of the movement.

Allow the bar to smoothly return to the start position as you inhale.



Chest Exercises

DB Incline Fly

Exercise	Sets	Reps	Rest Interval	Weight Lifted
DB Incline Fly	3	8-10	90	



Using a bench at a 45° incline, hold the dumbbells with your arms fully extended and palms facing each other. Inhale whilst lowering the dumbbells away from the body with a slight bend at the elbows.

Lower the dumbbells smoothly to the point where you can feel a stretch in the chest muscles. Bring the dumbbells back together again at the top position and exhale towards the top of the movement.



Shoulder Exercises

BB Standing Shoulder Press

Exercise	Sets	Reps	Rest Interval	Weight Lifted
BB Standing Shoulder Press	3	6-8	90	

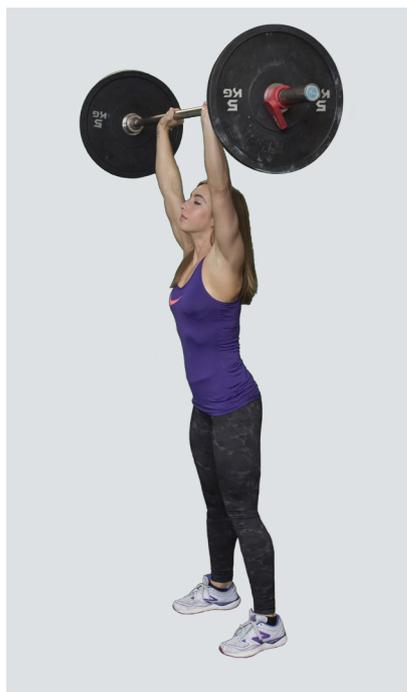


Grip the barbell slightly wider than shoulder-width apart.

Inhale before you press the barbell up and over your head.

Exhale towards the top of the movement and push your head forwards so that the barbell ends up above and slightly behind your head.

Lower the bar smoothly back down to the start position, inhaling as you go.

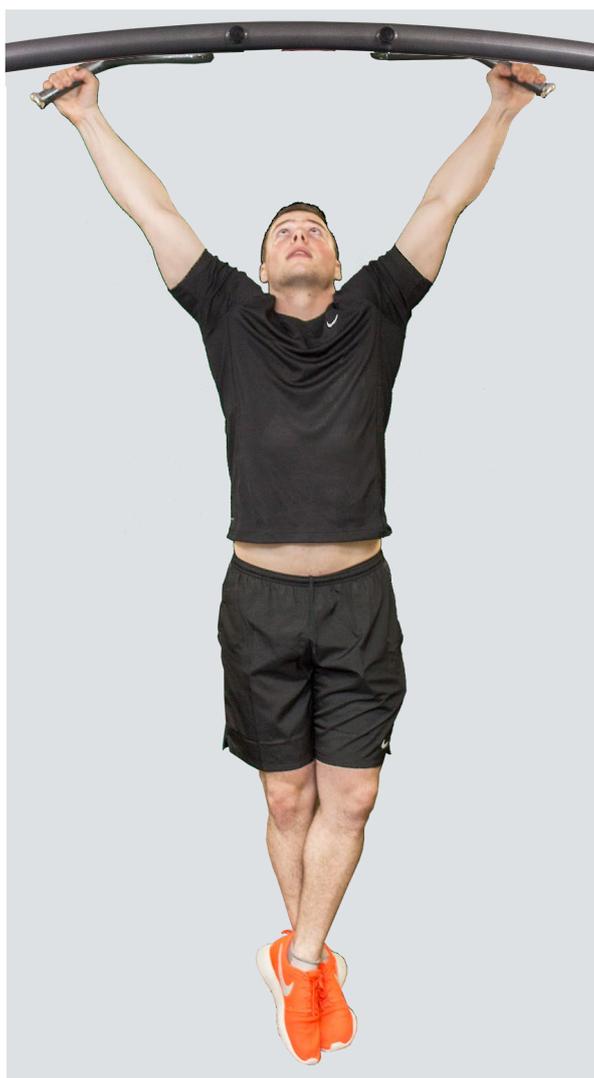




Back Exercises

Wide-Grip Pull Up

Exercise	Sets	Reps	Rest Interval	Weight Lifted
Wide-Grip Pull Up	3	6-8	90	



Take a wide grip on the pull up bar.

Inhale before you pull yourself up towards the bar, exhale towards the end of the movement.

Lower yourself smoothly back to the start position as you inhale.

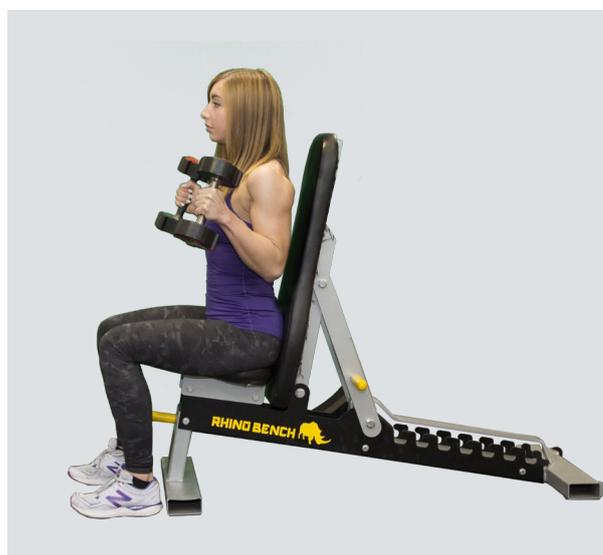
You may use a machine with assistance.



Arm Exercises

DB Hammer Curl

Exercise	Sets	Reps	Rest Interval	Weight Lifted
DB Hammer Curl	2	6-8	60	



Sit or stand holding two dumbbells by your side with your palms facing each other.

Inhale before you curl the dumbbells up towards your shoulders, exhaling at the top of the movement.

Keep the movement strict by keeping your elbows by your sides throughout the movement.

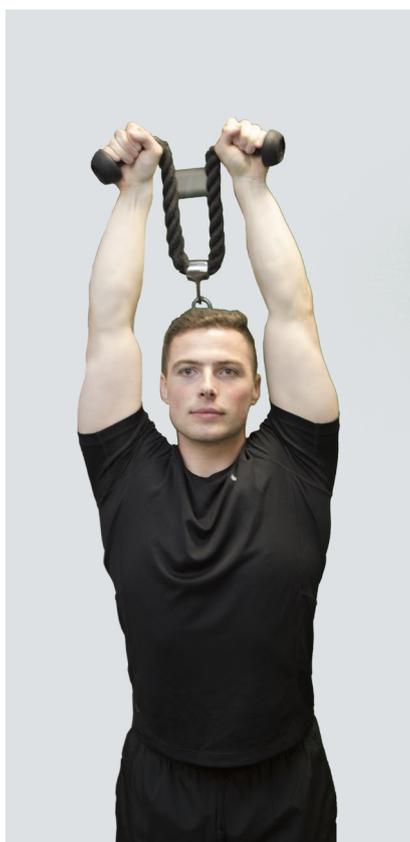
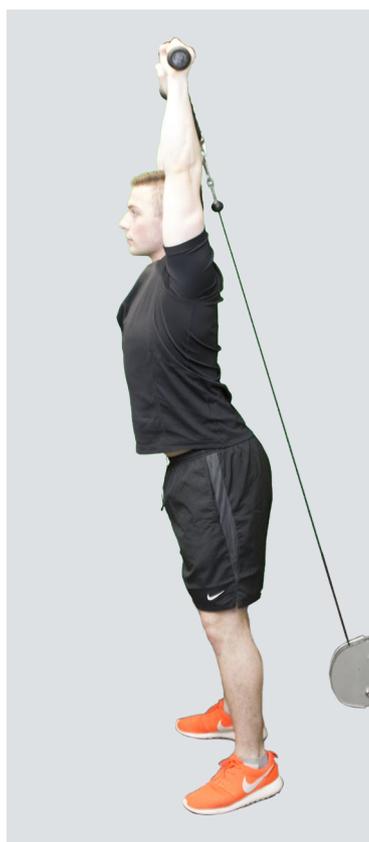
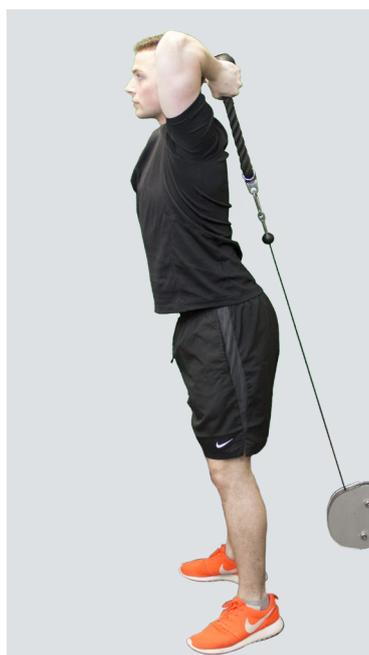
Lower the dumbbells back to the start position, inhaling as you go.



Arm Exercises

Rope Overhead Tricep Extension

Exercise	Sets	Reps	Rest Interval	Weight Lifted
Rope Overhead Tricep Extension	2	6-8	60	



Grab the cable rope attachment and turn to face away from the cable machine. Stand in a split stance, one foot in front of the other for balance.

Start with your hands behind your head and your elbows bent.

Keeping your elbows in position, fully extend your arms by squeezing your triceps as you exhale.

Inhale as you lower the weight back to the start position.