



8 WEEK

STRENGTH & CONDITIONING

TRAINING PROGRAM

- ✓ Universal Training Program
- ✓ Complete Nutrition System
- ✓ Exercise Guide with Pictures
- ✓ Anatomy Charts

GYM EDITION

ELEVATE YOUR TRAINING



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Built up from a garage gym in northern Ontario, what started out as a want to improve my health and fitness to better protect my community working as a Tactical Paramedic - has turned into building a community of likeminded individuals that aim to better themselves.

From our gear to our training, we aim to help those who protect and serve others, as well as those dedicated to improving their health and fitness, to improve in all facets of their lives. We aim to create monsters in fitness who can perform when the moment calls, and to create stronger, healthier individuals to become assets to their teams and families

With over a decade of training in fitness/combatives and just under a decade working in emergency services, the founder of TNT Fitness Chris Gilbert certainly knows what it takes to train to perform at peak capacity and develop an unbeatable mindset.

At TNT we provide Customized Personal Training, Nutrition coaching, Exercise recovery and Corrective exercise therapy, Tactical conditioning and functional fitness training, as well as Obstacle Course Race (OCR) Prep. We also sell our own line of apparel and develop workout challenges looking to push your fitness to the extreme.



<https://www.truenorthtacticalfitness.com/>



DISCLAIMER

The information provided in this book and our website is for educational purposes only. We are not doctors and this is not meant to be taken as medical advice. The information provided in this book is based upon our experiences as well as our interpretations of the current research available.

The content and the products mentioned in them are not intended for use as diagnosis, prevention, and/or treatment of all/all health problems. The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

ATHLETICISM

When it comes to building muscle and strength, resistance training is the ultimate stimulus. Without resistance training, there would be no reason for your muscles to rebuild, grow, and adapt. During intense training your muscles are broken down before rebuilding stronger and bigger.

If you're looking to optimize muscle building, you should be focusing on:

- training smart and hard
- consuming adequate energy and protein
- getting sufficient good quality rest

With more lean muscle mass, you will have a higher metabolism, which in turn helps with long-term fat loss goals.



NUTRITION

THE FUNDAMENTALS

NUTRITION

Nutrition is a common struggle for most people trying to get in shape. With a busy lifestyle, it can be hard to cook and prep every meal, and we do not expect you to do so either.

What most people fail to do is understand the type and content of the food they consume, as opposed to controlling the amount of food they eat. Once you have a better understanding of food, you will realize that you have a lot more freedom to eat what you want, and still be on track with your fitness goals.

That being said, we always recommend including a variety of unprocessed and healthy whole foods into your diet. It is also important to keep track of the number of calories you consume if your aim is to get in shape.

calories in, calories out.

weight loss

calories consumed < calories expended

weight gain

calories consumed > calories expended

weight maintenance

calories consumed = calories expended





macronutrients

carbohydrates

proteins

fats

Knowing your main macronutrients (“macros”) and micronutrients (“micros”) is essential to starting your meal plans.

Macros consist of three principal classes – carbohydrates, proteins and fats. These are referred to as “macros” as they are consumed in larger quantities compared to vitamins and minerals (micronutrients).

How each food is classified is according to the macronutrient that has the highest percentage in it. For example, avocados are made up of 70% fat, 8% carbohydrate and 2% protein among other compounds and hence are classified under the “Fats” category. It is important to find a balance in terms of the portions of macronutrients in your diet, and this will be different for everybody.

This e-book includes a list of common food items under each macronutrient as well as some suggestions on how to portion your macros depending on your caloric goals. Feel free to use these lists to build your meals around a combination of protein, carbohydrates and healthy fats.

carbohydrates

Carbohydrates are the foundation of energy for the human body. How it does this is that it provides glucose, which is converted to energy to support physical activity. A common misconception when it comes to a healthy diet involving carbohydrates is that the amount of carbohydrates is the most important factor. It is not. Rather, the amount is less important than the type of carbohydrates being consumed – healthy or unhealthy.

Healthier sources of carbohydrates are minimally processed and tend to be whole grains, vegetables, fruits and beans. These foods deliver essential nutrients such as vitamins, minerals and fibre. This is in contrast to unhealthy sources of carbohydrates which are more processed, such as white bread, pastries and even sodas. Refined carbohydrates encourage weight gain, promote diabetes, and promote heart disease.



proteins

Proteins are the building blocks of body tissue – they are found in virtually every body part. When it comes to food, the National Academy of Medicine recommends that adults consume a minimum of 0.8g of protein for every kilogram of body weight, or just over 0.36g for every pound of body weight. Although, much like carbohydrates, what matters most is not the amount of protein but the source.

Healthy protein sources include beans, nuts, fish or poultry instead of red meat or processed meat. Legumes such as lentils, beans and peas as well as nuts and whole grains are the best protein choice. Poultry, seafood and eggs are good options too. Protein sources mentioned above help to lower the risk of many chronic diseases like heart disease, diabetes and even cancer.

Processed meats should be avoided when possible – this includes bacon, hot dogs and sausages just to name a few.

fats

Healthy fats are necessary and beneficial - “healthy fats” referring to unsaturated fats. Foods high in unsaturated fats include vegetable oils, nuts, seeds and fish. Meanwhile, harmful fats alludes to trans fats and can increase risk of disease even in small quantities. Trans fats can be found mainly in processed foods that are made with partially-hydrogenated oil.

micronutrients

vitamins

minerals

Micronutrients, also known as vitamins and minerals, are only required in small amounts, hence they are known as the “micros”. That said, consuming the minimum or recommended amount is still very important. Except for Vitamin D, micronutrients are not produced by the body and must be consumed via food.

Micronutrient deficiencies can have dire consequences and affect more than two billion people worldwide. It can result in poor physical and mental development in children, exacerbation of disease, or even blindness. It is important to recognize the main essential micronutrients - iron, zinc, calcium, iodine, Vitamin A, B-Vitamins and Vitamin C.

minerals

The two different types of minerals are macrominerals and trace minerals. As one might have guessed, macrominerals, such as calcium and magnesium, are needed in larger amounts in the body. On the other hand, trace minerals are required in smaller amounts but still support important bodily functions. Iron and zinc are examples of trace minerals.

vitamins

Vitamins are also divided into two groups - water-soluble and fat-soluble vitamins. Water-soluble vitamins are ones that can dissolve in water while fat-soluble vitamins dissolve in fat.

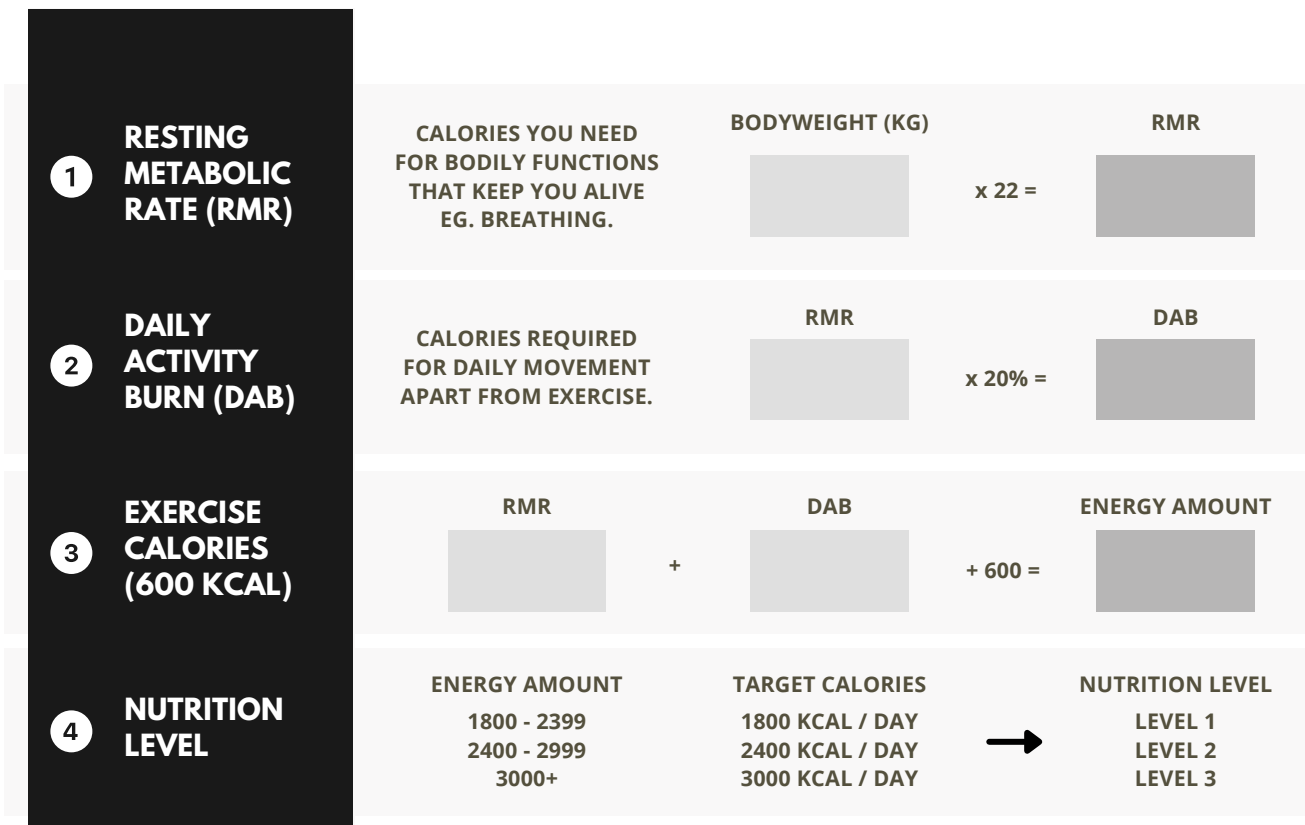
B-Vitamins and Vitamin C are the more common water-soluble vitamins. Their functions mainly include being involved in energy production and derivation, metabolism or formation of cell and tissue formation.

In contrast, Vitamins A,D,E and K are fat-soluble vitamins. They are stored in your liver and fatty tissues for future use. Their functions mainly include being involved in energy production and cell/tissue metabolism and formation.



NUTRITION GUIDE

Certainly when it comes to planning a meal guide, the most important and fundamental step is to calculate your daily nutritional needs, which is based on your caloric expenditure. Simply put, how much energy you burn determines how much you need to eat and how your food should be portioned out.



Example: 80kg man
 RMR = 80kg x 22 = 1760
 DAB = 1760 x 20% = 352
 Energy Amount = 1760 + 352 + 600 = 2712
 Target Calories: 2712 kcal/day (Level 2)

Example: 60kg lady
 RMR = 60kg x 22 = 1320
 DAB = 1320 x 20% = 264
 Energy Amount = 1320 + 264 + 600 = 2184
 Target Calories: 2184 kcal/day (Level 1)

After determining your nutrition level, recognising the macronutrient levels in different types of food items is the next step. This will help you have a clearer idea of how many calories you consume each meal as well as what to factor in when planning your meals.



PORTION APPROACH

The figures on the next page display different ways you can achieve your caloric needs with different categories of food. The portion approach works hand in hand with the suggested meal plans. How it does this is it will give you an idea of how many servings of each food group you are recommended to have along with how many calories each serving contains.

Together, the portion approach and suggested meal plans allow one to pick which foods to consume for their unique caloric goal.

Aside from Proteins, Fats, Carbohydrates, Dairy, Vegetables and Fruits, snacks and condiments also count towards your daily serving. Snacks should be kept healthy - a single protein bar or an ounce of low fat cheese or dried fruit, for instance - is sufficient. Those constitute a serving of 100cal. As for condiments, low fat sauces and marinades are preferred, a serving being two tablespoons at 50cal.



Portion Approach

FATS

EACH SERVING =
120 KCAL

85G - AVOCADO

1 TBSP - FLAXSEED OIL

1 TBSP - CANOLA OIL

1 TBSP - OLIVE OIL

170G - OLIVES

PROTEINS

EACH SERVING =
100 KCAL

85G - PORK TENDERLOIN

6 - EGG WHITES

1 - SOY BURGER

2 SLICES - TURKEY BACON

85G - FISH AND SHELLFISH

85G - TOFU

85G - BONELESS, SKINLESS CHICKEN OR TURKEY BREAST

85G - FAT-FREE HAM SLICES

85G - LEAN RED MEAT

85G - TUNA

1/3 CUP - PROTEIN POWDER

1 - VEGGIE BURGER

CARBS

(GRAINS, LEGUMES,
POTATOES)

EACH SERVING =
200 KCAL

1 MEDIUM - WHOLE WHEAT BAGEL

1 CUP - BAKED BEANS

1 CUP - COUSCOUS

1 CUP - QUINOA

1 CUP - WHOLE GRAIN CEREAL

2 SLICES - RYE OR WHOLE WHEAT BREAD

3 - PANCAKES

1 CUP - BROWN/WILD RICE

1 CUP - LENTILS

1 CUP - PASTA OR NOODLES

3 - CORN TORTILLAS

2 - WHOLE WHEAT WAFFLES

DAIRY

EACH SERVING =
120 KCAL

30G - LOW FAT CHEESE

225G - SOYBEAN MILK

30G - FETA CHEESE

30G - PARMESAN CHEESE

225G - SKIMMED MILK

FRUITS

EACH SERVING =
100 KCAL

1 - MEDIUM APPLE

1 CUP - APRICOTS

1/2 - MEDIUM MANGO

1 CUP - GRAPES

1 CUP - WATERMELON

1 CUP - KIWI

1 - MEDIUM PEACH

1 CUP - BLACK/BLUE/RASPBERRIES

1 - LARGE ORANGE

2 CUPS - STRAWBERRIES

1 - MEDIUM GRAPEFRUIT

1 CUP - CHERRIES

VEGETABLES

1 CUP = COOKED
2 CUPS = LEAFY GREENS

EACH SERVING =
50 KCAL

BROCCOLI

ASPARAGUS

CELERY

LETTUCE

MUSHROOMS

PEAS

SPINACH

PEPPERS

CABBAGE



DAILY SERVING CHART

The daily serving charts serve as a suggested calorie-based meal plan that is paired with the portion approach. They are based on your specific nutrition level as calculated above. There are three daily serving charts to cater to three different caloric expenditures for the convenience of your meal-planning.

There are different daily serving charts for Levels 1-3 of nutrition. Level 1 is when your caloric expenditure is lower compared to Level 3 where you burn more energy, and thus should consume more calories to maintain energy levels.





MEAL PLAN: LEVEL 1

LEVEL 1

Proteins		4	Condiments		1
Dairy		2	Snacks		2
Fruits		1			
Vegetables		2			
Fats		1			
Carbs		2			

1800 CALORIES/DAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<ul style="list-style-type: none"> 1 cup oatmeal 8 oz skim milk 1 tbsp protein powder 1/2 oz raisins 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 shrimp pasta pomodoro 	<ul style="list-style-type: none"> 8oz cottage cheese 1% 	<ul style="list-style-type: none"> 6 oz extra lean burger patty 1 oz low fat melted cheese 2 cups salad greens with cucumber & tomatoes 2 tbsp dressing 1/2 cup fresh berries
<ul style="list-style-type: none"> 1 whole wheat bagel 8 oz cottage cheese 1% 1 medium orange 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 grilled chicken burrito 	<ul style="list-style-type: none"> 1 oz turkey jerky 	<ul style="list-style-type: none"> 6 oz halibut 2 tbsp sauce 1 medium artichoke
<ul style="list-style-type: none"> 1 pear and granola muffin 8 oz nonfat yoghurt 1 cup strawberries, sliced 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 6 oz tuna salad 1 whole wheat tortilla 1/4 cup sprouts and diced tomatoes 	<ul style="list-style-type: none"> 8 oz cottage cheese 1% 	<ul style="list-style-type: none"> 6 oz chicken breast 2 tbsp sauce 2 cups mushroom, zucchini and onion sauté 3 oz grated parmesan cheese



MEAL PLAN: LEVEL 2

LEVEL 2

Proteins		6
Dairy		2
Fruits		1
Vegetables		3
Fats		1
Carbs		3

Condiments		1.5
Snacks		2

2400 CALORIES/DAY


BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<ul style="list-style-type: none"> 1 cup oatmeal 8 oz skim milk 1 tbsp protein powder 1/2 oz raisins 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 shrimp pasta pomodoro 	<ul style="list-style-type: none"> 1 oz low fat cheese 6 crackers 	<ul style="list-style-type: none"> 9 oz extra lean burger patty 3 oz low fat melted cheese 1 medium baked potato 3 cups salad greens with cucumber & tomatoes 3 tbsp dressing 1/2 cup fresh berries
<ul style="list-style-type: none"> 1 whole wheat bagel 8 oz cottage cheese 1% 1 medium orange 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 grilled chicken burrito 1 cup gazpacho 	<ul style="list-style-type: none"> 4 tbsp hummus with carrot sticks 	<ul style="list-style-type: none"> 9 oz halibut 3 tbsp sauce 1 medium artichoke 1 cup wheat berries
<ul style="list-style-type: none"> 1 pear and granola muffin 8 oz nonfat yoghurt 1 cup strawberries, sliced 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 9 oz tuna salad 1 whole wheat tortilla 1/4 cup sprouts and diced tomatoes 	<ul style="list-style-type: none"> 3 cups lite popcorn 1 oz string cheese 	<ul style="list-style-type: none"> 9 oz chicken breast 3 tbsp sauce 2 cups mushroom, zucchini and onion sauté 6 oz grated parmesan cheese 1 cup brown rice



MEAL PLAN: LEVEL 3

LEVEL 3

Proteins  8
 Dairy  2
 Fruits  2
 Vegetables  3
 Fats  1
 Carbs  3

Condiments  3
 Snacks  3

3000 CALORIES/DAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<ul style="list-style-type: none"> 1 cup oatmeal 8 oz skim milk 1 tbsp protein powder 1/2 oz raisins 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 shrimp pasta pomodoro 1 cup melon 	<ul style="list-style-type: none"> 1 oz low fat cheese 6 crackers 1 sourdough pretzel 	<ul style="list-style-type: none"> 12 oz extra lean burger patty 3 oz low fat melted cheese 1 medium baked potato 4 cups salad greens with cucumber & tomatoes 4 tbsp dressing 1/2 cup fresh berries
<ul style="list-style-type: none"> 1 whole wheat bagel 8 oz cottage cheese 1% 1 medium orange 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 1 grilled chicken burrito 2 cup gazpacho 	<ul style="list-style-type: none"> 4 tbsp hummus with carrot sticks 1 oz turkey jerky 	<ul style="list-style-type: none"> 12 oz halibut 4 tbsp sauce 1 medium artichoke 1 cup wheat berries 1 medium nectarine
<ul style="list-style-type: none"> 1 pear and granola muffin 8 oz nonfat yoghurt 1 cup strawberries, sliced 	<ul style="list-style-type: none"> 1 protein bar 1 recovery drink 	<ul style="list-style-type: none"> 12 oz tuna salad 1 whole wheat tortilla 1/4 cup sprouts and diced tomatoes 1 medium peach 	<ul style="list-style-type: none"> 1 oz almonds 3 cups lite popcorn 	<ul style="list-style-type: none"> 12 oz chicken breast 4 tbsp sauce 2 cups mushroom, zucchini and onion sauté 9 oz grated parmesan cheese 1 cup brown rice



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ARTICHOKE	1 ARTICHOKE	64	3.5	14	0.5
ASPARAGUS	1/2 CUP	20	2	4	0.2
BEETS	1/2 CUP	37	1.5	8.5	0.2
BOK CHOY	1 CUP	10	1	2	0
BROCCOLI	1/2 CUP	27	2	5.5	0.3
BRUSSEL SPROUTS	1/2 CUP	28	2	5.5	0.4
CABBAGE	1 CUP	22	1	1	0
CABBAGE, RED	1 CUP	28	1	7	0
CARROTS	1 CARROT	25	0.5	6	0
CAULIFLOWER	1/2 CUP	14	1	2.5	0.3
CELERY	1 STALK	6	0.3	1.2	0.1
COLLARD GREENS	1 CUP	49	4	9.3	0.7
EGGPLANT	1 CUP	21	0.8	4.8	0.1
KALE	1 CUP	33	2	7	0
KALE, BABY	1 CUP	23	1.5	4.5	0.25
LETTUCE, ROMAINE	1 CUP	7	0.3	1.6	0.1
MUSHROOM	1 CUP	15	2.2	2.3	0.2
ONION	1 ONION	40	1	9	0
SAUERKRAUT	1/2 CUP	25	2	4	0
SPINACH	1 CUP	7	1	1.1	0.1
SPINACH, BABY	1 CUP	10	1	1.5	0
TURNIP	1 CUP	36	1.2	8.4	0.1
ZUCCHINI SQUASH	1 CUP	20	1.5	4.2	0.2
PICKLE - KOSHER DILL	1 PICKLE	5	0	1	0
BANANA PEPPER	1 PEPPER	9	0.5	1.8	0.1
BELL PEPPER, GREEN	1 PEPPER	30	1	8	0
BELL PEPPER, ORANGE	1 PEPPER	31	1.2	7	0.2
BELL PEPPER, RED	1 PEPPER	15	0.5	4	0
JALAPENO, GREEN	1 PEPPER	4	0.2	0.8	0.1



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
FINGERLING POTATO	1/2 CUP	70	2	15	0
JEWEL SWEET POTATO	1 MEDIUM	100	2	23	0
RED POTATO	1 MEDIUM	154	4	34	0.3
RUSSET POTATO	1 MEDIUM	110	3	25	0
WHITE POTATO	1 MEDIUM	147	3.6	33.5	0.2
YELLOW POTATO	1 MEDIUM	120	2	26	0
AIR POPPED POPCORN	3 CUPS	150	2	15	10
APPLE	1 APPLE	80	0	21.7	0
APRICOT	1 APRICOT	17	0.5	3.8	0.2
AVOCADO	1/2 MEDIUM	140	3	8	13
BANANA	1 BANANA	105	1.3	27	0.4
BLACKBERRIES	1 CUP	62	2	13.8	0.7
BLUEBERRIES	1 CUP	83	1.1	21	0.5
CANTALOUPE	1 CUP	60	1.5	14.5	0.3
CHERRIES	1 CUP	90	4	22	0.5
CRANBERRIES	1 CUP	51	0.4	13.4	0.1
CUCUMBER	1/2 CUP	8	0.3	1.9	0.1
DATES	1 DATE	23	0.2	6.2	0
BERRY MEDLEY MIX	1/2 CUP	60	1	10	1
ASSORTED NUTS	1/4 CUP	180	2	10	15
COCONUT OIL	1 TBSP	120	0	0	14
GRASS-FED BUTTER	1 TBSP	50	0	0	5.45
OLIVE OIL	1 TBSP	120	0	0	14
FIG	1 LARGE	47	0.5	12.3	0.2
GRAPEFRUIT	1 GRAPEFRUIT	100	2	26.2	0.4
GRAPES	1 CUP	62	0.6	15.8	0.3
HONEYDEW	1/10 SLICE	50	1	12	0
KIWI	1 KIWI	46	1	11.1	0.4
MANGO	1 MANGO	145	1	35.2	0.6



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ORANGE	1 ORANGE	62	1.2	15.4	0.2
PEACH	1 PEACH	38	1	9.3	0.2
PEAR	1 PEAR	96	0.6	25.7	0.2
PINEAPPLE	1 CUP	82	1	21.6	0.2
POMEGRANATE	1 POM.	127	2.6	28.8	1.8
RASPBERRIES	1 CUP	64	1.5	14.7	0.8
STRAWBERRIES	1 CUP	46	1	11.1	0.4
TANGERINE	1 TANGERINE	37	0.6	9.3	0.2
TOMATO	1 TOMATO	16	0.8	3.5	0.2
WATERMELON	1 CUP	46	1	11.6	0.2
ALMOND BUTTER	1 TBSP	102	3.4	2.8	9
PEANUT BUTTER	1 TBSP	94	4	3.1	8
PISTACHIO BUTTER	1 TBSP	78	3	4	6
SUNFLOWER BUTTER	1 TBSP	93	3.1	4.4	7.6
CASHEW BUTTER	1 TBSP	94	2.8	4.4	7.9
GREEK YOGURT	1 CUP	130	22	11	0
GRASS-FED MILK (2%)	1 CUP	130	8	12	5
GOAT CHEESE	25g	76	5.2	0.3	6
SWISS CHEESE	25g	106	7.5	1.5	7.8
CHEDDAR CHEESE	25g	113	7	0.4	9.3
COTTAGE CHEESE	1 CUP	160	24	12	0
APPLE CIDER VINEGAR	-	0	0	0	0
BALSAMIC VINAIGRETTE	1 TBSP	10	0	2	0
CHIA SEED	1 TBSP	60	3	5	3
FLAX SEED	1 TBSP	47	2	3	3
GREEN TEA	-	0	0	0	0
HEMP HEARTS	1 TBSP	57	3.33	1	4.3
HEMP POWDER	1 TBSP	37	5.3	2.3	1
HONEY	1 TBSP	64	0.1	17.3	0



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
MAPLE SYRUP	1/4 CUP	50	0	13.25	0
HUMMUS	2 TBSP	60	1	4	4
BLACK BEANS	1/2 CUP	120	7	23	0.5
GREEN BEANS	1 CUP	44	2.4	9.8	0.3
BLACK-EYE PEAS	1/2 CUP	80	4	14	1
CHICKPEAS	1 CUP	286	12	54.3	2.1
KIDNEY BEANS	1 CUP	215	13.5	40	1
LENTILS	1 CUP	230	18	40	0.8
MUNG BEANS	1/2 CUP	300	26	55	0.5
PINTO BEANS	1 CUP	245	15.5	44.8	1.1
PEAS	1/2 CUP	62	4.1	11.4	0.2
SOYBEANS	1 CUP	298	28.6	17.1	15.4
EDAMAME	1/2 CUP	120	11	13	2.5
PEANUT	1/2 CUP	428	17.3	15.7	36.4
ALMOND	1/2 CUP	411	15	15	35.6
PISTACHIO	1/2 CUP	340	6	8	14
CASHEW	1/2 CUP	320	10	16	26
BRAZIL NUT	6 WHOLE	47	4.3	3.7	19.9
WALNUT	1/2 CUP	92	2.15	2	9.15
PECAN	1/2 CUP	511	7.8	10.4	52
ROLLED OATS	1 CUP	150	6	27	2.5
STEEL-CUT OATS	1/2 CUP	314	12	54	5
BROWN RICE	1 CUP	200	4	42.6	1.3
BARLEY	1 CUP	193	3.5	44.3	0.7
BUCKWHEAT	1 CUP	155	5.7	33.5	1
QUINOA	1/2 CUP	313	12	54.5	5.15
RICE CAKES (CHOCO.)	1 CAKE	6080	1	12	1
WHOLE WHEAT TORTILLA	1 TORT	80	3	15	2
EZEKIEL 4:9 BREAD	1 SLICE	80	4	15	0.5



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
ALMOND CRACKERS	1 CUP	130	3	24	2.5
ENGLISH MUFFIN	1 MUFFIN	130	4	24	1
BASS	100g	124.7	22.7	0.0	2.9
BLUEFISH	100g	158.8	25.6	0.0	5.4
CATFISH	100g	104.7	18.5	0.0	2.9
CLAMS	100g	74.1	12.8	2.6	0.9
COD	100g	104.7	22.8	0.0	0.8
CRAYFISH	100g	82.4	16.8	0.0	1.2
FLOUNDER	100g	117.6	24.1	0.0	1.4
HALIBUT	100g	103.5	23.1	0.0	2.2
LOBSTER	100g	89.4	19.1	0.0	0.8
MACKEREL	100g	262.4	23.9	0.0	17.8
MUSSELS	100g	171.8	23.8	7.4	4.5
OCTOPUS	100g	81.2	16.9	0.0	1.1
OYSTERS	100g	51.8	1.6	2.7	2.7
RAINBOW TROUT	100g	156.5	21.4	0.0	7.9
SALMON	100g	182.4	25.4	0.0	7.9
SARDINE	100g	164.7	15.3	0.0	11.8
SCALLOPS	100g	87.1	16.5	2.2	0.6
SEAWEED	100g	16.5	1.0	3.0	0.3
SHRIMP	100g	118.8	22.8	1.5	1.6
SQUID	100g	81.2	14.8	1.1	1.1
SWORDFISH	100g	155.3	25.3	0.0	5.1
TILAPIA	100g	129.4	25.8	0.0	2.9
TUNA	100g	115.3	25.5	0.0	0.8
WHITEFISH	100g	123.5	21.2	0.0	3.5
CHICKEN	100g	143.5	28.2	0.0	3.5
EGG WHITES	1/2 CUP	66.4	12.8	0	0
EGG	1 LARGE	72	6.3	0.4	4.8



MACRONUTRIENT

MASTERLIST

FOOD	QTY	CALORIE	PROTEIN	CARB	FAT
LAMB, LOIN CHOP	100g	282.4	16.8	0	22.9
LAMB, SHOULDER	100g	150.6	19.4	0	7.9
PORK, LOIN CHOP	100g	192.9	31.2	0	6.7
PORK, SHOULDER	100g	211.8	17.6	0	15.9
ROAST BEEF	100g	105.9	21.2	0	2.6
STEAK, FLANK	100g	211.8	27.1	0	10.6
STEAK, PORTERHOUSE	100g	247.1	18.5	0	19.4
STEAK, SIRLOIN	100g	211.8	18.5	0	14.6
STEAK, T-BONE	100g	221.2	19.4	0	15.0
STEAK, TENDERLOIN	100g	282.4	25.9	0	18.8
TURKEY	100g	208.2	27.9	0	9.9
VEAL, BREAST	100g	217.6	30.4	0	9.8
VEAL, CUTLET	100g	105.9	20.3	0	2.6

HYDRATION

The human body is approximately 60% water. If that isn't enough to tell you just how important staying hydrated is, here are 8 more great things water does for your body!

Regulates body temperature

Flushes out bacteria from your bladder

Keeps joints lubricated

Prevents Constipation

Fights infections

Maintains function of important organs

Delivers nutrients to cells

Improves sleep quality, cognition, and mood

Although health authorities recommend eight 8-ounce glasses of water a day, the amount of fluid one needs varies from person to person.

The amount of fluid one needs depends on a multitude of factors, including body weight and activity levels. It is safe to say that we cannot put a single recommended value as to how much water one should drink daily.

A good guideline to make sure you're hydrated is by looking at the color of your pee. If you're urinating 5-6 times a day, with clear urine, it's likely that you are well hydrated!





SUPPLEMENTS

With hundreds of supplements out there, not all of them are created equal. Surely you don't need all the different supplements in the world to help you achieve your fitness goals.

Here, we have narrowed them down to our top 3 supplements that are actually worth buying.

Creatine Monohydrate

Creatine is one of, if not the most, researched supplement. It has been shown to improve strength, performance, and recovery. Creatine is one of those compounds that is hard to obtain in sufficient quantity from your natural diet for any significant difference.

However, there is also a small group of individuals who are creatine “non-responders”, and this can be observed if there are no changes even after weeks of taking creatine consistently.

Protein Powder

Some may not even consider this a supplement. Rather, it is just an affordable and convenient alternative to get in your protein requirement.

Many of us struggle to get sufficient protein in our diet through whole foods, especially when the majority of the food around us is high in carbs and fats. If you're training hard, you should know that protein is extremely important for recovery.

That said, whole foods should always be prioritized, but when you can't hit your protein goals from whole foods, protein powder does come in really handy.

Caffeine

Caffeine is a central nervous system stimulant that helps people feel more awake and alert and delays the onset of tiredness. This can be extremely useful if you're training after a long day at work and want a quick boost in energy.

It is important to note that you can develop caffeine tolerance if you are consuming caffeine regularly. To solve this, cycle your caffeine intake or gradually reduce the frequency of caffeine intake before resuming your caffeine consumption.

STRENGTH TRAINING

WHY STRENGTH TRAIN?



TRAINING

The American Heart Association defines strength training, also known as resistance or weight training, as physical activity designed to improve muscular fitness by exercising a specific muscle or muscle group against external resistance, including free-weights, weight machines, or your own body weight.

Regardless of which state of fitness you are in, strength training is good to incorporate into your exercise plans - the importance and benefits of strength training are plentiful.



Although there are many benefits of resistance training, we have highlighted some of the major ones below:

INCREASED BONE STRENGTH

Bone is formed and strengthened by mechanical loading. Strength training helps to increase bone density, which reduces risk of injury as well as osteoporosis in the future.

INCREASED CARDIOVASCULAR HEALTH

Strength training increases blood flow to the exercised muscles, as well as improves a range of markers that indicate heart health. Additionally, strength training reduces the risk of cardiovascular disease.

AIDS WEIGHT CONTROL

Although it might seem obvious, strength training plays a big part in weight management by increasing muscle mass and hence the amount of calories burned as well. In turn, good weight control reduces the risk of disrupting important lifestyle factors such as sleep, immunity and mobility.

REDUCES RISK OF CHRONIC DISEASE

Strength training helps to lessen the chances of developing a number of chronic, otherwise known as long-term, diseases by playing a part in maintaining an active lifestyle. Some examples include Sarcopenia (muscle loss), Type II Diabetes, Heart Disease, Stroke and Osteoporosis (bone disease).





PROGRAM RATIONALE

Welcome to the 8 Weeks Strength & Conditioning Training Plan!

This program primarily focuses on building a strong, lean, and muscular physique. There will be some mixture of higher intensity circuit training to make sure you get to stay lean while building muscle and strength in the gym.

The first training cycle is based off a push-pull-legs split, to allow acclimatization to the training style. The second training cycle is a level up from the first, increasing the training frequency, basing off an upper-lower-upper split. The main form of progression is in terms of training volume, frequency and intensity.

Highly recommend you log down your training (weights and reps) in the PDF by printing or writing on an iPad if you have one.

IMPORTANT

Note that in your training template, there will be boxes highlighted in light grey. Those sets will require you to push a little harder, nearer to failure (until form starts breaking down). For the non-highlighted boxes, you do not have to push to failure, leave 2-3 reps in the tank. More details on how to read the training template is given in the later pages.

In the training program, the reps are just a guide. Do not stop at 15 reps if you can do 20. You should push until you reach the prescribed intensity (based on the highlighted/non-highlighted box). If it's too easy (weights are too light), you should be doing more reps than what was given. If you are able to go heavier, aim for the lower end of the reps spectrum that was prescribed.

Cardio – Do try to still stay active when you can. However, do take note that excessive cardio can hinder your progress in terms of building muscle. We would advise to avoid jogging or running as they place a huge stress on your knee and ankle joints. Instead, opt for other forms of cardio such as – brisk walking, incline walking, swimming, cycling, or sports in general.



TRAINING TERMINOLOGY

DAY 1		SESSION: Push Day			DATE:		TIME:		
S/N	EXERCISE	SETS x	REPS	REST	WEIGHT x REPS			NOTES	
1	Incline DB Press	3 x	10-15	90s	x	x	x	x	Set the bench to an incline of about 30-45 degrees. Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.

exercise

Usually the first term will suggest which equipment is needed for the movement (in this case, a dumbbell). The subsequent terms will describe the movement to be performed. Exercises given are usually exercises you are familiar with. If unsure, you may refer to the exercise manual in this ebook.

sets

A set is a series of repetitions (reps) of an exercise done in sequence (usually without rest).

reps

A rep (or repetition) is a single movement of any exercise. When the given range is 10-15 reps, you should try to start with a lighter weight that you can perform 15 reps with, before slowly increasing the weight while dropping the reps across the sets. The goal is to get near to 10 reps for your last set. However, that being said, DO NOT INTENTIONALLY STOP AT 10 REPS if you can do 12 reps.

rest

This will be the recommended rest time to take in between your sets. Rest time for different movements will vary. Some exercises which are more demanding will require a longer rest time. You may also notice that the rest time given for the same exercise may change over time.

weight x reps

This area is for you to log down your weight x reps. This is the best way for you to keep track of your progress. Overtime, you should be doing more weight or reps than previously.

notes

This is a brief description of how the exercise is intended to be carried out. Information may include additional pointers, common mistakes, and tips to make the movement more effective at targeting a specific muscle group.

failure sets

1	Incline DB Press	3 x	10-15	90s	x	x	x
---	------------------	-----	-------	-----	---	---	---

For sets with boxes highlighted in grey, it will require you to push a little harder, nearer to failure (until form starts breaking down). For non-highlighted boxes, you will not need to push to failure (leave 2 - 3 reps in the tank).

WARM-UP

When it comes to warm-up, we have 2 main goals:

Reduce the risk of injury

Increase performance

Here is a warm-up mobility drill you can do before each training session. Perform 10-15 repetitions for each movement. This should get all your muscles warm and ready for the workout!

STANDING LEG SWINGS FORWARD & BACKWARD



PRONE SCORPIONS



STANDING 1-ARM FIGURE EIGHTS



SIDE-LYING OPEN BOOK



STRETCHES

Performing some stretches during the day and in between long hours at the desk can help relieve some muscle tightness. It is easy for muscle groups such as the chest and lower body (hip flexors especially) to develop tightness, which can result in poor posture.

Overtime, poor posture can lead to muscular imbalances and pain. On top of strengthening the weaker muscle groups, it is also a good idea to stretch out muscle groups which are tight. Here are 4 stretches that are largely beneficial for long hours at the desk.

CHEST STRETCH



LOWER BACK STRETCH



QUAD / HIP FLEXOR STRETCH



HAMSTRING STRETCH



RECOVERY

A proper post-workout routine helps to improve recovery and maintain optimum energy levels as you restore your vitality, making it easier to stick to your fitness plan.

Here are some tips on designing an effective plan to start the recovery process after you exercise.

Stay hydrated

Don't forget to stretch

Consume sufficient protein

Deep massage

Enjoy a cool shower

Eat regular meals



EXERCISE MANUAL

PUSH

FLAT BENCH PRESS



Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

INCLINE BENCH PRESS



Primary Target Muscle Group: Upper Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

DUMBBELL FLAT FLYS



Primary Target Muscle Group: Chest

DUMBBELL INCLINE FLYS



Primary Target Muscle Group: Upper Chest

SEATED SHOULDER PRESS



Primary Target Muscle Group: Shoulders
Secondary Target Muscle Group: Upper Chest, Triceps, Traps

DUMBBELL SIDE RAISES



Primary Target Muscle Group: Side Shoulders
Secondary Target Muscle Group: Traps

EXERCISE MANUAL

PUSH

DUMBBELL FRONT RAISE



Primary Target Muscle Group: Front Shoulders
Secondary Target Muscle Group: Upper Chest

DUMBBELL REAR FLYS



Primary Target Muscle Group: Rear Shoulders
Secondary Target Muscle Group: Traps, Upper Back

DUMBBELL ARNOLD PRESS



Primary Target Muscle Group: Front Shoulders
Secondary Target Muscle Group: Upper Chest, Triceps, Traps

CABLE CROSSOVERS



Primary Target Muscle Group: Chest

PUSH-UPS



Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

DIPS



Primary Target Muscle Group: Chest, Triceps
Secondary Target Muscle Group: Front Shoulders, Core

EXERCISE MANUAL

PUSH

INCLINE PUSH-UPS



Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

DECLINE PUSH-UPS



Primary Target Muscle Group: Upper Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

PIKE PUSH-UPS



Primary Target Muscle Group: Shoulders
Secondary Target Muscle Group: Chest, Triceps

BUDDHA CLAPS



Primary Target Muscle Group: Side Shoulders
Secondary Target Muscle Group: Upper Back

LANDMINE PRESS



Primary Target Muscle Group: Upper Chest
Secondary Target Muscle Group: Front Shoulders, Triceps

SMITH MACHINE CHEST PRESS



Primary Target Muscle Group: Triceps
Secondary Target Muscle Group: Chest, Front Shoulders

EXERCISE MANUAL

PUSH

BENCH DIPS



Primary Target Muscle Group: Triceps
Secondary Target Muscle Group: Chest, Front Shoulders

TRICEP PUSHDOWN



Primary Target Muscle Group: Triceps

DUMBBELL KICKBACK



Primary Target Muscle Group: Triceps
Secondary Target Muscle Group: Back

SKULLCRUSHERS



Primary Target Muscle Group: Triceps

DUMBBELL OVERHEAD EXTENSION



Primary Target Muscle Group: Triceps
Secondary Target Muscle Group: Shoulders

CLOSE GRIP BENCH PRESS



Primary Target Muscle Group: Triceps
Secondary Target Muscle Group: Chest, Front Shoulders

EXERCISE MANUAL

PULL

LAT PULLDOWN



Primary Target Muscle Group: Back (Upper Lats)
Secondary Target Muscle Group: Biceps

V GRIP PULLDOWN



Primary Target Muscle Group: Back (Lower Lats)
Secondary Target Muscle Group: Biceps

PULL-UPS



Primary Target Muscle Group: Back (Upper Lats)
Secondary Target Muscle Group: Biceps, Core

INCLINE PULL-UPS



Primary Target Muscle Group: Mid-Back (Lats, Rhomboids)
Secondary Target Muscle Group: Biceps

DUMBBELL PULLOVERS



Primary Target Muscle Group: Back (Lats), Chest
Secondary Target Muscle Group: Muscles of Ribcage (Serratus)

STRAIGHT ARM PULLDOWN



Primary Target Muscle Group: Back (Lats)
Secondary Target Muscle Group: Triceps

EXERCISE MANUAL

PULL

BENT OVER ROWS



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

SINGLE ARM DUMBBELL ROWS



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps, Core

CABLE ROWS



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

FACE PULLS



Primary Target Muscle Group: Rear Shoulders, Upper Back
Secondary Target Muscle Group: Biceps

UPRIGHT ROWS



Primary Target Muscle Group: Shoulders, Upper Back (Traps)
Secondary Target Muscle Group: Biceps

CHEST SUPPORTED DUMBBELL ROW



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

EXERCISE MANUAL

PULL

CHIN-UPS



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

REVERSE SNOW ANGELS



Primary Target Muscle Group: Back

BACK WIDOWS



Primary Target Muscle Group: Back

T-BAR ROWS



Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps

SHRUGS



Primary Target Muscle Group: Upper Back (Traps)

BACK EXTENSIONS



Primary Target Muscle Group: Lower Back
Secondary Target Muscle Group: Hamstrings, Glutes

EXERCISE MANUAL

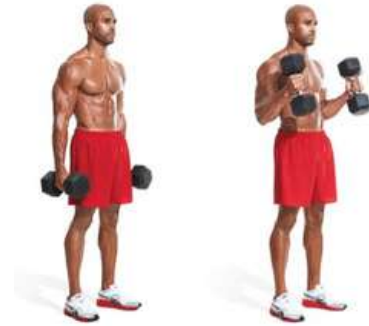
PULL

STANDING BARBELL CURL



Primary Target Muscle Group: Biceps

DUMBBELL HAMMER CURL



Primary Target Muscle Group: Biceps, Brachi
Secondary Target Muscle Group: Forearm

EZ-BAR PREACHER CURL



Primary Target Muscle Group: Biceps (Peak)

DUMBBELL INCLINE CURL



Primary Target Muscle Group: Biceps (Stretch)

DUMBBELL SPIDER CURL



Primary Target Muscle Group: Biceps (Peak)

CABLE CURL



Primary Target Muscle Group: Biceps

EXERCISE MANUAL

LEGS

BARBELL SQUATS



Primary Target Muscle Group: Quads
Secondary Target Muscle Group: Hamstrings, Glutes, Core

DUMBBELL GOBLET SQUATS



Primary Target Muscle Group: Quads
Secondary Target Muscle Group: Hamstrings, Glutes, Core

BARBELL DEADLIFT



Primary Target Muscle Group: Hamstrings, Lower Back
Secondary Target Muscle Group: Quads, Glutes, Core

BULGARIAN SPLIT SQUAT



Primary Target Muscle Group: Quads, Glutes
Secondary Target Muscle Group: Hamstrings

DUMBBELL LUNGES



Primary Target Muscle Group: Quads, Hamstrings
Secondary Target Muscle Group: Glutes

MACHINE LEG PRESS



Primary Target Muscle Group: Quads / Hamstrings
Secondary Target Muscle Group: Hamstrings / Quads, Glutes

EXERCISE MANUAL

LEGS

BARBELL HIP THRUSTS



Primary Target Muscle Group: Glutes, Core
Secondary Target Muscle Group: Quads, Hamstrings,

GLUTE HAM RAISE



Primary Target Muscle Group: Glutes, Hamstrings
Secondary Target Muscle Group: Lower Back

SEATED LEG EXTENSION



Primary Target Muscle Group: Quads

SEATED LEG CURL



Primary Target Muscle Group: Hamstrings

LYING LEG CURL



Primary Target Muscle Group: Hamstrings

ABDUCTION / ADDUCTION MACHINE



Primary Target Muscle Group: Abductor, Glutes/ Adductors

EXERCISE MANUAL

LEGS

SEATED CALF RAISES



Primary Target Muscle Group: Calves, Soleus

STANDING CALF RAISES



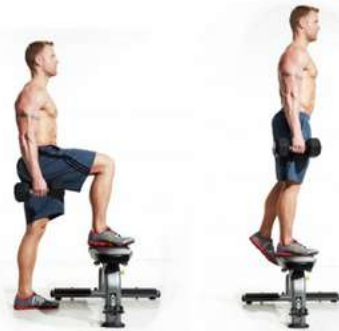
Primary Target Muscle Group: Calves

GLUTE KICKBACK



Primary Target Muscle Group: Glutes
Secondary Target Muscle Group: Hamstrings

STEP-UPS



Primary Target Muscle Group: Quads, Glutes
Secondary Target Muscle Group: Hamstrings

GLUTE BRIDGE



Primary Target Muscle Group: Glutes
Secondary Target Muscle Group: Hamstrings, Core

KETTLEBELL SWINGS



Primary Target Muscle Group: Glutes, Hamstrings
Secondary Target Muscle Group: Quads

EXERCISE MANUAL

LEGS

SINGLE LEG HIP THRUST



Primary Target Muscle Group: Glutes, Core
Secondary Target Muscle Group: Quads, Hamstrings,

SINGLE LEG DEADLIFT



Primary Target Muscle Group: Hamstrings, Glutes
Secondary Target Muscle Group: Core

SIDE TO SIDE CRAB WALK



Primary Target Muscle Group: Glutes

EXPLOSIVE JUMPS



Primary Target Muscle Group: Lower Body
Secondary Target Muscle Group: Core

JUMPING JACKS



Primary Target Muscle Group: Lower Body
Secondary Target Muscle Group: Core

BOX JUMPS



Primary Target Muscle Group: Lower Body
Secondary Target Muscle Group: Core

EXERCISE MANUAL

CORE

CRUNCHES



Primary Target Muscle Group: Abdominals (Upper)

REVERSE CRUNCHES



Primary Target Muscle Group: Abdominals (Lower)

FLUTTER KICKS



Primary Target Muscle Group: Abdominals, Obliques

RUSSIAN TWISTS



Primary Target Muscle Group: Obliques, Abdominals

LYING LEG RAISE



Primary Target Muscle Group: Abdominals (Lower)

MOUNTAIN CLIMBERS



Primary Target Muscle Group: Obliques, Abdominals

EXERCISE MANUAL

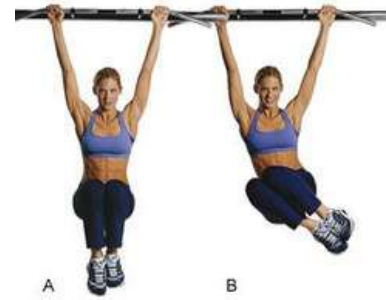
CORE

HANGING LEG RAISES



Primary Target Muscle Group: Abdominals (Upper)

HANGING SIDE CRUNCH



Primary Target Muscle Group: Abdominals, Obliques

SPIDERMAN PLANK CRUNCH



Primary Target Muscle Group: Abdominals, Obliques

DECLINE OBLIQUE CRUNCH



Primary Target Muscle Group: Obliques, Abdominals

TUCK CRUNCH



Primary Target Muscle Group: Abdominals (Lower)

GARHAMMER RAISE



Primary Target Muscle Group: Abdominals

EXERCISE MANUAL

CORE / OTHERS

PLANKS



Primary Target Muscle Group: Abdominals

SHOULDER TAPS



Primary Target Muscle Group: Abdominals

CABLE CRUNCH



Primary Target Muscle Group: Abdominals (Upper)

THRUSTERS



Primary Target Muscle Group: Full Body

BURPEES



Primary Target Muscle Group: Full Body

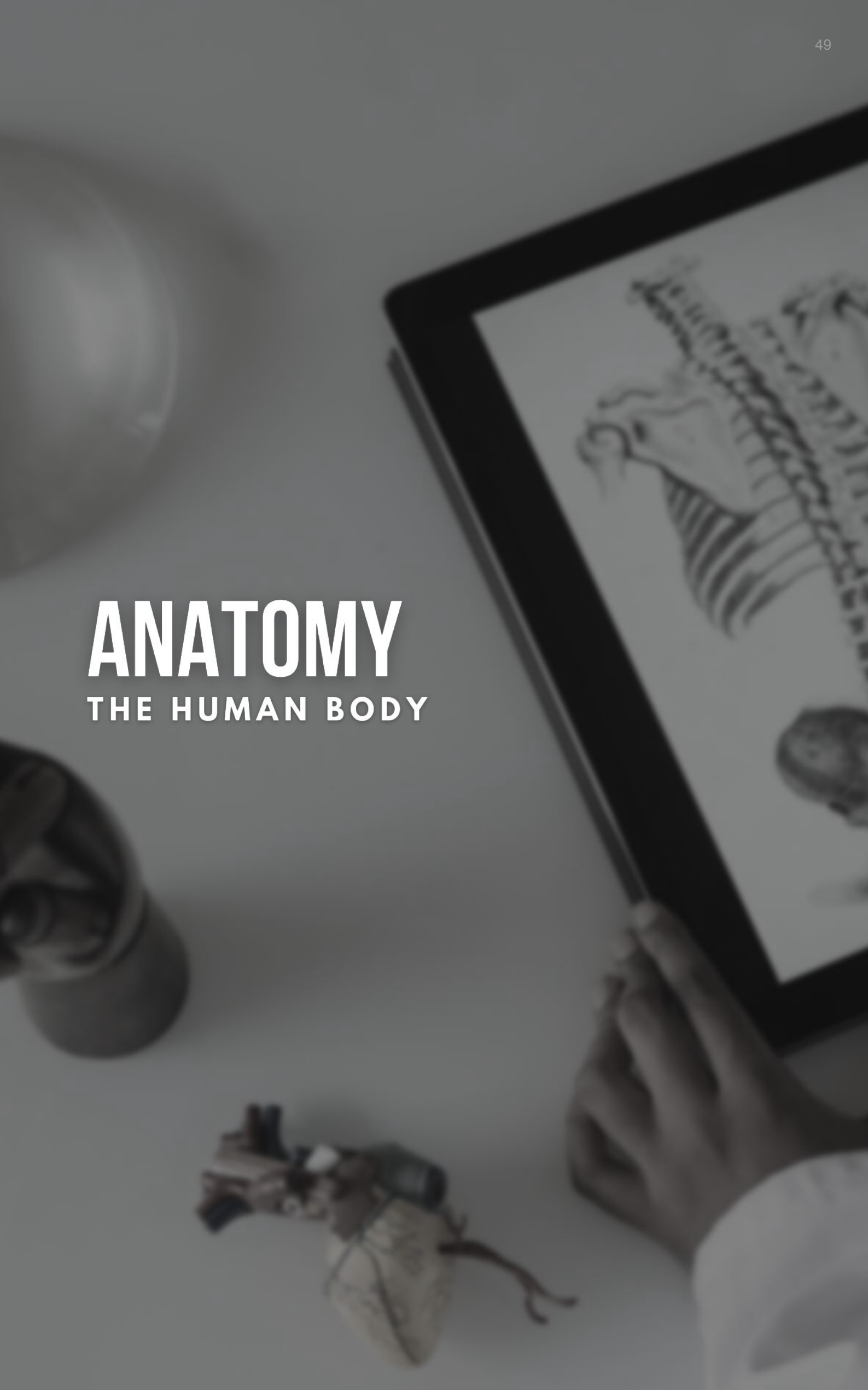
AB ROLLER



Primary Target Muscle Group: Abdominals

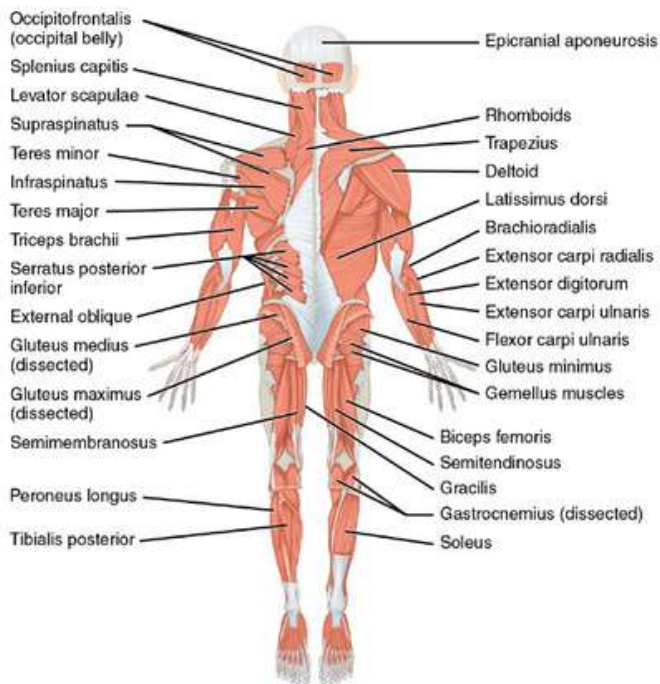
ANATOMY

THE HUMAN BODY



ANATOMY

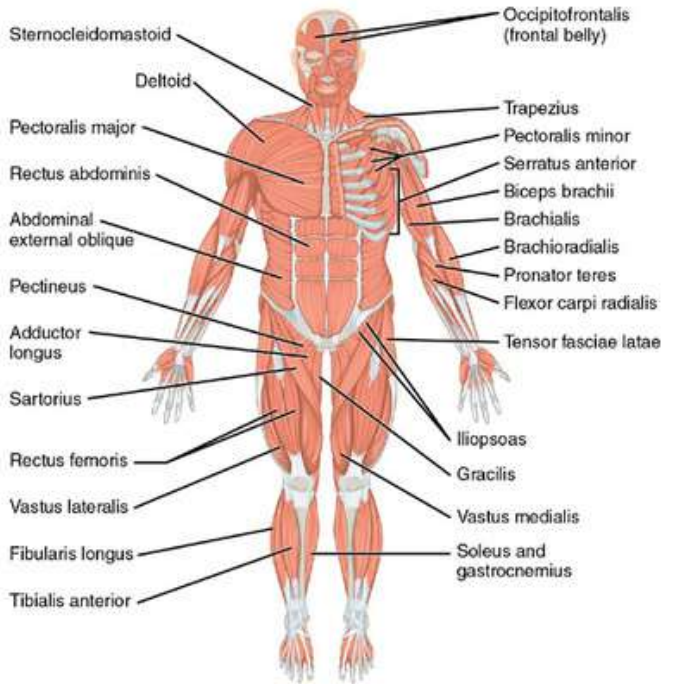
Figure 1: The Main Posterior Muscles



Major muscles of the body.

Ride side: superficial; left side: deep (posterior view)

Figure 2: The Main Anterior Muscles



Major muscles of the body.

Ride side: superficial; left side: deep (posterior view)

It is important to understand the functional anatomy and biomechanics of the main muscles we'll be targeting before we can understand how to best train them. Functional anatomy determines what muscles can do.

There are two things to consider when looking at a muscle's functional anatomy – its origin and insertion. Muscles attach to bone by tendons from at least two points. The origin is the fixed attachment which does not move, and the insertion is the attachment which moves closer to the origin when a muscle contracts. This is the contracting phase, referred to as the concentric phase (also known as the "positive" phase), which is normally followed by the eccentric phase (lowering the weight – also known as the "negative" phase).

QUADRICEPS

The quadriceps (“quads” for short) are comprised of four muscles, often referred to as “heads”: the vastus lateralis (“quad sweep”), vastus medialis (“tear drop”), rectus femoris (the middle portion of your upper thigh), and vastus intermedius (which runs underneath the rectus femoris).

The quads act to extend the knee, taking the leg from a bent position to a straight position. Each muscle of the quadriceps has its own unique insertion which we won’t worry about too much here. Just remember that the main action of the quads is to extend (straighten) the knee.

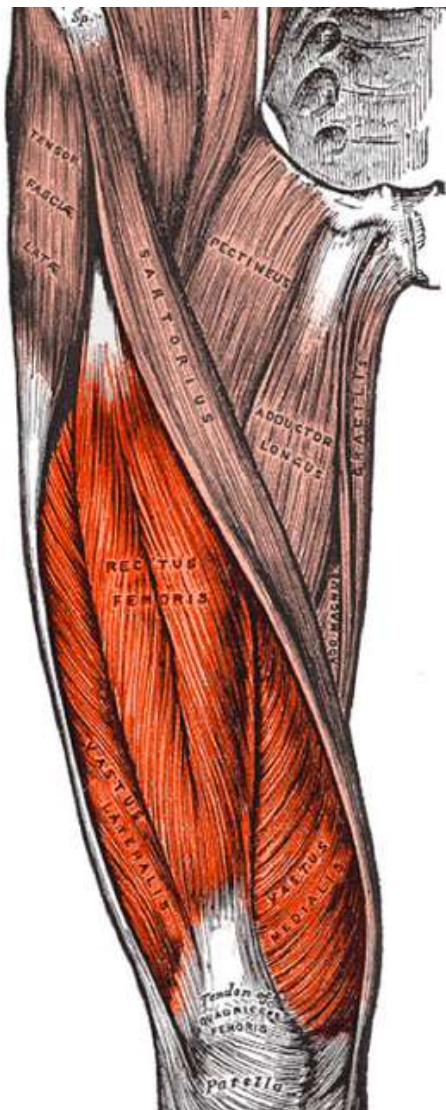


Figure 3: Quadriceps Anatomy

ORIGIN

The vasti muscles originate on the body of femur (“thigh bone”). The rectus femoris originates on the ilium of the “hip bone”.

INSERTION

Tibial tuberosity

EXERCISES

Squat, walking lunge, leg extension

HAMSTRINGS

The hamstrings are actually a complex of four muscles: semimembranosus, semitendinosus, and biceps femoris (which consists of a long head and a short head). The hamstrings collectively act to both flex the knee (take the leg from a straightened position to a bent position, as in a leg curl) and extend the hip (pushing your hips forward, as in a deadlift).

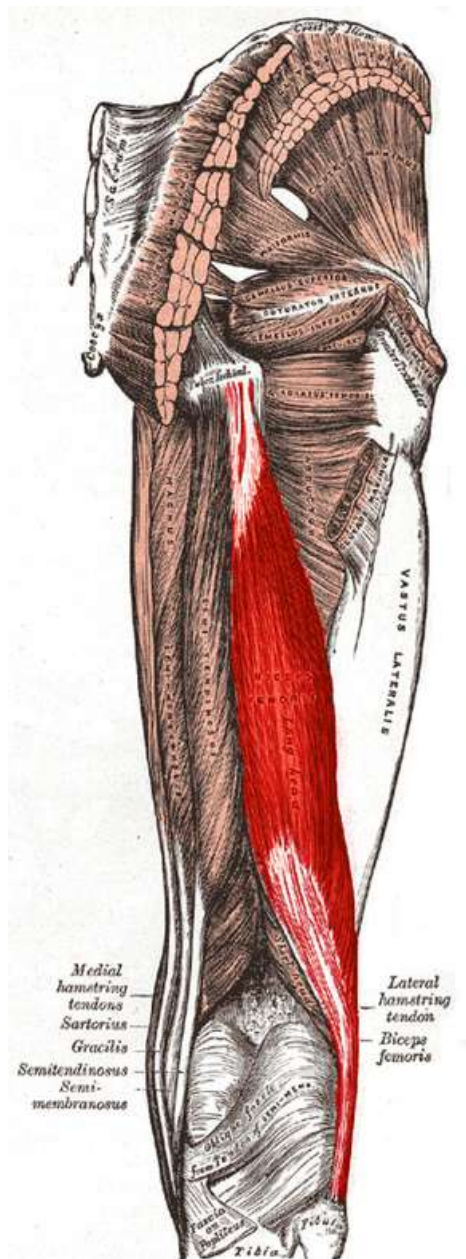


Figure 4: Hamstrings Anatomy

ORIGIN

The semitendinosus, semimembranosus, and long head of the biceps femoris originate on the ischial tuberosity. The short head of the biceps femoris originates on the linea aspera.

INSERTION

The semitendinosus and semimembranosus both insert on the tibia, while both the long and short heads of the biceps femoris insert at the fibula.

EXERCISES

Deadlift, romanian deadlift, leg curl

GLUTEALS

The gluteals (or “glutes”) are also a complex of muscles consisting of the gluteus maximus, gluteus medius, and gluteus minimus. As the name suggests, the gluteus maximus is the largest of the three, followed by the gluteus medius, and the smallest gluteus minimus. The gluteus maximus has multiple origins including the pelvis, sacrum, coccyx, and thoracolumbar fascia. It also has multiple insertions, including the upper femur and IT band. Because of this, it is able to perform a wide variety of functions, but primarily:

- Hip extension (pushing your hips forward)
- Hip abduction (moving your thigh away from the midline)
- Hip external rotation (rotating your thigh bone outwards)
- Posterior pelvic tilt (tucking your butt “in”)

The smaller glute medius still occupies a hefty portion of the rear hip musculature and functions primarily as a stabilizer during dynamic movement and as a hip abductor. It originates on the pelvis and inserts on the femur. It is most effectively trained with exercises that require a high degree of stability, especially unilateral movements such as walking lunges and exercises that train hip abduction.

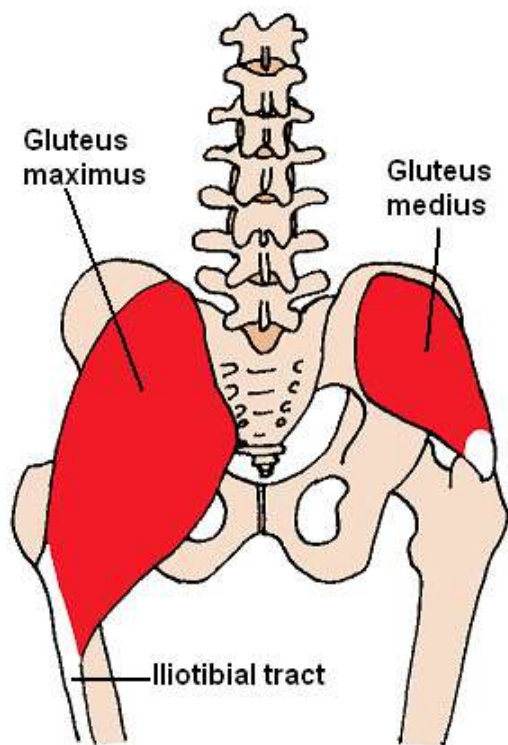


Figure 5: Gluteals Anatomy

ORIGIN

The gluteus maximus, medius, and minimus originate on the ilium.

INSERTION

The gluteus maximus and gluteus minimus insert to the iliotibial tract (IT band) and the gluteal tuberosity on the femur. The gluteus medius inserts to the greater trochanter of the femur.

EXERCISES

Hip thrust, squat, walking lunge, deadlift, machine seated hip abduction

PECTORALIS

There are two pectoralis muscles (pecs for short) located on your chest: the pectoralis major and the pectoralis minor. The pectoralis major can be divided into two heads: the clavicular head or “upper chest” (which originates at the clavicle) and the sternal head or “lower chest” (which originates at the sternum).

The pecs act to adduct the upper arm (bring the upper arm across the body), and to internally rotate the shoulder joint. The clavicular fibers also aid in shoulder flexion (raising your upper arm up), but the sternal fibers do not.

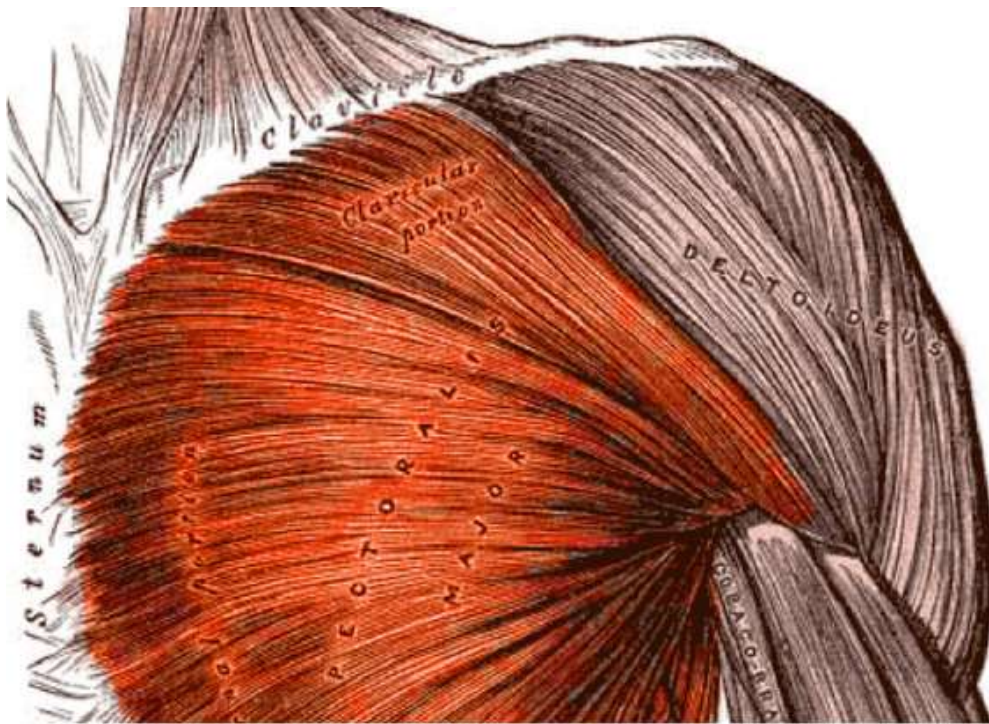


Figure 6: Pectoral Anatomy

ORIGIN

The pectoralis major originates on the sternum and clavicle. The pectoralis minor originates on the 3rd-5th ribs.

INSERTION

The pectoralis major inserts on the humerus. The pectoralis minor inserts to the coracoid process (front of your shoulder).

EXERCISES

Bench press, dumbbell incline press, cable flies, dips, military press

BACK

The back is comprised of a massive web of muscles, so for the sake of simplicity we will only look at the largest back muscles.

The latissimus dorsi (lats for short) is a big muscle which runs from just underneath your arm pit all the way down to the bottom of your back. The lats primarily act to extend the shoulder (bring your upper arm downward) and adduct the shoulder (moving your elbows towards your mid back).

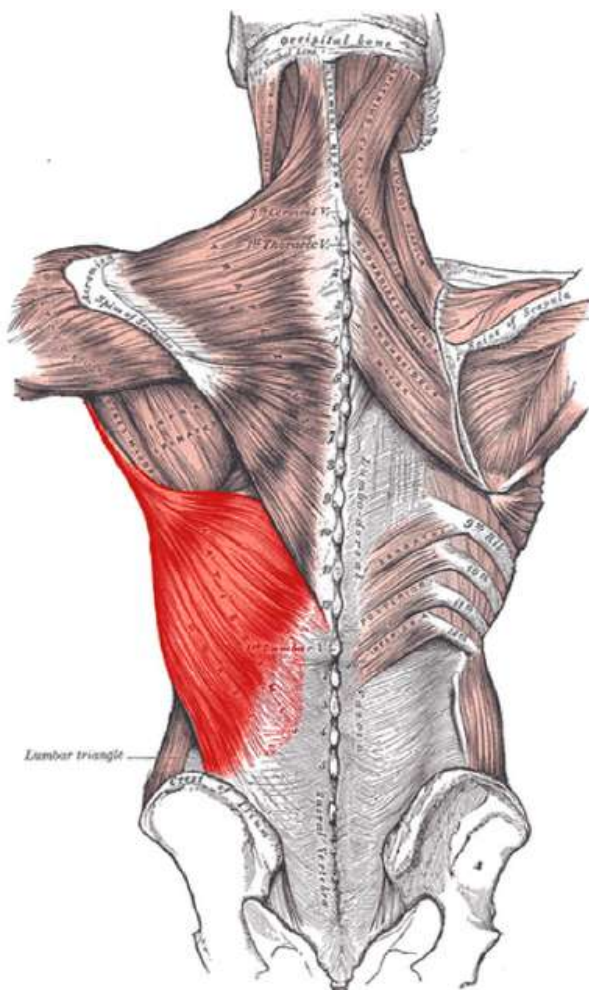


Figure 7: Latissimus Dorsi Anatomy

LATS

ORIGIN

Iliac crest and thoracolumbar fascia

INSERTION

Humerus

EXERCISES

Supinated pulldowns, chest-supported T-bar row, seated face pull, deadlift (isometric contraction to prevent shoulder flexion)

TRAPS

The trapezius (traps for short) is another large muscle running from the base of the skull down to the middle of your inner back.

When people think about the traps they tend to only think of the upper fibers, but the middle and lower fibers take up a very large surface area as well.

The traps act to elevate the scapulae (shrugging your shoulders), retract the scapulae (pulling your shoulder blades back), and extend the shoulder (pulling your arms backwards when your elbows are raised).

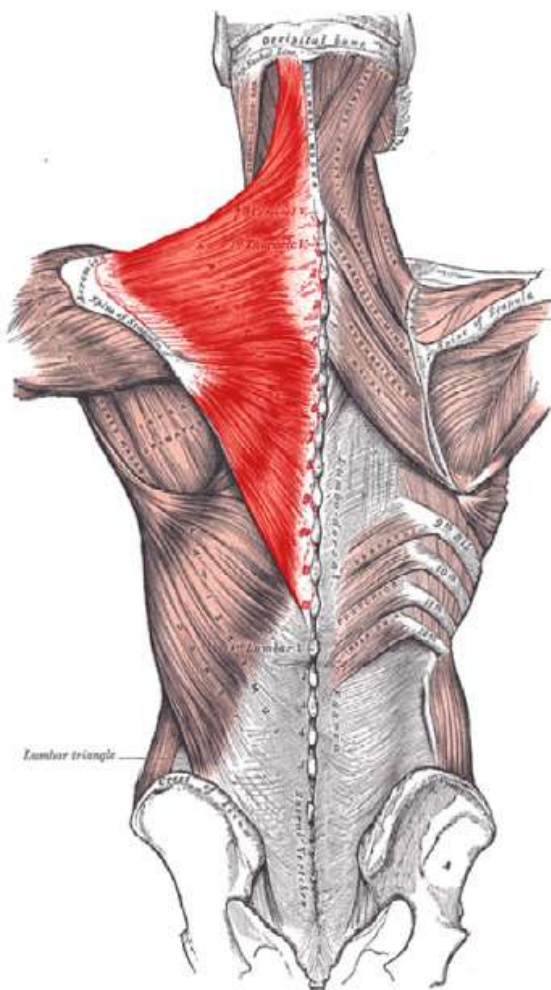


Figure 8: Trapezius Anatomy

ORIGIN

Occipital bone (upper traps), corresponding supraspinous ligaments for the mid and lower traps

INSERTION

Nuchal ligament

EXERCISES

Chest-supported T-bar row, cable seated row, seated face pull, deadlift (isometric contraction to prevent scapular depression)

BICEPS

The biceps brachii are a two-headed muscle containing a long head and a short head. They collectively act to flex the elbows (bringing the elbow from a straightened position to a bent position), and supinate the wrist (facing palms upwards). The brachialis, which runs underneath the biceps brachii, is also a strong elbow flexor.

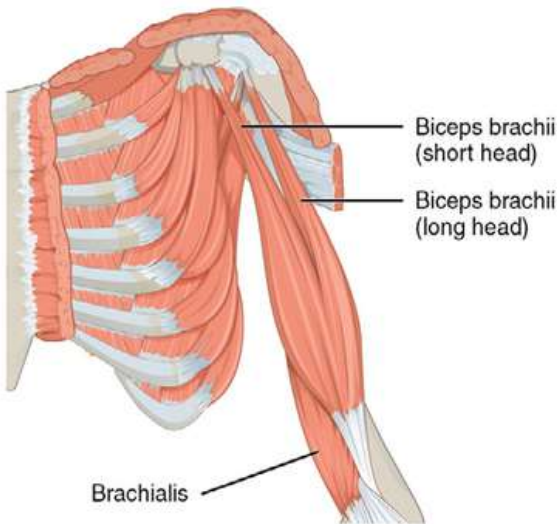


Figure 9: Biceps Anatomy

ORIGIN

Coracoid process, supraglenoid tubercle

INSERTION

Radial tuberosity

EXERCISES

Supinated pulldowns, dumbbell supinated curl, single-arm cable curl

TRICEPS

The triceps lie on the back of your upper arm and are made up of three heads: a long head, a medial head, and a lateral head. The triceps collectively act to extend the elbow (bringing the elbow from a bent position to a straightened position).

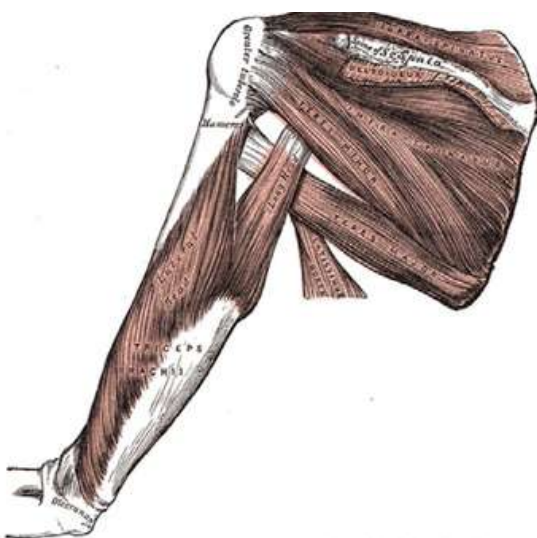


Figure 10: Triceps Anatomy

ORIGIN

Infraglenoid tubercle, radial groove

INSERTION

Olecranon process on ulna

EXERCISES

Rope tricep extensions, dips, dumbbell skull crusher, bench press, military press, dumbbell incline press

DELTOIDS

The deltoids (or delts for short) are comprised of three different heads: the anterior deltoid (the “front” delt), the lateral deltoid (also known as the “middle” delt, and often mistakenly called the “medial delt”), and the posterior delt (also known as the “rear” delt).

The anterior delt acts to flex the shoulder (raising your arm up), the lateral delt acts to abduct the upper arm (raising your upper arm out directly to your sides), and the posterior delt acts to abduct the shoulder (pulling your shoulder back when the elbows are raised).

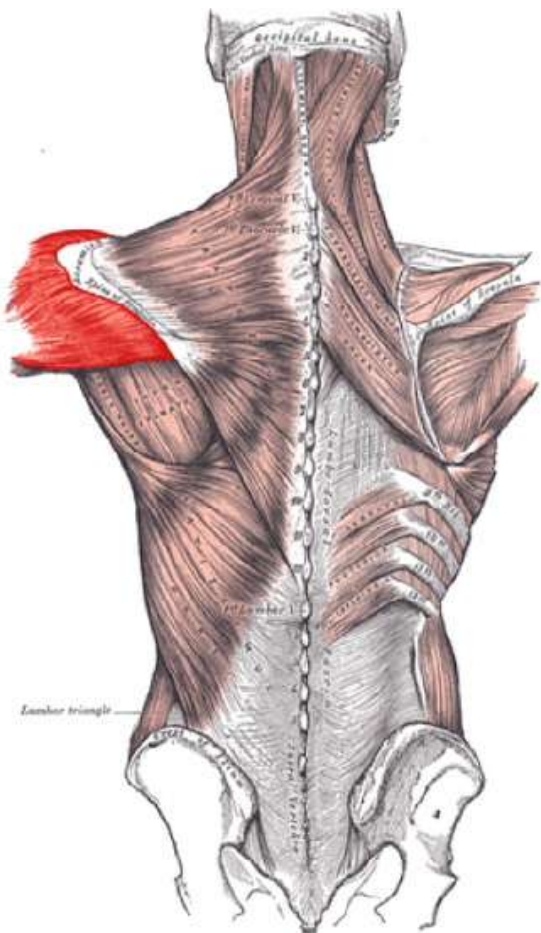


Figure 11: Deltoid Anatomy

ORIGIN

Clavicle, acromion process, spine of scapula

INSERTION

Deltoid tuberosity of humerus

EXERCISES

Military press, dumbbell incline press, barbell bench press, lateral raise, seated face pull

ABDOMINALS

The abs are a huge web containing many muscles which all have a similar function. When talking about the abs, we are typically referring to the rectus abdominis – which is the muscle that shapes the “6-pack”. The rectus abdominis acts to flex the spine, rotate the torso, and resist spinal extension (preventing your lower back from arching inwards).

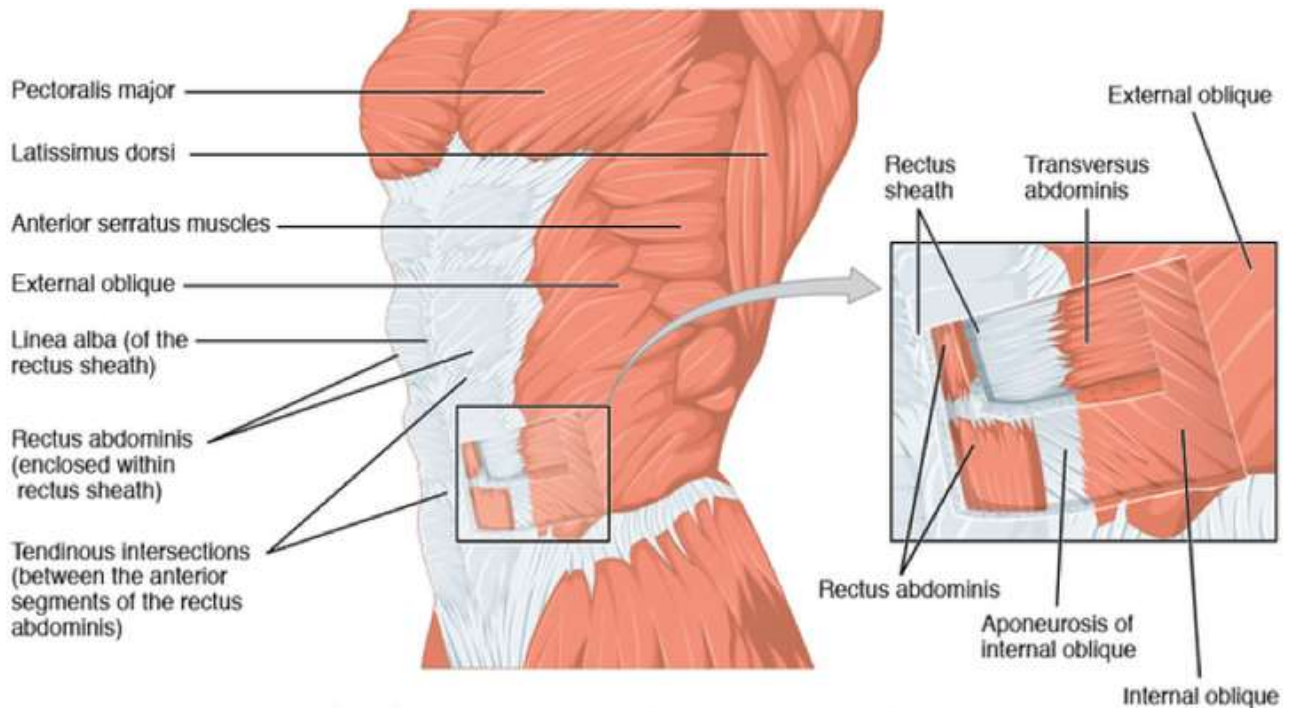


Figure 12: Abdominal Anatomy

ORIGIN

Crest of pubis

INSERTION

Xiphoid process

EXERCISES

Crunches, planks

CALVES

The calves are a complex consisting of two muscles – the gastrocnemius (or gastroc for short) and the soleus. The gastrocnemius is the big muscle underneath the back of your knee and the soleus is a smaller, flatter muscle which runs underneath the gastroc down to your ankle. Both the gastroc and soleus act to plantarflex the ankle (point your toes down).



Figure 13: Calves Anatomy

ORIGIN

Lateral and medial condyle of femur

INSERTION

Tendo calcaneus

EXERCISES

Standing calf raise



LET'S CRUSH THE WORKOUT



TRAINING CYCLE 1

WEEK 1



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: PUSH			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Incline DB Press	3	x	10-15	90s	x	x	x	x	x	Set the bench to an incline of about 30-45 degrees. Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
2	Pushups	3	x	10-15	90s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
3	Seated Military Press	3	x	10-15	90s	x	x	x	x	x	Set the bench to 75-90 degrees incline, whichever suits your mobility best. Make sure the barbell is directly above your wrists and elbows at all times
4	DB Side Raises	3	x	15-20	60s	x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
6	Close Grip Bench Press	3	x	10-15	90s	x	x	x	x	x	Grip width slightly narrower than a regular bench press, but not too narrow. Bar does not have to touch your chest.
7	Tricep Cable Pushdown	3	x	10-15	60s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
										CARDIO:	TOTAL WORKING SETS: 18
										REMARKS:	

DAY 2		SESSION: PULL			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Pull Ups	3	x	10-15	90s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
2	Cable Rows	3	x	10-15	90s	x	x	x	x	x	Let the lats stretch while keeping the lower back neutral. Row with the elbows, back and down, towards your lower abdomen.
3	Lat Pulldowns	3	x	10-15	90s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4	Reverse Pec Dec	3	x	15-20	60s	x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
5	Standing Barbell Curls	3	x	10-15	60s	x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.
6	Incline Hammer Curls	3	x	10-15	60s	x	x	x	x	x	Set the bench to an incline of 60-75 degrees. This movement reduces use of momentum and increases the stretch at the bottom.
										CARDIO:	TOTAL WORKING SETS: 18
										REMARKS:	

DAY 3		SESSION: LEGS			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	10-15	120s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Romanian Deadlifts	3	x	10-15	120s	x	x	x	x	x	Feet stance of hip width apart. Initiate the movement with your hips. Keep the bar close to you at all times. Feel the stretch in the hamstrings.
3	Leg Extensions	2	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
4	Leg Curls	2	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.
5	Leg Press	3	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 19

DAY 4		SESSION: HIIT Circuit			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
A	Thrusters	x		30s	10s	x	x	x	x	x	One fluid movement. As you squat up, press the weight up at the same time. Be sure to squat to at least parallel depth.
B	Mountain Climbers	x		30s	10s	x	x	x	x	x	In pushup position, bring knees to your elbows in an alternate fashion, with speed.
C	High Knees	x		30s	10s	x	x	x	x	x	Intense movement, bring knees up high, to at least hip level.
		3									
D	Pushups	x		30s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
E	Jumping Jacks	x		30s	10s	x	x	x	x	x	Intense continuous movement. Upon fatigue, you may slow down but try not to stop.
F	Flutterkicks	x		30s	120s	x	x	x	x	x	Do not let either leg touch the ground. Maintain tension in the abs. Do not rush and perform this movement with control.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 3

WEEKLY OVERVIEW

Introduction to training routine. All sets taken to 2-3 reps shy from failure.

TRAINING CYCLE 1

WEEK 2



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: PUSH			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Incline DB Press	3	x	10-15	90s	x	x	x	x	x	Set the bench to an incline of about 30-45 degrees. Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
2	Pushups	3	x	10-15	90s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
3	Seated Military Press	3	x	10-15	90s	x	x	x	x	x	Set the bench to 75-90 degrees incline, whichever suits your mobility best. Make sure the barbell is directly above your wrists and elbows at all times
4	DB Side Raises	3	x	15-20	60s	x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
6	Close Grip Bench Press	3	x	10-15	90s	x	x	x	x	x	Grip width slightly narrower than a regular bench press, but not too narrow. Bar does not have to touch your chest.
7	Tricep Cable Pushdown	3	x	10-15	60s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
CARDIO:										TOTAL WORKING SETS: 18	
REMARKS:											

DAY 2		SESSION: PULL			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Pull Ups	3	x	10-15	90s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
2	Cable Rows	3	x	10-15	90s	x	x	x	x	x	Let the lats stretch while keeping the lower back neutral. Row with the elbows, back and down, towards your lower abdomen.
3	Lat Pulldowns	3	x	10-15	90s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4	Reverse Pec Dec	3	x	15-20	60s	x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
5	Standing Barbell Curls	3	x	10-15	60s	x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.
6	Incline Hammer Curls	3	x	10-15	60s	x	x	x	x	x	Set the bench to an incline of 60-75 degrees. This movement reduces use of momentum and increases the stretch at the bottom.
CARDIO:										TOTAL WORKING SETS: 18	
REMARKS:											

DAY 3		SESSION: LEGS			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	10-15	120s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Romanian Deadlifts	3	x	10-15	120s	x	x	x	x	x	Feet stance of hip width apart. Initiate the movement with your hips. Keep the bar close to you at all times. Feel the stretch in the hamstrings.
3	Leg Extensions	2	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
4	Leg Curls	2	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.
5	Leg Press	3	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 19

DAY 4		SESSION: HIIT Circuit			DATE:					TIME:	NOTES
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					
A	Thrusters	x		30s	10s	x	x	x	x	x	One fluid movement. As you squat up, press the weight up at the same time. Be sure to squat to at least parallel depth.
B	Mountain Climbers	x		30s	10s	x	x	x	x	x	In pushup position, bring knees to your elbows in an alternate fashion, with speed.
C	High Knees	x		30s	10s	x	x	x	x	x	Intense movement, bring knees up high, to at least hip level.
D	Pushups	x	3	30s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
E	Jumping Jacks	x		30s	10s	x	x	x	x	x	Intense continuous movement. Upon fatigue, you may slow down but try not to stop.
F	Flutterkicks	x		30s	120s	x	x	x	x	x	Do not let either leg touch the ground. Maintain tension in the abs. Do not rush and perform this movement with control.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 3

WEEKLY OVERVIEW

Introduction to high intensity sets. Sets with grey shaded boxes are to be taken to failure. Push as hard as you can on those sets.

TRAINING CYCLE 1

WEEK 3



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: PUSH			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Incline DB Press	4	x	8-12	90s	x	x	x	x	x	Set the bench to an incline of about 30-45 degrees. Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
2	Pushups	3	x	10-15	90s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
3	Seated Military Press	4	x	8-12	90s	x	x	x	x	x	Set the bench to 75-90 degrees incline, whichever suits your mobility best. Make sure the barbell is directly above your wrists and elbows at all times
4	DB Side Raises	3	x	15-20	60s	x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
6	Close Grip Bench Press	4	x	8-12	90s	x	x	x	x	x	Grip width slightly narrower than a regular bench press, but not too narrow. Bar does not have to touch your chest.
7	Tricep Cable Pushdown	3	x	10-15	60s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
CARDIO:										TOTAL WORKING SETS: 21	
REMARKS:											

DAY 2		SESSION: PULL			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Pull Ups	3	x	10-15	90s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
2	Cable Rows	3	x	10-15	90s	x	x	x	x	x	Let the lats stretch while keeping the lower back neutral. Row with the elbows, back and down, towards your lower abdomen.
3	Lat Pulldowns	3	x	8-12	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4	Single Arm DB Rows	3	x	8-12	120s	x	x	x	x	x	Keep a neutral spine, row with weaker side first. Think of rowing with the elbows, row down and back towards the hips.
5	Reverse Pec Dec	3	x	15-20	60s	x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
6	Standing Barbell Curls	3	x	10-15	60s	x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.
7	Incline Hammer Curls	3	x	10-15	60s	x	x	x	x	x	Set the bench to an incline of 60-75 degrees. This movement reduces use of momentum and increases the stretch at the bottom.
CARDIO:										TOTAL WORKING SETS: 21	
REMARKS:											

DAY 3		SESSION: LEGS			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	8-12	180s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Romanian Deadlifts	3	x	8-12	180s	x	x	x	x	x	Feet stance of hip width apart. Initiate the movement with your hips. Keep the bar close to you at all times. Feel the stretch in the hamstrings.
3	Leg Extensions	3	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
4	Leg Curls	3	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.
5	Leg Press	3	x	10-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction

7	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.
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CARDIO:
REMARKS:

TOTAL WORKING SETS: 21

DAY 4 **SESSION: HIIT Circuit** **DATE:** **TIME:**

S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
A	Thrusters	x		35s	10s	x	x	x	x	x	One fluid movement. As you squat up, press the weight up at the same time. Be sure to squat to at least parallel depth.
B	Mountain Climbers	x		35s	10s	x	x	x	x	x	In pushup position, bring knees to your elbows in an alternate fashion, with speed.
C	High Knees	x		35s	10s	x	x	x	x	x	Intense movement, bring knees up high, to at least hip level.
D	Pushups	3	x	35s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
E	Jumping Jacks	x		35s	10s	x	x	x	x	x	Intense continuous movement. Upon fatigue, you may slow down but try not to stop.
F	Flutterkicks	x		35s	120s	x	x	x	x	x	Do not let either leg touch the ground. Maintain tension in the abs. Do not rush and perform this movement with control.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 3

WEEKLY OVERVIEW

Change in rep scheme to allow for heavier weight to be used. Increased in number of high intensity sets.

TRAINING CYCLE 1

WEEK 4



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: PUSH				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Incline DB Press	4	x	8-12	120s	x	x	x	x	x	Set the bench to an incline of about 30-45 degrees. Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
2	Pushups	4	x	10-15	90s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
3	Seated Military Press	4	x	8-12	120s	x	x	x	x	x	Set the bench to 75-90 degrees incline, whichever suits your mobility best. Make sure the barbell is directly above your wrists and elbows at all times
4A	Front Raise	x		15-20	90s	x	x	x	x	x	Choose either barbell, ez bar or dumbbell. Do not use momentum, raise to eye level with control, while keeping elbows only slightly bent.
4B	DB Side Raises	x		15-20		x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
5	Close Grip Bench Press	4	x	8-12	90s	x	x	x	x	x	Grip width slightly narrower than a regular bench press, but not too narrow. Bar does not have to touch your chest.
6	Tricep Cable Pushdown	3	x	10-15	60s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.

CARDIO:

TOTAL WORKING SETS: 23

REMARKS:

DAY 2		SESSION: PULL				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Pull Ups	4	x	10-15	90s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
2	Cable Rows	4	x	10-15	90s	x	x	x	x	x	Let the lats stretch while keeping the lower back neutral. Row with the elbows, back and down, towards your lower abdomen.
3A	Lat Pulldowns	x		8-12	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
3B	DB Pullover (Back)	x		10-15		x	x	x	x	x	Lie flat on the bench. Focus on feeling the stretch in the lats as you bring the dumbbells back and behind you.
4	Single Arm DB Rows	4	x	8-12	120s	x	x	x	x	x	Keep a neutral spine, row with weaker side first. Think of rowing with the elbows, row down and back towards the hips.
5	Reverse Pec Dec	3	x	15-20	60s	x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
6	Standing Barbell Curls	4	x	10-15	60s	x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.
7	Incline Hammer Curls	3	x	10-15	60s	x	x	x	x	x	Set the bench to an incline of 60-75 degrees. This movement reduces use of momentum and increases the stretch at the bottom.

CARDIO:

TOTAL WORKING SETS: 26

REMARKS:

DAY 3		SESSION: LEGS				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	4	x	8-12	180s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Romanian Deadlifts	4	x	8-12	180s	x	x	x	x	x	Feet stance of hip width apart. Initiate the movement with your hips. Keep the bar close to you at all times. Feel the stretch in the hamstrings.
3	Leg Extensions	4	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
4	Leg Curls	4	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.

5	Leg Press	3	x	10-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:

TOTAL WORKING SETS: 25

REMARKS:

DAY 4	SESSION: HIIT Circuit	DATE:	TIME:								
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
A	Thrusters	x		40s	10s	x	x	x	x	x	One fluid movement. As you squat up, press the weight up at the same time. Be sure to squat to at least parallel depth.
B	Mountain Climbers	x		40s	10s	x	x	x	x	x	In pushup position, bring knees to your elbows in an alternate fashion, with speed.
C	High Knees	x		40s	10s	x	x	x	x	x	Intense movement, bring knees up high, to at least hip level.
D	Pushups	3	x	40s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
E	Jumping Jacks	x		40s	10s	x	x	x	x	x	Intense continuous movement. Upon fatigue, you may slow down but try not to stop.
F	Flutterkicks	x		40s	120s	x	x	x	x	x	Do not let either leg touch the ground. Maintain tension in the abs. Do not rush and perform this movement with control.

CARDIO:

TOTAL WORKING SETS: 3

REMARKS:

WEEKLY OVERVIEW

Increase number of intensity set as well as incorporate superset style for certain movements. Peak week for first training cycle

TRAINING CYCLE 2

WEEK 1



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: LOWER			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	10-15	120s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Bulgarian Split Squats	2	x	10-15	120s	x	x	x	x	x	Use weights if bodyweight is too easy. Take 2-3 steps from the bench. Set back feet on bench. Feel the stretch in the glutes. Quads should feel a burn too.
3	Leg Extensions	2	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
5	Leg Press	2	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Leg Raises	2	x	15-20	60s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
8	Crunches	2	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:

TOTAL WORKING SETS: 16

REMARKS:

DAY 2		SESSION: UPPER			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Flat Bench Press	3	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
2	Incline Bench Press	3	x	10-15	120s	x	x	x	x	x	Set an incline of about 30-45 degrees. Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
3	Barbell Rows	3	x	10-15	120s	x	x	x	x	x	Hinge over and keep a neutral spine. Row with the elbows, back and down towards your hips. Keep the bar close to you at all times.
4	Pull Ups	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
5	Overhead Press	3	x	10-15	120s	x	x	x	x	x	Keep a neutral spine. Make sure the barbell is directly above your wrists and elbows at all times
6A	Tricep Cable Pushdown		x	10-15		x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
		3		90s							
6B	Standing Barbell Curls		x	10-15		x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.

CARDIO:

TOTAL WORKING SETS: 18

REMARKS:

DAY 3		SESSION: FULL BODY STRENGTH			DATE:					TIME:	
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Conventional Deadlifts	3	x	8-12	180s	x	x	x	x	x	Start with bar above mid-foot. Feet stance: hip width. Grip: shoulder width. Keep bar close to you at all times. Initiate the movement with your legs first.
2	Flat DB Press	3	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
3	Lat Pulldowns	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4A	Reverse Pec Dec		x	10-15		x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
		3		90s							
4B	DB Side Raises		x	10-15		x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).

5	Barbell Hip Thrusts	3	x	10-15	120s	x	x	x	x	x	Feet slightly pointed outwards (30-45 degrees). Keep a neutral spine, chin tucked. Drive your hips up.
6	Leg Curls	2	x	10-15	90s	x	x	x	x	x	

CARDIO:

TOTAL WORKING SETS: 12

REMARKS:

DAY 4	SESSION: HIIT Circuit	DATE:	TIME:
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S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Kettlebell Swings	x		30s	10s	x	x	x	x	x	Use your hips to thrust the weight up, rather than using your upperbody strength. Each rep should be forceful.
1B	Pull Ups	3	x	30s	10s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
1C	Shoulder Taps	x		30s	120s	x	x	x	x	x	Try to keep your body balanced and not tilt to one side as you perform a shoulder tap. Perform this movement slowly and with control.
2A	Box Jumps	x		30s	10s	x	x	x	x	x	Choose a suitable box/platform height. Jump explosively with soft landing. This trains your explosive power.
2B	Pushups	3	x	30s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
2C	Plank	x		30s	120s	x	x	x	x	x	Maintain a neutral spine throughout. Do not let the lower back arch. This makes the movement easier and less effective on your core strength.

CARDIO:

TOTAL WORKING SETS: 6

REMARKS:

WEEKLY OVERVIEW

Introduction to training plan. All sets are taken to 2-3 reps from failure (RPE 7-8). Do not go to absolute failure yet. Get used to the routine.

TRAINING CYCLE 2

WEEK 2



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: LOWER				DATE:		TIME:			
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	10-15	120s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Bulgarian Split Squats	2	x	10-15	120s	x	x	x	x	x	Use weights if bodyweight is too easy. Take 2-3 steps from the bench. Set back feet on bench. Feel the stretch in the glutes. Quads should feel a burn too.
3	Leg Extensions	2	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
5	Leg Press	2	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Leg Raises	2	x	15-20	60s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
8	Crunches	2	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:

TOTAL WORKING SETS: 16

REMARKS:

DAY 2		SESSION: UPPER				DATE:		TIME:			
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Flat Bench Press	3	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
2	Incline Bench Press	3	x	10-15	120s	x	x	x	x	x	Set an incline of about 30-45 degrees. Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
3	Barbell Rows	3	x	10-15	120s	x	x	x	x	x	Hinge over and keep a neutral spine. Row with the elbows, back and down towards your hips. Keep the bar close to you at all times.
4	Pull Ups	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
5	Overhead Press	3	x	10-15	120s	x	x	x	x	x	Keep a neutral spine. Make sure the barbell is directly above your wrists and elbows at all times
6A	Tricep Cable Pushdown		x	10-15		x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
		3		90s							
6B	Standing Barbell Curls		x	10-15		x	x	x	x	x	Hold barbell around shoulder width apart. Do not use too much momentum. Feel the biceps, go down slow.

CARDIO:

TOTAL WORKING SETS: 18

REMARKS:

DAY 3		SESSION: FULL BODY STRENGTH				DATE:		TIME:			
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Conventional Deadlifts	3	x	8-12	180s	x	x	x	x	x	Start with bar above mid-foot. Feet stance: hip width. Grip: shoulder width. Keep bar close to you at all times. Initiate the movement with your legs first.
2	Flat DB Press	3	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
3	Lat Pulldowns	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4A	Reverse Pec Dec		x	10-15		x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
		3		90s							
4B	DB Side Raises		x	10-15		x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).

5	Barbell Hip Thrusts	3	x	10-15	120s	x	x	x	x	x	Feet slightly pointed outwards (30-45 degrees). Keep a neutral spine, chin tucked. Drive your hips up.
6	Leg Curls	2	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.

CARDIO:

TOTAL WORKING SETS: 12

REMARKS:

DAY 4	SESSION: HIIT Circuit	DATE:	TIME:
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S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Kettlebell Swings	x		30s	10s	x	x	x	x	x	Use your hips to thrust the weight up, rather than using your upperbody strength. Each rep should be forceful.
1B	Pull Ups	3	x	30s	10s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
1C	Shoulder Taps	x		30s	120s	x	x	x	x	x	Try to keep your body balanced and not tilt to one side as you perform a shoulder tap. Perform this movement slowly and with control.
2A	Box Jumps	x		30s	10s	x	x	x	x	x	Choose a suitable box/platform height. Jump explosively with soft landing. This trains your explosive power.
2B	Pushups	3	x	30s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
2C	Plank	x		30s	120s	x	x	x	x	x	Maintain a neutral spine throughout. Do not let the lower back arch. This makes the movement easier and less effective on your core strength.

CARDIO:

TOTAL WORKING SETS: 6

REMARKS:

WEEKLY OVERVIEW

Introduction to high intensity sets. Sets with grey shaded boxes are to be taken to failure. Push as hard as you can on those sets.

TRAINING CYCLE 2

WEEK 3



STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: LOWER				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	8-12	150s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Bulgarian Split Squats	3	x	10-15	120s	x	x	x	x	x	Use weights if bodyweight is too easy. Take 2-3 steps from the bench. Set back feet on bench. Feel the stretch in the glutes. Quads should feel a burn too.
3	Leg Extensions	3	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
5	Leg Press	3	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Leg Raises	3	x	15-20	60s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
8	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:

TOTAL WORKING SETS: 21

REMARKS:

DAY 2		SESSION: UPPER				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Flat Bench Press	4	x	8-12	150s	x	x	x	x	x	Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
2	Incline Bench Press	3	x	8-12	120s	x	x	x	x	x	Set an incline of about 30-45 degrees. Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
3	Barbell Rows	4	x	10-15	150s	x	x	x	x	x	Hinge over and keep a neutral spine. Row with the elbows, back and down towards your hips. Keep the bar close to you at all times.
4	Pull Ups	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
5	Overhead Press	4	x	10-15	150s	x	x	x	x	x	Keep a neutral spine. Make sure the barbell is directly above your wrists and elbows at all times
6A	Bent Over DB Rear Delt Fly		x	10-15		x	x	x	x	x	Keep a fixed elbow angle, pull the dumbbells apart with your elbows. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
6B	DB Side Raises	3	x	10-15	60s	x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).

CARDIO:

TOTAL WORKING SETS: 21

REMARKS:

DAY 3		SESSION: Arms & Abs Circuit				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Tricep Cable Pushdown		x	10-15	10s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
1B	Standing DB Curls	4	x	10-15	10s	x	x	x	x	x	Do not use too much momentum. Feel the biceps, go down slow.
1C	Russian Twist		x	15-20	90s	x	x	x	x	x	Rotate at the trunk, not just moving your arms and shoulders.
2A	Incline Skullcrushers		x	10-15	10s	x	x	x	x	x	Set the bench to an incline of about 60 degrees. Use either barbell, ez bar or dumbbells. Bring the bar/dumbbell behind your head, rather than to your skull.
2B	Spider Curls	4	x	10-15	10s	x	x	x	x	x	Set the bench to about 45-60 degrees. Choose either barbell, ez bar or dumbbells. Keep upper arm perpendicular to the ground. Feel the peak contraction at the top.

2C	Leg Raises	x	15-20	90s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
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CARDIO:
REMARKS:

TOTAL WORKING SETS: 8

DAY 4 SESSION: FULL BODY STRENGTH DATE: TIME:

S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Conventional Deadlifts	4	x	6-10	180s	x	x	x	x	x	Start with bar above mid-foot. Feet stance: hip width. Grip: shoulder width. Keep bar close to you at all times. Initiate the movement with your legs first.
2	Flat DB Press	3	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
3	Lat Pulldowns	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4A	Reverse Pec Dec	x		10-15		x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
4B	DB Side Raises	4	x	10-15	90s	x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
5	Barbell Hip Thrusts	3	x	10-15	120s	x	x	x	x	x	Feet slightly pointed outwards (30-45 degrees). Keep a neutral spine, chin tucked. Drive your hips up.
6	Leg Curls	2	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 14

DAY 5 SESSION: HIIT Circuit DATE: TIME:

S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Kettlebell Swings	x		35s	10s	x	x	x	x	x	Use your hips to thrust the weight up, rather than using your upperbody strength. Each rep should be forceful.
1B	Pull Ups	3	x	35s	10s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
1C	Shoulder Taps	x		35s	120s	x	x	x	x	x	Try to keep your body balanced and not tilt to one side as you perform a shoulder tap. Perform this movement slowly and with control.
2A	Box Jumps	x		35s	10s	x	x	x	x	x	Choose a suitable box/platform height. Jump explosively with soft landing. This trains your explosive power.
2B	Pushups	3	x	35s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
2C	Plank	x		35s	120s	x	x	x	x	x	Maintain a neutral spine throughout. Do not let the lower back arch. This makes the movement easier and less effective on your core strength.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 6

WEEKLY OVERVIEW

This week has 5 training days. Included more arm training in this week.

TRAINING CYCLE 2



WEEK 4 (Final)

STRENGTH & CONDITIONING

8 WEEK TRAINING PLAN

DAY 1		SESSION: LOWER				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Barbell Squats	3	x	6-12	180s	x	x	x	x	x	High or low bar. Choose your preferred feet stance. Keep your weight evenly distributed throughout your feet. Squat to at least parallel.
2	Bulgarian Split Squats	3	x	10-15	120s	x	x	x	x	x	Use weights if bodyweight is too easy. Take 2-3 steps from the bench. Set back feet on bench. Feel the stretch in the glutes. Quads should feel a burn too.
3	Leg Extensions	3	x	10-15	90s	x	x	x	x	x	Do not use momentum. Go to full stretch. Control on the way down.
5	Leg Press	3	x	12-15	120s	x	x	x	x	x	Go slow on the way down. Make sure your butt is in contact with the seat at all times. Do not round your lower back.
6	Standing Calves Raises	3	x	12-15	90s	x	x	x	x	x	Do not use momentum, feel the stretch in the calves at the bottom. Hold for a second at the peak contraction
7	Leg Raises	3	x	15-20	60s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
8	Crunches	3	x	15-20	60s	x	x	x	x	x	Focus on shortening the abs. It is a very minimal movement. This targets the upper abs more.

CARDIO:

TOTAL WORKING SETS: 21

REMARKS:

DAY 2		SESSION: UPPER				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Flat Bench Press	4	x	8-12	150s	x	x	x	x	x	Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
2	Incline Bench Press	3	x	8-12	120s	x	x	x	x	x	Set an incline of about 30-45 degrees. Keep the shoulders back and down. Do not bounce the bar off your chest. Bar does not have to touch the chest if your mobility does not allow you to.
3	Barbell Rows	4	x	10-15	150s	x	x	x	x	x	Hinge over and keep a neutral spine. Row with the elbows, back and down towards your hips. Keep the bar close to you at all times.
4	Pull Ups	3	x	10-15	120s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
5	Overhead Press	4	x	10-15	150s	x	x	x	x	x	Keep a neutral spine. Make sure the barbell is directly above your wrists and elbows at all times
6A	Bent Over DB Rear Delt Fly		x	10-15		x	x	x	x	x	Keep a fixed elbow angle, pull the dumbbells apart with your elbows. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
		3		60s							
6B	DB Side Raises		x	10-15		x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).

CARDIO:

TOTAL WORKING SETS: 21

REMARKS:

DAY 3		SESSION: Arms & Abs Circuit				DATE:					TIME:
S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Tricep Cable Pushdown		x	10-15	10s	x	x	x	x	x	Use either a rope or bar. Keep elbows pinned to the side. Do not use momentum. Slow down on the way up.
1B	Standing DB Curls	4	x	10-15	10s	x	x	x	x	x	Do not use too much momentum. Feel the biceps, go down slow.
1C	Russian Twist		x	15-20	90s	x	x	x	x	x	Rotate at the trunk, not just moving your arms and shoulders.
2A	Incline Skullcrushers		x	10-15	10s	x	x	x	x	x	Set the bench to an incline of about 60 degrees. Use either barbell, ez bar or dumbbells. Bring the bar/dumbell behind your head, rather than to your skull.
2B	Spider Curls	4	x	10-15	10s	x	x	x	x	x	Set the bench to about 45-60 degrees. Choose either barbell, ez bar or dumbbells. Keep upper arm perpendicular to the ground. Feel the peak contraction at the top.

2C	Leg Raises	x	15-20	90s	x	x	x	x	x	Hang on a pull up bar or use the leg raise set-up (with forearm rests). Focus on bringing your knees to your chest. This targets the lower abs more.
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CARDIO:
REMARKS:

TOTAL WORKING SETS: 8

DAY 4 SESSION: FULL BODY STRENGTH DATE: TIME:

S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1	Conventional Deadlifts	4	x	6-10	180s	x	x	x	x	x	Start with bar above mid-foot. Feet stance: hip width. Grip: shoulder width. Keep bar close to you at all times. Initiate the movement with your legs first.
2	Flat DB Press	4	x	10-15	120s	x	x	x	x	x	Keep the shoulders back and down. Think of pressing with your elbows. Keep the elbow, wrist, and dumbbell in line.
3	Lat Pulldowns	4	x	10-15	120s	x	x	x	x	x	Keep the chest up, think of pulling with the elbows, pull towards the upper chest. Go slow on the way up.
4A	Reverse Pec Dec	x		10-15		x	x	x	x	x	Keep your chest supported on the seat. Slightly protract your shoulders forward. It is not a very large range of motion. Don't worry about pulling as high as you can. Feel the rear delts.
		3		90s							
4B	DB Side Raises	x		10-15		x	x	x	x	x	Keep a fixed elbow angle, initiate the movement with your elbows. Rather than raising directly to the side, raise in the scapular plane (45 degrees).
5	Barbell Hip Thrusts	3	x	10-15	120s	x	x	x	x	x	Feet slightly pointed outwards (30-45 degrees). Keep a neutral spine, chin tucked. Drive your hips up.
6	Leg Curls	2	x	10-15	90s	x	x	x	x	x	Either seated or lying. Do not arch your lower back. For this movement, it is especially important to focus on the eccentric portion, go slow.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 15

DAY 5 SESSION: HIIT Circuit DATE: TIME:

S/N	EXERCISE	SETS	x	REPS	REST	WEIGHT x REPS					NOTES
1A	Kettlebell Swings	x		35s	10s	x	x	x	x	x	Use your hips to thrust the weight up, rather than using your upperbody strength. Each rep should be forceful.
1B	Pull Ups	3	x	35s	10s	x	x	x	x	x	Keep the chest up, pull yourself up by thinking of bringing the bar to your upper chest. Do not use momentum. If it's too tough, do assisted pull ups.
1C	Shoulder Taps	x		35s	120s	x	x	x	x	x	Try to keep your body balanced and not tilt to one side as you perform a shoulder tap. Perform this movement slowly and with control.
2A	Box Jumps	x		35s	10s	x	x	x	x	x	Choose a suitable box/platform height. Jump explosively with soft landing. This trains your explosive power.
2B	Pushups	3	x	35s	10s	x	x	x	x	x	Go down slow. Keep a soft lockout at the top to keep tension on the chest.
2C	Plank	x		35s	120s	x	x	x	x	x	Maintain a neutral spine throughout. Do not let the lower back arch. This makes the movement easier and less effective on your core strength.

CARDIO:
REMARKS:

TOTAL WORKING SETS: 6

WEEKLY OVERVIEW

Peak week. Highest intensity and training volume.

CONCLUSION

You did it! Be proud of yourself for completing the program! You committed yourself to a better and healthier lifestyle, and you crushed it! Reflecting back, take a moment to be in gratitude for how far you've come. Maybe you started out with a specific goal, or maybe you just needed to reset your mind and body. Whatever your why was, you made it here. And you should be proud of yourself.

We hope that through this e-book, you gained a better understanding of the fundamentals training and nutrition. With this program, you should also have a better appreciation of how to structure your training program for your goals.

Once again, we really appreciate you taking the time to purchase our e-book!



