



his ebook is brought to you by IFBB professional athlete, Ryan Terry. Ryan is an internationally recognised Men's Physique competitor who's achievements include; Mr Great Britain (2010), Mr International (2010), UK National Champion (2013), British Champion (2013), European Arnold Classic Champion (2013), Overall European Arnold Classic Champion (2013), IFBB Pittsburgh Pro Champion (2015), IFBB Atlanta Pro Seaboard Champion (2015), 4th Place Men's Physique Mr Olympia (2015), 2nd Place Men's Physique Mr Olympia (2016), IFBB Pro Asia Grand Prix Champion (2016), Arnold Classic Pro Champion (2017), IFBB Pro Asia Grand Prix Champion (2017), 3rd place Olympia (2018). On top of holding many incredible titles, Ryan has obtained over 40 international fitness magazine covers and was crowned the first ever IFBB Mens Physique Pro from the UK.

Ryan started his working career as a plumber and gas engineer from Worksop, Nottinghamshire. He had always had a keen interest in bodybuilding and dedicated every spare minute he had to training before and after his working day. In 2010 Ryan entered in to Mr Great Britain, where he took first place and then went onto win Mister International and shortly after that found sponsorship with supplement company USN. This is where things really started to change for Ryan. He soon made the brave decision to make that change in career, devoting his work to USN and promotions in fitness this enabled him to fully focus all of his energy into his true love - bodybuilding. Ryan quietly decided to compete in his first

Men's Physique show in 2013, where he took first place and his journey in competing was then born!

Ryan is a USN and Gymshark sponsored athlete who is also a featured writer for Muscle and Fitness magazine and who's following is in excess of over 1 million like-minded fitness fans.

ell here we are, back again! Fast approaching Olympia 2018 and wow am I ready!! In this ebook I want to not only cover the training and nutrition side of my Olympia prep but I also want to delve a little deeper into what else I include in the coming weeks, during the run up to the competition. I'm aiming to really give you an insight in to how I live my day to day life whilst prepping and to also let you in on how I feel emotionally during that time- we're going to get up close and personal!

WHAT TO EXPECT IN THIS EBOOK?

I'm going to cover the following subjects, all of which are subjects that I have found are just as important as each other in their own ways and will all play a huge roll in this year's prep!

LAST YEAR'S OLYMPIA

THIS YEAR'S OLYMPIA

A DIFFERENT KIND OF PREP

16 WEEK DIET PLAN

SUPPLEMENTS

CARDIO

16 WEEK, DAY
BY DAY,
TRAINING
PLAN

POSING PRACTICE

SPORTS
PHYSIOTHERAPY

PEAK WEEK

THIS YEAR'S RESULTS



LAST YEAR'S OLYMPIA

bought out an ebook for last year's Olympia. This was not something I had done intentionally and had definitely planned on writing one but honestly, that prep was such a manic time, before I knew it and had time to sit down, it was all over. I am also someone that really believes in only promoting and selling something to my followers that I truly believe in myself. With that in mind and because I personally wasn't pleased with my 2017 prep, I did not feel that brining out an ebook was the right or honest thing to do for myself or for my followers. So first and fore most I would like to apologise for that but in this section I hope to give you more of an idea as to what that 12 weeks had entailed for me and how I plan on moving forward. I have a million emotions when I think back to September 2017, some absolutely amazing memories but if I'm being completely and truly honest with myself and with you guys, then I can't deny that I wasn't disappointed with the end result. Last year was a whirlwind experience and like no other prep I have been through before. 2 weeks before my prep for Olympia 2017 started, Amy (my fiancée) and I packed up our lives to make the big move out to the States! We really were heading in to the unknown- we had nowhere to live, no car, no coach and no family that side of the world but we packed our lives into four suitcases and headed off anyway! Moving to America really was a dream come true for me - it was absolutely everything I had ever worked towards! Although very apprehensive, the excitement took over everything and landing in Florida was literally everything I had ever imagined it would be- and more! After 2 weeks, Amy and I found a gorgeous apartment in Boca Raton. It had a huge swimming pool, Starbucks on tap, a new gym and the beach was literally on our doorstep absolutely perfect for those early morning cardio sessions! The weather was incredible and it was amazing to know that every morning you could put your shorts on instead of wrapping up in to 100 layers of clothing!

So, we were off to a great start! I had the

backing of my sponsors, USN, whose

head office was a five minute drive

down the road.

lympia 2017- this is an area that I don't

really know where to start. You may

or may not have noticed that I haven't

LAST YEAR'S OLYMPIA 2017





They supported me with everything I needed from them and it was great to see them starting to take off in America as well. One decision that my coach at the time, Ken Roscoe, and I had made was to prep via phone calls and skype. I would be lying if I said that this wasn't something that I was slightly nervous about. I am quite a needy person when prepping, as I think most competitors are, and for 10 years I had been used to just getting in to my car and driving down the road to see Ken whenever I needed any advice or reassurance, so I knew that prepping from the other side of the world from him wasn't going to be easy. Ken was brilliant though! He kept in constant contact with me and we made a plan that halfway through prep, at six weeks, I would fly back to the UK to spend a couple of weeks together so that we could check that everything was on track and get some good training sessions in together. Ken probably knew my body better than I did so although I can always see changes myself, it was always better to have the reassurance of your coach!

One thing that I hadn't accounted for whilst prepping in Florida was the fact that my body was used to much cooler temperatures.

So, although I was absolutely loving the blazing sun we got every day, my body reacted very quickly when it came to the cardio side of things and it became apparent quite quickly that I was losing body fat too quickly. With that in mind, we made the decision that my beach strolls would have to be put on hold for a while and that my morning cardio sessions would have to be on the treadmill instead. This was one of the many learning curves out there and I suppose it kind of felt like I was back to my first ever prep where I was learning new things about my body and having to educate myself in different ways of doing things.

Back in the UK I had trained out of the same gym with the same gym partner, Daniel Trigg of Goodbody's gym, for the last 10 years. This had obviously had to change now that I was in Boca and I found myself feeling like the new kid at school in a brand new gym with no training partner by my side. Now don't get me wrong, there was plenty of offers from some really kind people that we had met over there but I kind of felt like I just wanted to keep my head down and train the way I always had done. At the time, I thought that this was the right thing but looking back I think I could probably have benefitted from training with someone that could spot me on my heavier lifts. The plus side of the gym that I trained at in Florida was that it was HUGE. There was every machine imaginable and it had a really old school 'spit and sawdust' type feel. Everything I was used to at home but just on a much larger scale. As I mentioned earlier, we met some really friendly and extremely supportive people at Busy Body gym

in Florida and they made every effort with both Amy and I, to ensure that we were made to feel as welcome as possible. I would go as far to say that this was the place that we really made a lot, if not all, of our US based friends!



Another very big and very different decision I had made for that prep was that I wanted to try and bring a different package to any other that I had bought to the stage before. At this point of my career, I felt like all the other athletes I was competing against, were coming in much bigger than I was. My comfort zone was to work my ass off for 12 weeks and come in as shredded and as conditioned as I most possibly could- which meant that I sacrificed size along the way. That year I wanted to come in conditioned but much bigger and I had absolutely convinced myself that this is what it would take to try and take that first place spot. I knew whole heartedly that this was going to be something that I would struggle with both mentally and physically because I knew it meant getting more food in and doing less cardio- something that was completely alien to me! I was used to feeling hungry on prep, not having to try and force food in that I really did not want but I was willing to try whatever it took to bring the package that I thought was desired that year.







So, a very different and quite tough prep but that aside, I was still as fired up as ever and literally could not wait to get on that Olympia stage. I could hold my hands up and say that I had done everything in my power to try and give the judges what I thought they wanted and I had grafted as hard as I could and given every inch of myself to this prep. The Olympia was fast approaching and we were starting to prepare ourselves for the flight over to Las Vegas in a week's time.... only that didn't quite happen as we had planned. As a lot of you may remember, in September 2017, Florida was hit by Hurricane Irma. I remember Amy and I arriving at the gym late Wednesday afternoon and everyone joking about the fact that we may experience out first Floridian hurricane, something that Florida was set up for and had seen a few of during their time. Of course, Amy started to panic immediately but the locals just laughed it off and reassured us that it would be nothing to worry about. I was actually due to fly out to Bev's gym in New York the day afterwards. I was SO excited as I had been asked to take part in a documentary that was being filmed by Seven Bucks (Dwayne Johnsons production company). It was something that they were preparing in the run up to the Olympia and I was over the moon that they had selected me to be part of it. During our training session, that was all I could think about and it motivated and spurred me on throughout that workout. We left the gym feeling good but after driving 5 minutes down the road, we soon realised that something was not quite right. There were queues of cars that seemed to go on for miles out of every petrol station we drove past and you could see people frantically running into supermarkets to collect as much water as they possibly

could.

It was suddenly very apparent that the hurricane was now starting to worry people and looked like it was probably expected to be a lot worse than what we had originally been told. We got back to our apartment block and were greeted by the leasing office who told us that people had already started packing their belongings to evacuate the area and try to catch a flight out of Florida. That's when Amy and I had to make a really tough decision. We absolutely knew that we had to get out to Vegas as soon as we could because there was no way that I'd have even chanced missing the Olympia but I now had to decide on whether I could still fly out to New York for the Seven Bucks production but then risk not being able to get on a flight out to Vegas afterwards. It was a horribly tough decision to make but I eventually decided that the most important thing was that Amy and I got out of Florida safely and that we were heading for Vegas where I 100% had to be.

We booked a flight out that night and I think the word 'rushed' would have been a complete understatement!

Any of you that compete will know that there are many essential things that you take away with you in order to get ready for your peak week and when we opened our suitcases once we had got to Vegas, all we could do was laugh! I think my suitcase contained a few t-shirts, my board shorts, some rice cakes and a handful of blueberries!! Considering we would be there for 2 weeks before the show, it was obvious that the next day we would have to do a serious shop. I had no food and obviously this was something that was first priority on the list. Amy and I went on a huge food rampage the next morning.

LAST YEAR'S OLYMPIA 2017





We also bought ourselves a microwave from Walmart and miraculously managed to somehow cook everything I needed with a plastic knife and a microwave from our little hotel room! Something we can make light of now but at the time, I would be lying if I said I wasn't slightly stressed out.

Luckily, I had been here before so I knew where to find the nearest local gym and immediately settled back into my routine. We were both there safely and now it was time to get focussed and put my head back in the game. We ended up having a really nice couple of relaxed days ready for the rest of my family, friends and biggest supporters to arrive the week afterwards and join us. I was really nervous this year- I knew that my mum, brother, sister-in-law, Amy's parents and many friends from back home in the UK were all flying out to support me and I didn't want to disappoint them. Everyone arrived together and I was ecstatic to also be surprised by the arrival of my sister and her husband. Another two of the most important people in my life out there to support me and I wanted to make them proud. A day later, Amy asked me to go out for drink (either a black coffee or a water) with her on the strip that evening. I actually wasn't feeling too brilliant that particular day but was looking forward to some quiet time with her. Once sat on a nice little rooftop bar on the strip, we had a chat about how I was feeling with the competition approaching and halfway through Amy asked me to turn around. I could have cried- my best friend in the world had flown all the way from Australia and was stood in front of me with his girlfriend. It took a few minutes to sink in. I hadn't seen Joe for 2 years and had really missed him during that time. He was out here to support me and at that point I could not have wished for anyone else. Now the pressure was on even more. Every single person I could ever have asked for was out in Las Vegas for me and I wanted to give them that first place spot!

A few nervous days of filming and carbing up and the day was finally here! I want to explain how I felt the morning of the competition. I was nervous as hell, which is completely normal, I was also proud of the fact that I had definitely managed to keep a bigger size but I still had a little niggle at the back of my head which I had honestly felt throughout the entirety of that prep. I had achieved what I had set out coming in 'bigger' but I knew that my waist did not feel as tight as I previously felt it had been. I tried to push that thought to the back of my head and told myself that because I was bigger overall, it would not matter that my waist did not feel as tight and would probably not be that recognisable. I thought that maybe this was normal because I had never come in at this size previously and that I could have been totally overthinking things in my head.

To be brutally honest, I don't remember a huge amount between leaving the hotel and receiving my placing on the Olympia stage. It was all a bit of a blur.

I knew instantly the judges weren't looking at me as much as they had done in previous years and when I heard them call out top 3 placements, to which my name wasn't included, my heart sank. My whole family, all my closest friends, my girlfriend and her parentseveryone in that audience stood cheering me on and I felt like I had failed them. They had all come all that way to watch me and I had gone from 2nd to 6th place. I know it sounds dramatic but this sport is my life and I stood on that stage feeling like my world had fell apart in minutes. Now please don't get me wrong, I know that in many people's eyes that 6th place at the Las Vegas Olympia competition would be beyond their wildest dreams and I still felt very privileged to be up there on that stage with the world's best athletes in Men's Physique but as you can probably imagine, after coming in second the year before, I had gone there fighting for first place.

Needless to say, my family and friends were still over the moon for me and tried their best to bring my spirits up for the rest of the time we all had out in Vegas together. I had my up moments and my down moments. I couldn't stop replaying those few minutes on stage over and over in my head. What had I done wrong? Was it my posing, my shorts, my overall condition? I knew that I would need to speak to the judges to try and comprehend why I had placed where I had but up until then I tried my best to enjoy the rest of my time with my family before they left. On our last night together, I took everyone up to the Sky bar at The Stratosphere. It was a moment I will never forget because although I was in a fairly bad place at the time, for the few hours we were there I remember looking round and realising how lucky I was to have such amazing and supportive people in my life. Above all, that is what I was most grateful for and was ultimately most important to me, above anything else. My brother and his wife also announced their pregnancy that evening so you can imagine how excited everybody was- the first baby in our family! It was the most perfect way to end our time in Vegas together and we all had such a lovely night!

y next journey was from Vegas to
Korea to compete in the Asia Grand
Prix. Again, if I'm being totally truthful
with you guys, this was the last thing
I felt like doing. I was scared to death
of getting back on stage and could quite happily have
gone into hibernation at that point.

LAST YEAR'S OLYMPIA 2017





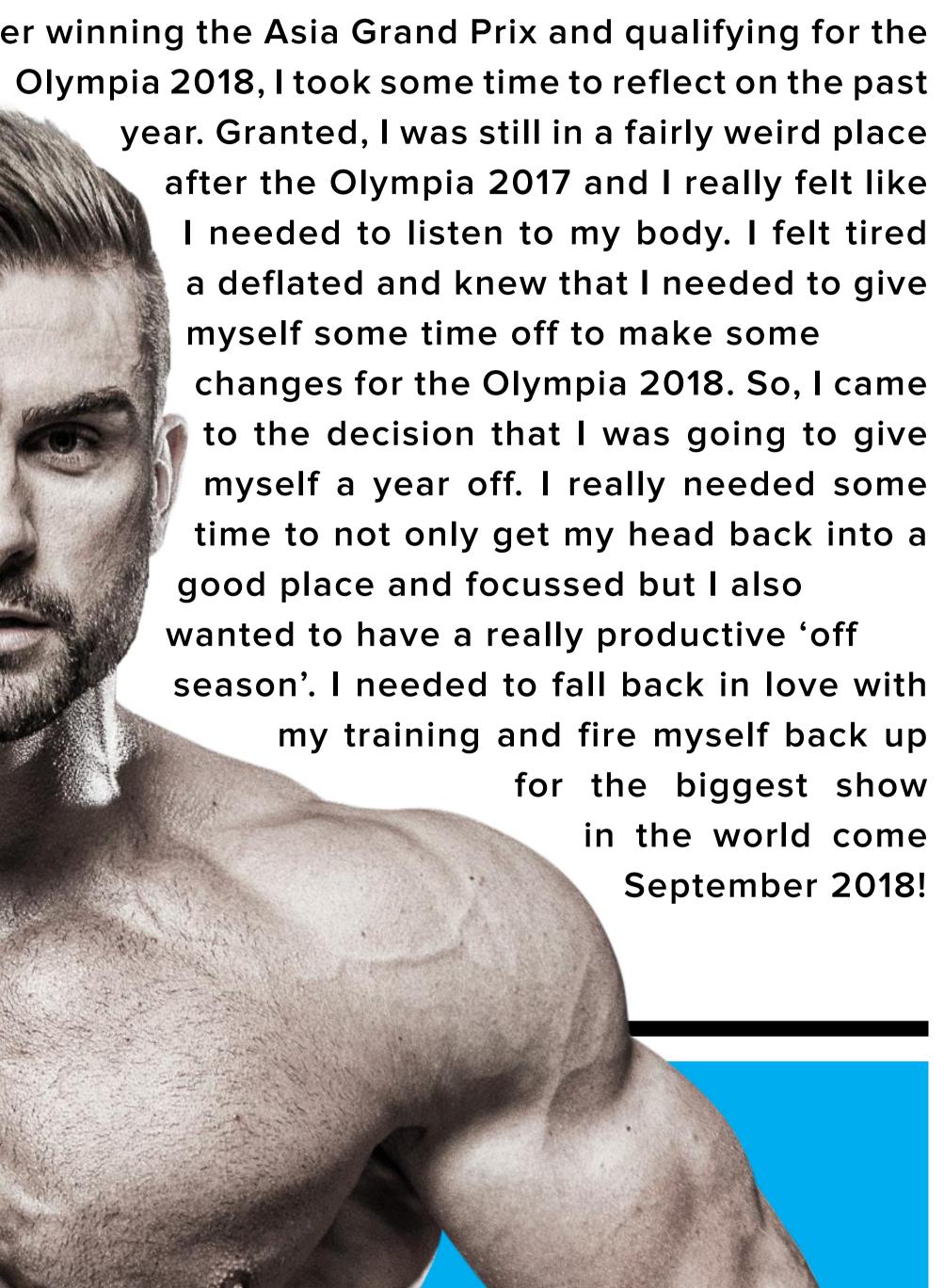
However, I am very good friends with Alex, who runs the show and I fully support everything he does so there would have been no way that I'd have let him down. I was also very aware that I would now need to qualify again for the next Olympia (2018) so I really needed to go back and defend my title as men's physique champion. This was also a great opportunity for me to speak to Sandy, one of the judges at the Olympia, as she would also be judging at the AGP, so I took the time to ask her for her feedback. Unfortunately, she confirmed what deep down I already knew. The judges had noticed that I wasn't as conditioned as I usually was and this was ultimately what the decision had come down to. I explained to Sandy that I had felt like I needed to try and come in bigger and that this is what I had tried my best to do. She did understand what I was

saying but told me that this is not what the judges had wanted from me. I was known for coming in as shredded as possible and this was what they had wanted and expected to see from me again.

I want to say that I didn't regret the decision I

I had to force in and taking my cardio down. That was not the way I had known prep in the whole time I had competed and in my heart of hearts I knew the whole way through that I wasn't at my best. You kind of have a repeated argument with yourself because although I was proud of stepping outside of my comfort zone for the first time in my competing career, it had not paid off in the way that I had intended it to. I eventually come to the conclusion that 'you live and you learn'. Not everything goes exactly the way you want it to every time- that's life. We learn lessons throughout our time and that is what makes us stronger as people.

After winning the Asia Grand Prix and qualifying for the





HIS YEARS OF WHAT

A DIFFERENT KIND OF PREP

guess after the last section of this ebook, you would expect me to say that during my Olympia 2018 prep, I would go back to what I knew worked in previous preps. To be honest, at first, this is exactly what I thought too. 'You need to go back to working yourself into the ground- loads of cardio, a hard diet- work yourself silly'. I'm not knocking this attitude because at the end of the day, this is what got me into the condition I had been (and done well in) for previous competitions and this is really how I worked best during my prep. It was how I was 'supposed' to feel. If I wasn't absolutely exhausted, then in my head, I wasn't working hard enough.

I really needed to take a step back and look at my options. Yes, working like I had before had got me to 2nd place in Olympia 2016 BUT it hadn't got me to first place. A bodybuilder's mentality is 'progression, progression, progression.' We strive to be a better version of ourselves constantly and that mind set is what sets the top athletes apart from others. I did not want to do what I had done for Olympia 2017, where I had sacrificed condition for size BUT I DID want to come in Olympia 2018 with a better package than I had ever bought before. I wanted come in as shredded as conditioned as I always had done previously but I also still wanted to bring that extra size- in actual fact, I needed to in order to stand next to the other athletes in my division.

So, this year I
was going to
completely
dedicate to building
the best version of
myself I ever had and
with that, came some
big changes for me.

Many of you may already know that I am now working with world renowned coach, Neil Hill. Neil works with some extraordinary and top-class athletes. He lives and breathes the sport, as I do and has a passion for his athletes like you couldn't imagine. I had known Neil for a number of years before hand and had a huge amount of respect for what he and his athletes had achieved together so I knew that working with him was the right decision when that situation was presented to me. Neil immediately

helped me mentally after my
Olympia 2017 results. He was so
positive and passionate about the
athlete I was and his words
really helped me to believe in
myself again- he fired me up and
before long I was ready to
absolutely smash my Olympia
2018 goals!

As I said before, Neil lives and breathes the sport. He is a complete guru in the bodybuilding world and this is why he is known as the 'yoda' of our sport. I knew that what Neil had lined up for me would be completely different to any other prep I had done before but I was ready, willing and fully trusted that his methods and knowledge would be exactly what I needed for this prep.

THIS YEAR'S OF WELL

A DIFFERENT KIND OF PREP

f you have read any of my previous 'Road to Olympia' ebook's then you will know that all of my preps have consisted of 12 weeks. This year Neil and I agreed on a 16 week prep. As this is the first time Neil and I were working together, Neil wanted to use the extra time to get know my body and see how I reacted once we started dieting but we were also aware that because I'd had a year out of dieting and competing, my body may need the extra few weeks to get used to the dieting

again. We wanted to get

my metabolism fired up

and in its best working

order.

You will also notice during my
16 week diet plan, that compared to
other preps, the meals during the first
half of my prep, are a lot higher in calories
and carbs than I have previously been used
to. During the second half of our prep (at 8
weeks) we will be working to a 'carb
cycling' plan, which is also a new
method and experience for me.

Again, if you have read any of my other Olympia ebook's you will have realised that my cardio sessions are pretty much a standard and remain the same throughout all of my competition preps. I will not go in to too much detail, as we will go into much more information during the 'cardio' section of this ebook but you will notice that this is also an area that will be totally different

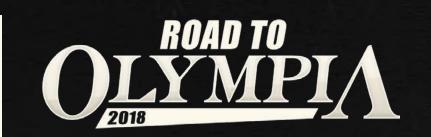
for me during this prep. We will start off our cardio at a minimum and then gradually increase the sessions throughout the 16 week period.

All of these changes are for very good reason and I want to help educate every one of you with the reasons why throughout this prep. I will guide you through each step and talk about my experiences and feelings as much as I can along the way.

This is going to be my most exciting prep yet and I look forward to you joining me along the way!







uring the first four weeks of prep we are mainly focusing on firing my metabolism right back up again. We are concentrating on giving my body plenty of fuel through food so that I am able to get some really good workouts in. At this point I should be feeling my most energetic and really making the most out of surplus of calories.

As you are all aware, this prep is involving an extra four weeks timewise so... we are going to utilise them. Let's start by giving ourselves a high amount of calories through clean fats and carbs and after weeks 1-4, we will gradually start to decrease these. My aim for this prep is to come in nice and slowly so that we are shredding fat but keeping as much size as we can along the way. In terms of diet, the first four weeks are probably going to be considerably more 'enjoyable' than the last four weeks of prep, so if you are joining me on this journey, I suggest you make the most of these extra calories and the odd weekend 'cheat meal'.

Weeks 1-4, LETS GO!

TOTAL CALORIE COUNT FOR THE DAY

CARBOHYDRATES 534g / 2136 cal 64g / 576 cal **FATS PROTEIN** 234g / 976 cal

3688 CAL PER DAY

MEAL 1

120g Uncooked Oats

30g Blueberries

20g Almonds OR 1 tsp of **Almond Butter**

30g Whey Protein

50g Pineapple

MEAL 2

150g Cooked Basmati Rice

150g Cooked Chicken Breast

50g Avocado

Mixed Green Vegetables

MEAL 3

150g Cooked Basmati Rice

150g Cooked Turkey Breast

50g Pineapple

Mixed Green Vegetables

CARBOHYDRATES

85g (340 cal)

FATS

10g (90 cal)

PROTEIN

30g (120 cal)

CARBOHYDRATES

40g (160 cal)

FATS

7g (63 cal)

40g (160 cal) **PROTEIN**

CARBOHYDRATES

46g (164 cal)

0g (0 cal)

FATS

PROTEIN

50g (200 cal)

MEAL 4 SMOOTHIE

100g Uncooked Oats

1 cup of mixed berries

50g Banana

1 tsp of Almond Butter

30g Whey Protein

MEAL 5

250g Cooked White Potato

150g Cooked Steak

Mixed Green Vegetables **OR Salad**

MEAL 6

4 Whole Eggs

2 Slices of Whole Wheat **Granary Bread**

CARBOHYDRATES

88g (352 cal)

FATS

5g (45 cal)

PROTEIN

30g (120 cal)

CARBOHYDRATES FATS

22g (198 cal) 30g (120 cal) **PROTEIN**

CARBOHYDRATES 30g (120 cal) 20g (180 cal) **FATS PROTEIN** 24g (96 cal)

PRE-WORKOUT

INTRA-WORKOUT

POST-WORKOUT

50g Vitargo

10g BCAA

50g Vitargo

10-15g BCAA

100g Vitargo

30-40g Whey Protein

CARBOHYDRATES

200g (800 cal)

FATS

0g (0 cal)

45g (180 cal)

PROTEIN

30g (160 cal)

12





CARBOHYDRATES	435g / 1560 cal
FATS	79g / 711 cal
PROTEIN	232g / 928 cal

3199 CAL PER DAY

Tow we are at the stage that I would usually start my prep (12 weeks out). We already have four weeks under our belt this time round and I hope that you are feeling as great as I do at this stage! I am loving having some routine back with my food and can already feel that my metabolism is fired up and ready to go again! The food is giving me plenty of energy and my body is feeling good for all the clean calories. To me, the first four weeks haven't really feel like 'dieting' because I have been giving my body plenty of food and at no point have I felt hungry. So, for the next stage of our prep, weeks 4-8, we are going to start to gradually cutting our calories down through food, but also through extra expenditure physically. We won't go into detail with exercise because I will explain all of that in the sections to come but you should notice that over the next 4 weeks you may start to feel a slight hunger- I say slight because it really should be very minor. Yes, we will be cutting down our carbs and fats a little but they are still very reasonable at this stage. The hunger may come from the exercise side of the prep.

MEAL 1

100g Uncooked Oats

30g Blueberries

20g Almonds

30g Whey Protein

MEAL 2

250g Cooked Basmati Rice

150g Cooked Chicken Breast

50g Avocado

Mixed Green Vegetables

MEAL 3

120g Cooked Basmati Rice

150g Cooked Turkey Breast

50g Pineapple

Mixed Green Vegetables

64g (256 cal) **CARBOHYDRATES** 10g (90 cal) **FATS** 30g (120 cal) **PROTEIN**

CARBOHYDRATES

35g (140 cal)

7g (63 cal)

40g (160 cal) **PROTEIN**

CARBOHYDRATES 46g (164 cal) **FATS** 0g (0 cal) **PROTEIN** 50g (200 cal)

MEAL 4

4 Whole Eggs

2 slices Whole Wheat **Granary Bread**

MEAL 5

FATS

250g Cooked White Potato

150g Cooked Steak

Mixed Green Vegetables **OR Salad**

MEAL 6

200g Cooked Sweet Potato

140g Cooked Salmon Fillet

Asparagus

30g (120 cal) **CARBOHYDRATES** 20g (180 cal) **FATS**

24g (96 cal)

45g (180 cal) **CARBOHYDRATES** 22g (198 cal) **FATS PROTEIN** 30g (120 cal)

70g (280 cal) **CARBOHYDRATES** 20g (180 cal) **FATS PROTEIN** 28g (112 cal)

PRE-WORKOUT

INTRA-WORKOUT

POST-WORKOUT

50g Vitargo **15g** BCAA

PROTEIN

50g Vitargo 15g BCAA

30-40g Whey Protein

100g Vitargo

CARBOHYDRATES

150g (600 cal)

FATS

0g (0 cal)

PROTEIN

30g (120 cal)





EES 8-12

Well and truly starting to see and feel the changes to your body! Now is the time in which I start to feel the hunger a little more. Our bodies metabolisms should be through the roof now and I imagine that your body will tell you when your next meal is due, without having to look at the clock or set a reminder on your phone!

Weeks 8-12 will further involve a decrease in calories through our carbs and our fats. You will probably notice that we have made little to no changes to the protein sources throughout our diet and this will be the case throughout the entirety of our prep. In all of my preps I have gone on the basis that for every Kilogram that I weigh, I should be consuming 2 grams of protein (or if you are in the US, for every pound that I weigh, I should be consuming 1 gram of protein). The reason for this is that our bodies need to consume a certain amount of protein in order to build and maintain muscle and it is important that this amount Is just right according to our body weight. So, it is vital that our intake of protein is not too little (which is why it will more-or-less remain the same throughout the prep) but in the same breath, it is also very important that you do not consume too much protein. This could then run risks of being stored as fat instead of being utilised for building muscle. So, as I mentioned earlier, be sure to calculate your own protein intake according to your body weight.

TOTAL CALORIE COUNT FOR THE DAY

CARBOHYDRATES 309g / 1236 cal

FATS 79g / 711 cal

PROTEIN 232g / 928 cal

2875 CAL PER DAY

		THE RESERVE OF THE PARTY OF THE
MEAL 1	MEAL 2	MEAL 3
80g Uncooked Oats	100g Cooked Basmati Rice	4 Whole Eggs
30g Blueberries	150g Cooked Chicken Breast	100g Cooked Basmati Rice
20g Almonds	Mixed Green Vegetables	50g Avocado
30g Whey Protein		
CARBOHYDRATES 54g (216 cal)	CARBOHYDRATES 30g (120 cal)	CARBOHYDRATES 30g (120 cal)
FATS 10g (90 cal)	FATS 0g (0 cal)	FATS 27g (243 cal)
PROTEIN 30g (120 cal)	PROTEIN 40g (160 cal)	PROTEIN 24g (96 cal)
MEAL 4	MEAL 5	MEAL 6
100g Cooked Basmati Rice	200g Cooked Sweet Potato	250g Cooked White Potato
150g Cooked Turkey Breast	140g Cooked Salmon Fillet	150g Cooked Steak
Mixed Vegetables	Asparagus	Mixed Green Vegetables OR Salad
CARBOHYDRATES 30g (120 cal)	CARBOHYDRATES 70g (280 cal)	CARBOHYDRATES 45g (180 cal)
FATS 0g (0 cal)	FATS 20g (180 cal)	FATS 22g (198 cal)
PROTEIN 50g (200 cal)	PROTEIN 28g (112 cal)	PROTEIN 30g (120 cal)
▶ PRE-WORKOUT	✓ INTRA-WORKOUT	→ POST-WORKOUT
50g Vitargo 15g Glutamine	50g Vitargo 15g Glutamine	30g Whey Protein
10g BCAA	10g BCAA	
CARBOHYDRATES 50g (200 cal)	FATS 0g (0 cal) Pi	PROTEIN 30g (120 cal)





o, before we start, you may have noticed that the above states weeks 12-15, only 3 weeks worth for our last section of the diet plan BUT week 16 is not to be forgotten about! Our last week of prep (week 16) is what we call 'Peak Week'. This is our last week and the one in which we will change things completely in the run up to the Mr Olympia 2018 show. During Peak Week, we will be switching things up again- diet and training, so keep your eyes peeled for a separate section explaining this in much more detail, later on in the ebook. If you are getting ready to compete I would recommend following the Peak Week section but if you are simply shredding up for different purposes then I would just advise on following this last section of the diet plan for an extra week to complete the full 16 weeks.

Congratulations on reaching the final stage of our prep. I'm sure, that like

me, you are probably feeling a little tired at this point but also feeling proud

continue bringing our carbs and fats down, whilst also continuing to include

our carb cycling where needed. You've completed 12 weeks of hard graft

and the results are totally paying off so let's now finish this final stretch

for what you have achieved so far. You should definitely be seeing the

incredible changes in your body now. For the next four weeks, we will

CARBOHYDRATES

177g / 888 cal

FATS

67g / 603 cal

PROTEIN

MEAL 1

228g / 912 cal

2403 CAL PER DAY

MEAL 2

together and strong!

200g Cooked Basmati Rice

150g Cooked Chicken Breast

Mixed Green Vegetables

MEAL 3

3 Whole Eggs

100g Cooked Basmati Rice

Asparagus and Spinach

CARBOHYDRATES

60g Uncooked Oats

30g Blueberries

30g Whey Protein

20g Almonds

42g (168 cal)

FATS

10g (90 cal)

PROTEIN

30g (120 cal)

30g (120 cal) **CARBOHYDRATES** 0g (0 cal) **FATS**

PROTEIN 40g (160 cal) **CARBOHYDRATES**

CARBOHYDRATES

30g (120 cal)

FATS

15g (135 cal)

PROTEIN

20g (80 cal)

MEAL 4

100g Cooked Basmati Rice

150g Cooked Turkey Breast

Mixed Vegetables OR Salad

MEAL 5

250g Cooked White Potato

150g Cooked Steak

Asparagus

MEAL 6

200g Cooked Sweet Potato

Asparagus OR Spinanch

CARBOHYDRATES

30g (120 cal)

FATS

PROTEIN

0g (0 cal) 50g (200 cal) **CARBOHYDRATES**

45g (180 cal)

FATS

0g (0 cal)

FATS

PROTEIN

22g (198 cal) 30g (120 cal)

20g (180 cal) **PROTEIN** 28g (112 cal)

PRE-WORKOUT

INTRA-WORKOUT

POST-WORKOUT

15g Glutamine

10g BCAA

15g Glutamine

30-40g Whey Protein

10g BCAA

FATS

0g (0 cal)

PROTEIN

30g (120 cal)

Supplements



If you have read through any of my previous ebooks, where a diet is included, you will have noted that supplementation plays a large part in my nutrition and is extremely important in the run up to a competition. This year's prep I am focussing even more on the supplementation side of things and I am going to try a few things that I have not had in previous preps.

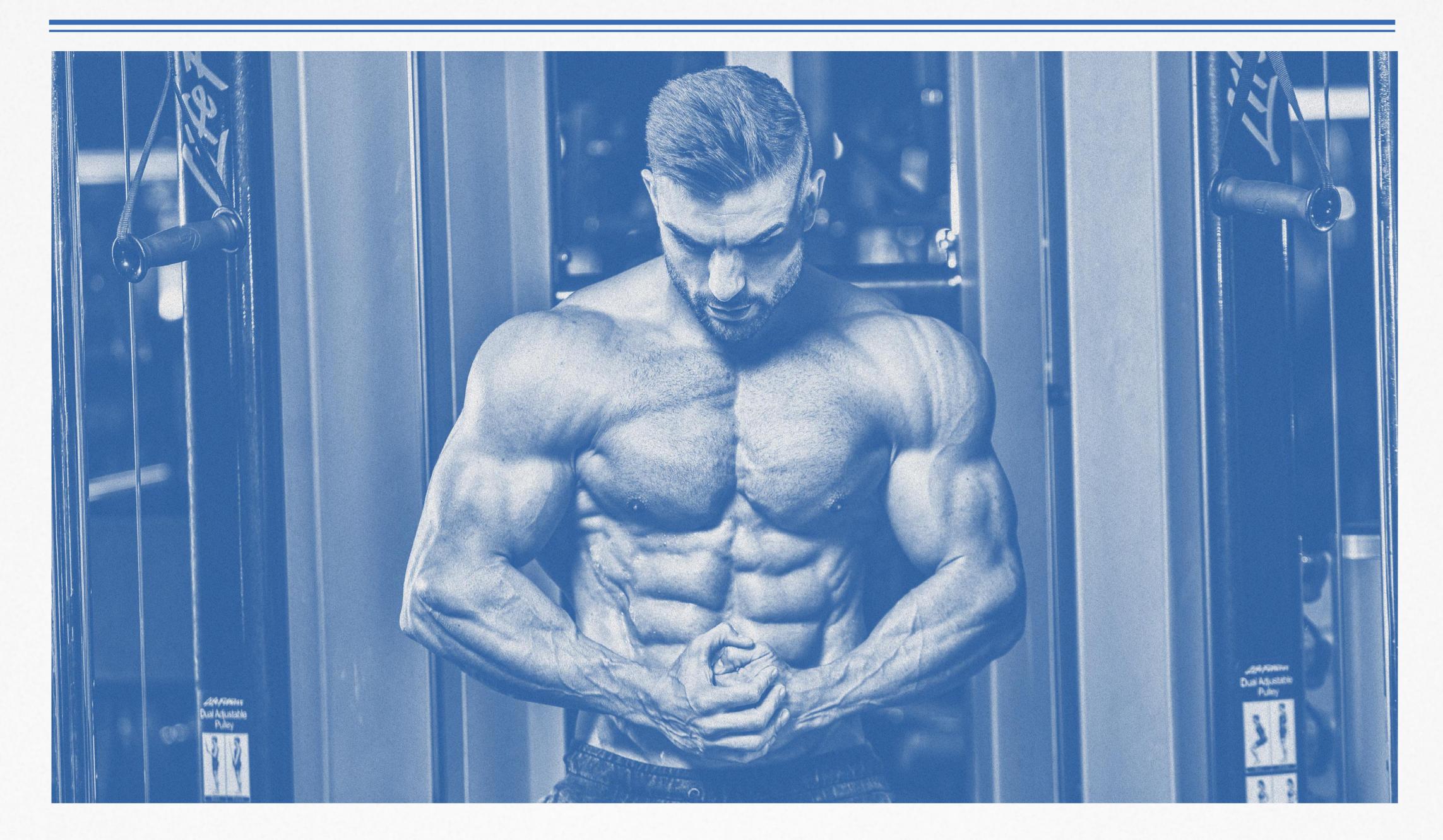
Below I will list the supplements that I am going to use throughout this prep, why I am taking them and at what point of the day I consume them.

SUPPLEMENT	DOSAGE	BENEFITS	TIME CONSUMED
Apple cider vinegar, Organic lemon juice & Greens powder (these are put into a glass and mixed together)	3 tablespoons of apple cider vinegar, 3 tablespoons of organic lemon juice, 1 tablespoon of greens powder and 3/4 of a glass of water.	The apple cider vinegar and lemon juice helps to balance the acid levels in our stomachs whilst also helping to transfer nutrients and enzymes around the body and fire up the metabolism ready for the day ahead. The greens powder has number of different benefits which include: • They contain antioxidants and have a detoxifying effect on the body • They are rich in vitamins and minerals • They help build healthy blood help to • replenish the body's alkaline reserves.	Before morning cardio
Digestive Enzymes	1 recommended serving (twice daily)	Digestive enzymes contain a number of enzymes that help to aid the digestion of nutrients. Digestive enzyme tablets should contain Protease which helps digest protein, Amylase used to catalyse the breakdown of carbohydrates, Lipase helping to breakdown and digest consumed fats, Lactase which is aimed at breaking down lactose ingredients and Cellulase used to help improve the breakdown the plant fibre cellulose.	10 minutes before your first meal of the day and another serving before your steak meal of the day.
Probiotics	1 recommended serving	Probiotics are used to help balance the 'good' bacteria in the digestive system. They contain live microorganisms that provide multiple health benefits when taken. The probiotics are thought to help restore the natural balance of 'good' bacteria in the gut.	10 minutes before your first meal of the day.
Multi- Vitamis	1 recommended serving (twice daily)	Alongside the vitamins and nurtrients we get from food, a good strong multivitamin tablet will help to protect against nutritional deficiencies, improve energy and performance and guard against any illnesses around. This is particularly important whilst prepping because your immune system may be vulnerable during this time.	After your first meal of the day and before your afternoon/ evening training session
L-Carnitine	1 recommended serving	L-carnitine helps the body produce energy and helps the body to aid burn fat. It is also important for heart function, brain function and for muscle movement It has also been known to help regulate blood sugar and increase endurance.	Before morning cardio and before your afternoon/ evening training session.

Supplements



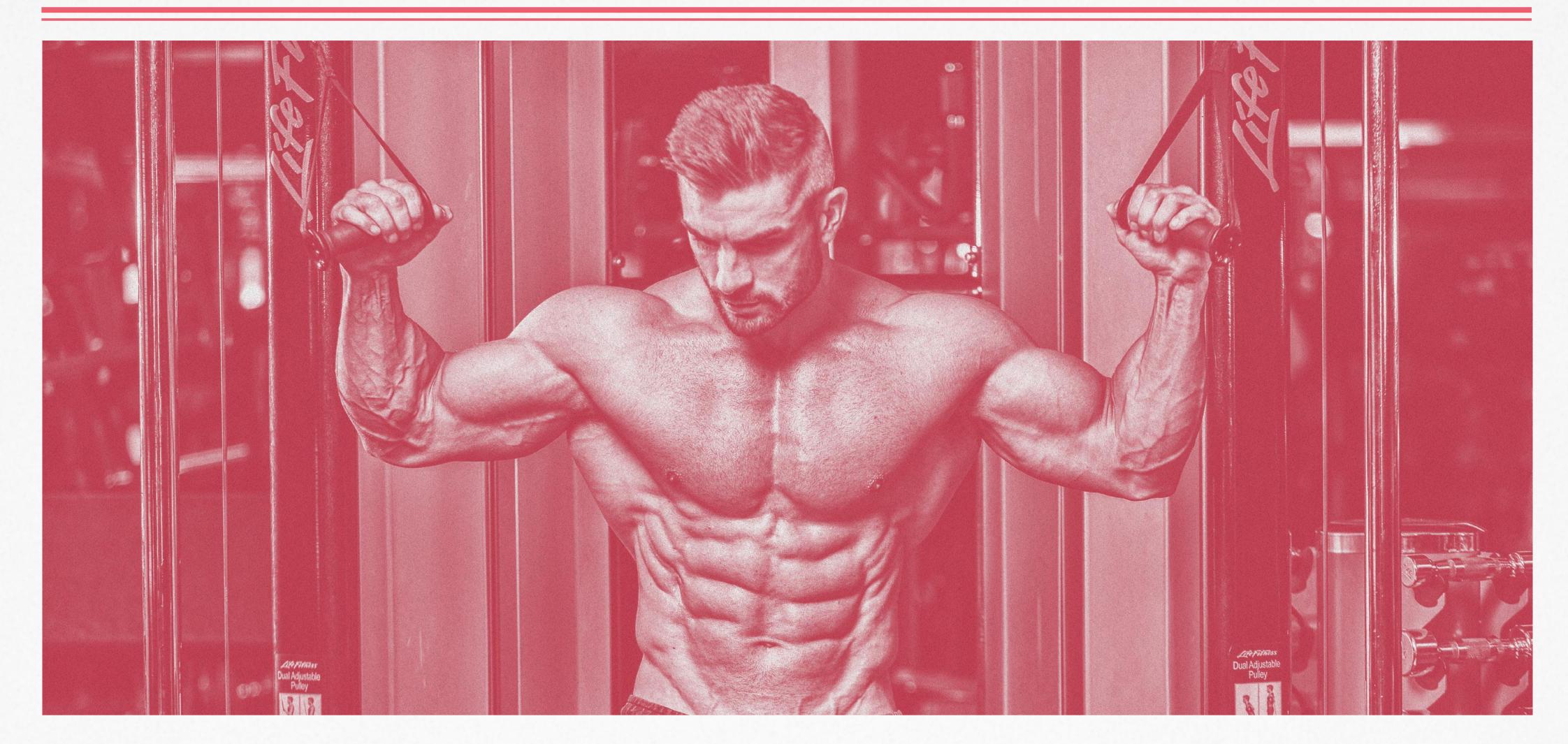




SUPPLEMENT	DOSAGE	BENEFITS	TIME CONSUMED
BCAA'S (Branch chain amino acids)	10 grams (3 times daily)	BCAAs help to trigger protein synthesis and inhibit the breakdown of muscle cells. They play an important role in muscle and energy production during exercise, which is the reason that they are often used during workouts. They have been found to reduce muscle soreness from intense muscle-damaging exercise and are also known improve training motivation, especially when fatigued.	During morning cardio, before your afternoon/ evening training afternoon/ evening training session.
Whey Isolate Protein	40 grams-around 2 scoops (twice daily)	Whey isolate is one of the most complete forms of protein available and the fastest absorbing. A single serving of whey isolate may provide your body with all of the amino acids it needs to improve your workout or day to day activities. Further to that, it contains a high level of leucine and cysteine and is used after workouts to help start the muscle recovery process and replenish glycogen levels.	With breakfast and after afternoon/ evening training session.
Pure Green Tea	2-3 cups	Green tea is loaded with antioxidants and nutrients- both of which have great effects on the body. This drink has been known to help brain function, aid fat loss and improve physical performance.	Throughout the day.
Pure Mint Tea	2-3 cups	Mint is thought to increase your bile secretion and this then encourages bile flow which help to speed up your digestion.	Throughout the day.

Cardio





As this prep is a little longer than my usual 12 weeks, we are going to implement cardio in a slightly different way than we have done previously. My usual game plan has always been to add in 60 minutes of fasted cardio at the beginning of every morning during my prep. This time, as we are aiming to come in bigger but still just as shredded as possible and we are aiming to do this by increasing my cardio time slightly as the weeks go on. I feel that this will keep allowing my body room to improve by ensuring that I don't shred body fat too quickly and therefore begin to eat in to muscle.

It should also mean that as I do up the intensity of my cardio in the latter weeks, it will give my metabolism that extra boost and therefore result in maximum results when the system is shocked into that extra work on much lower calories.

Below is a table that I have created for us to follow throughout our 16 week prep. Alongside our training schedule, you should find that this will bring your most conditioned package to date!

WEEKS	MORNING CARDIO	AFTERNOON TRAINING SESSION	TIME CONSUMED
1-4	20 minutes- low intensity	*Follow section 16- training plan*	NONE
4-8	30 minutes- low intensity	*Follow section 16- training plan*	NONE
8-12	45 minutes- low intensity	*Follow section 16- training plan*	NONE
13-15	Mon, Wed, Thu, Sun 60 minutes- low intensity Tue, Fri 30 mins low intensity cardio + 30 mins Abdominal training (see training plan for Abs exercises)	*Follow section 16- training plan*	20 minutes- low intensity
16 PEAK WEEK	Mon, Wed only 60 minutes- low intensity	*Follow section 16- training plan*	NONE

TOLYMPIA TOLYMPIA



N.B. You will note that I am training both arms and calves twice in one week (WEEK 1-4/4-8). This is purely because Neil and I are aware that these are my weaker areas and we would like to try and build these muscles more during this prep. We are therefore training them twice a week but leaving enough time between each of the sessions so that there is still enough repair time for the muscles.

lease don't forget to pair all of the following afternoon training sessions with your morning/evening cardio (all explained in section 6 of this eBook).

Finally, before I let you loose in that gym, please make sure you pay attention to the Notes section of each table as these will give you handy tips on how to perform each exercise correctly and in a safe manner.

OK, THAT'S THE BORING PART OVER... ON YOUR MARKS, GET SET, TRAIN!

WEEKS	1-4/4-8
MON	Back & Biceps
TUE	Chest & Triceps
WED	Quads & Hamstrings
THU	Shoulders & Calves
FRI	Biceps & Triceps
SAT	REST DAY
SUN	Abdominals & Calves

WEEKS	8-12/12-15
MON	Back & Biceps
TUE	Chest & Triceps
WED	Quads & Hamstrings
THU	Shoulders & Calves
FRI	Biceps & Triceps
SAT	REST DAY
SUN	Full Body Circuit

16 WEEK TRAINIG GUIDE WUS!

16 WHK TRAINING GUIDE





PMTRAINING BACK & BICEPS

2 Warm Up Sets 20 3 Working Sets 10 -12 1 Triple Drop Set 1 x 10 x 1 x 10 x 1 x 10 x 1 x 10 x 1 x 1	EXERCISE	SETS	REPS		ADD'L NOTES
1 Triple Drop Set		2 Warm Up Sets	20		
A Working Sets 12 -15 12 -15 Weighted. Increase weight with each set 12 -15 No rest between drops 1 Triple Drop Set 10 -12 Wilder Row 4 Working Sets 10 -12 Wilder Row 4 Working Sets 10 -12 Increase weight with each set 10 -12 No rest between drops Increase weight with each set 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops	WIDE GRIP PULL UP	3 Working Sets	10 -12		
A Working Sets 12 - 15 Weighted. Increase weight with each set		1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10		No rest between drops
OVERHAND MACHINE ROW 3 Working Sets 12 -15 1 Triple Drop Set 1 x 10 x 1 x 10 x 1 x 10 No rest between drops Increase weight with each set Wilder Arm (Sets) 4 Working Sets 10 -12 4 Working Sets 10 -12 Increase weight with each set		2 Warm Up Sets	20		Own bodyweight
MACHINE ROW 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops Increase weight with each set WIDE GRIP LAT PULL DOWN 4 Working Sets 10 -12 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops A Working Sets 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 4 Working Sets 1 x 15 1 x 12 1 x 10 1 x 10 No rest between drops Increase weight with each set No rest between drops 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 x 15-18 2 x 8-10 Increase weight with each set 1 x 15-18 2 x 8-10 Increase weight with each set HAMMER DUMBELL CURL 4 Working Sets (Each Arm) 8-10	HYPER EXTENSION	3 Working Sets	12 -15		
UNDERHAND BENT OVER ROW 4 Working Sets 10 -12 4 Working Sets 10 -12 4 Working Sets 10 -12 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops No rest between drops 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 4 Working Sets 1 x 15 1 x 12 1 x 10 1 x 8 Increase weight with each set 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 x 15 -18 2 x 8-10 SEATED BICEP CURL 5 Working Sets (Each Arm) 5 Working Sets (Each Arm) 6 Working Sets (Each Arm) 8-10	OVERHAND	3 Working Sets	12 -15		
OVER ROW 4 Working Sets 10 -12 Increase weight with each set WIDE GRIP LAT PULL DOWN 4 Working Sets 10 -12 No rest between drops SEATED CLOSED GRIP ROW 4 Working Sets 1 x 15 1 x 12 1 x 10 1 x 8 Increase weight with each set DUMBELL CURL 3 Working Sets (Each Arm) 1 x 15 -18 2 x 8 -10 No rest between drops SEATED BICEP CURL 5 Working Sets 1 x 8 » 1 x 8 Increase weight with each set HAMMER DUMBELL CURL 4 Working Sets (Each Arm) 8 -10 Increase weight with each set		1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10		No rest between drops
WIDE GRIP LAT PULL DOWN 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 4 Working Sets 1 x 15 1 x 12 1 x 10 1 x 8 Increase weight with each set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops No rest between drops 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 1 x 15-18 2 x 8-10 Increase weight with each set 4 Working Sets (Each Arm) 1 x 15-18 2 x 8-10 Increase weight with each set 4 Working Sets (Each Arm) 8-10		4 Working Sets	10 -12		Increase weight with each set
SEATED CLOSED GRIP ROW 4 Working Sets 1 x 10 x 10 x 10 1 x 8 Increase weight with each set 1 Triple Drop Set 1 x 10 x 1 x 10 x 1 x 10 x 1 x 10 No rest between drops No rest between drops No rest between drops 1 x 10 x 1 x 10 x 1 x 10 x 1 x 10 No rest between drops 1 x 15-18 2 x 8-10 SEATED BICEP CURL 5 Working Sets (Each Arm) 1 x 8 x 1 x 8 Increase weight with each set Increase weight with each set Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set 1 x 10 x 1 x 10 x 1 x 10 Increase weight with each set	WIDE GRIP LAT	4 Working Sets	10 -12		
Triple Drop Set 1 Triple Drop Set 1 x 10 » 1 x 10 » 1 x 10 No rest between drops 3 Working Sets (Each Arm) 2 Drop Sets 1 x 8 » 1 x 8 SEATED BICEP CURL 5 Working Sets 8-10 Increase weight with each set HAMMER DUMBELL CURL 4 Working Sets (Each Arm) 8-10	PULL DOWN	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10		No rest between drops
DUMBELL CURL 3 Working Sets (Each Arm) 1 x 15-18 2 x 8-10 2 Drop Sets 1 x 8 » 1 x 8 SEATED BICEP CURL 5 Working Sets 8-10 Increase weight with each set HAMMER DUMBELL CURL 4 Working Sets (Each Arm) 8-10	SEATED CLOSED	4 Working Sets	1 x 15 1 x 12 1 x 10	1 x 8	Increase weight with each set
DUMBELL CURL (Each Arm) 2 Drop Sets 1 x 8 » 1 x 8 SEATED BICEP CURL 5 Working Sets HAMMER DUMBELL CURL 4 Working Sets (Each Arm) 8-10 Increase weight with each set 8-10	GRIP ROW	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10		No rest between drops
SEATED BICEP CURL 5 Working Sets 8-10 Increase weight with each set HAMMER DUMBELL (Each Arm) 8-10	DUMBELL CURL		1 x 15-18 2 x 8-10		
HAMMER DUMBELL (Each Arm) 4 Working Sets (Each Arm) 8-10		2 Drop Sets	1 x 8 » 1 x 8		
CURL (Each Arm) 8-10	SEATED BICEP CURL	5 Working Sets	8-10		Increase weight with each set
EZ BARBELL CURL 4 Working Sets 10 -12		COLUMN TO THE PROPERTY OF THE	8-10		
	EZ BARBELL CURL	4 Working Sets	10 -12		

16 WEEK TRAINING GUIDE



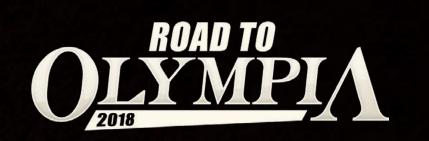


PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS				ADD'L NOTES
INCLINE BARBELL	3 Working Sets	1 x 20	1 x 1	1	x 12	Increase weight with each set
PRESS	1 Triple Drop Set	1 x 8 » 1	x8»1	8		No rest between drops
FLAT DUMBELL	3 Working Sets	1 x 15	1 x 12	2 1	x 10	Increase weight with each set
PRESS	1 Triple Drop Set	1 x 8 » 1	x 8 » 1 :	8		No rest between drops
FLAT BARBELL	4 Working Sets	2 x 10-12	2	2 x 12-	15	
PRESS	1 Triple Drop Set	1 x 15 »	1 x 12 »	1 x 10		No rest between drops
INCLINE DUMBELL	3 Working Sets	1 x 10	1 x 8	1	x 6	Increase weight with each set
PRESS	1 Triple Drop Set	1 x 6 » 1	x 6 » 1 :	6		No rest between drops
PEC DEC CABLE FLY	4 Working Sets	2 x 12-15 2 x 8-10				
PEC DEC CABLE PLI	1 Drop Set	1 x 8 » 1 x 8				No rest between drops
TRICEP DIPS	2 Warm Up Sets	To failure	•			
IRICEP DIPS	3 Working Sets	15				Increase weight with each set
CLOSED GRIP EZ BAR CABLE (PUSHDOWN)	3 Working Sets	15				Increase weight with each set
WIDE GRIP EZ BAR CABLE (PUSHDOWN)	3 Working Sets	15				Increase weight with each set
seated tricep Extension	4 Working Sets	3 x 12-15		1 x 10-	12	
	1 Triple Drop Set	1 x 10 »	1 x 8 » 1	x 6		

16 WHEKTRAINING GUIDE







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS			ADD'L NOTES
LYING HAMSTRING	2 Warm Up Sets	20			In are god a waight with a gob act
CURL	4 Working Sets	2 x 15	2 x	10	Increase weight with each set
STANDING	1 Warm Up Set	20			
HAMSTRING CURL	4 Working Sets	2 x 15	1 x 12	1 x 10	Increase weight with each set
	1 Warm Up Set	25			
LEG PRESS	4 Working Sets	1 x 20	2 x 15	1 x 10	Increase weight with each set
	1 Triple Drop Set	1 x 10 » 1	x 10 » 1 x	10	No rest between drops
	1 Warm Up Set	20			
LEG EXTENSION	4 Working Sets	2 x 15 2 x 10		10	Increase weight with each set
	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8			No rest between drops
ADUCTORS	5 Working Sets	15-18			

16 WHKTRAING GUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS			ADD'L NOTES
DUMBELL PRESS	2 Warm Up Sets	20			
DUMBELL PRESS	4 Working Sets	2 x 15	1 x 12	1 x 10	Increase weight with each set
SIDE LATERAL	1 Warm Up Set	15-18			
RAISE (MACHINE)	3 Working Sets	10-12			
REVERSE FLY	3 Working Sets	10-12			
(PEC DEC)	1 Triple Drop Set	1 x 10 »	1 x 10 » 1 x	10	No rest between drops
SMITH MACHINE	4 Working Sets	12-15			
SHRUG	1 Triple Drop Set	1 x 12 » 1 x 10 » 1 x 8			
DUMBELL FRONT RAISE	4 Working Sets	12-15			
SUPERSET WITH					NO rest between superset
DUMBELL LATERAL RAISE	4 Working Sets	12-15			
STANDING CALF RAISE	5 Working Sets	12-15			Increase weight with each set
	5 Working Sets	10-12			Increase weight with each set
SEATED CALF RAISE	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8			No rest between drops

16 WHKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS		ADD'L NOTES
SINGLE ARM CABLE PUSHDOWN (UNDERHAND)	3 Working Sets	10-12		On each arm
SINGLE ARM CABLE PUSHDOWN (OVERHAND)	3 Working Sets	10-12		On each arm
	1 Warm Up Set	15		
CABLE OVERHEAD TRICEP EXTENSION	2 Working Sets	1 x 12	1 x 10	Increase weight with each set
	1 Drop Set	1 x 8 » 1 x 8		No rest between drops
	3 Working Sets	10-12		Increase weight with each set
SKULL CRUSHERS	2 Triple Drop Sets	1 x 10 » 1 x	10 » 1 x 10	No rest between drops
ROPE CABLE	4 Working Sets	8-10		Increase weight with each set
PUSHDOWN	1 Drop Set	1 x 8 » 1 x 8		No rest between drops
ROPE CABLE PUSHDOWN	4 Working Sets	8-10		On each arm. Increase weight with each set.
ROPE HAMMERCURL	4 Working Sets	10-12		
EZ BARBELL CURL	5 Working Sets	4 x 8-10 1 x 18-20		
SEATED MACHINE SINGLE CURL	4 Working Sets	12-15		On each arm. Increase weight with each set

16 WEEK TRAINING GUIDE





PMTRAINIG ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
HANGING LEG RAISE	5 Working Sets	12-15	For beginners- try raising your knees first. You will gradually train yourself to raise your legs out straight once you have trained your core to this strength.
WEIGHTED CABLE CRUNCH	5 Working Sets	15-20	
CABLE WOODCHOP TWIST	4 Working Sets	15	On each oblique
PLANK	4 Working Sets	1 minute (each side)	
SIT UPS	5 Working Sets	10-12	
	4 Working Sets	10-12	Increase weight with each set
SEATED CALF RAISE	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	No rest between drops
STANDING SINGLE LEG CALF RAISE	4 Working Sets	6-8	
STANDING SMITH MACHINE CALF RAISE	3 Working Sets	10-12	
	1 Drop Set	1 x 6 » 1 x 6	
CALF EXTENSION	3 Working Sets	12-15	
LEG PRESS	1 Drop Set	1 x 8 » 1 x 6	



16 WHK TRAINING GUIDE





PMTRAINING BACK&BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
DEADLIFT	1 Warm Up Set	18-20	Use bar without weights
	4 Working Sets	8-10	Weighted- increase weight with each set
BENT OVER BARBELL ROW	1 Warm Up Set	15-20	
(UNDERHAND)	4 Working Sets	15-20	Increase weight with each set
BENT OVER BARBELL ROW (OVERHAND)	4 Working Sets	15-20	No rest between drops
WIDE GRIP LAT	3 Working Sets	15-20	Increase weight with each set
PULLDOWN	1 Drop Set	1 x 10 » 1 x 10	No rest between drops
ONE ARM DUMBELL ROW	4 Working Sets	10 -12	On each arm. Increase wight with set
STANDING V-BAR ROW	5 Working Sets	8- 10	Increase weight with each set
	6 Working Sets	2 x 20	Own Bodyeight
HYPER EXTENSION		2 x 15	Weighted
		2 x 10	Weignted
CABLE LAT PULLOVER	3 Working Sets	18- 20	Increase weight with each set
SEATED MACHINE SINGLE BICEP CURL	4 Working Sets	12-15	12-15 reps on each arm. Increase weight with each set
EZ BARBELL CURL	1 Warm Up Set	18-20	
	4 Working Sets	8-10	Increase weight with each set
DUMBELL HAMMER CURL	4 Working Sets	12-15	Each arm
CABLE LAT PULLOVER	4 Working Sets	10-12	Each arm

16 WHEK TRAINING GUIDE





PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE BARBELL	2 Warm Up Sets	18-20	
PRESS	3 Working Sets	10-12	Increase weight with each set
FLAT DUMBELL	4 Working Sets	3 x 10-12	Increase weight with each set
PRESS	T Working Sets	1 x 6-8	
PEC DEC FLY	3 Working Sets	10-12	Increase weight with each set
PLC DEC FLI	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	No rest between drops
DECLINE BARBELL PRESS	4 Working Sets	10-12	Increase weight with each set
INCLINE DUMBELL PRESS	3 Working Sets	8-10	Increase weight with each set
CABLE FLY	4 Working Sets	18-20	Increase weight with each set
	2 Warm Up Sets	18-20	
CABLE ROPE PUSHDOWN	3 Working Sets	10-12	Increase weight with each set
	1 Drop Set	1 x 10 » 1 x 10	
WIDE GRIP CABLE PUSHDOWN	4 Working Sets	10-12	Increase weight with each set
BARBELL TRICEP PRESS	4 Working Sets	12-15	Increase weight with each set

16 WEEK TRAINING GUIDE







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
SMITH MACHINE SQUAT	1 Warm Up Set (Normal Stance)	20	No weight- use the weight of the bar alone to warm up
	3 Working Sets (Normal Stance)	15-20	
	3 Working Sets (Feet Apart 'Sumo' Stance)	15-20	Increase weight slightly with each set
	3 Working Sets (Feet Together)	15-20	
DUMBELL LUNGES	4 Working Sets	4 'laps' in total	Find an area to lunge and count each set as the distance there AND back.
SINGLE LEG EXTENSION	4 Working Sets (On Each Leg)	15-20	Increase weight with each set.
SEATED HAMSTRING CURL	4 Working Sets	12-15	Increase weight with each set
	1 Drop Set	1 x 8 » 1 x 8	No rest between drop
LEG PRESS	4 Working Sets	15-18	
DUMBELL STRAIGHT LEG DEADLIFT	4 Working Sets	15-18	

16 WHEK TRAINING GUIDE





PMTRAINING SHOULDERS & CALVES

SETS	REPS	ADD'L NOTES
1 Warm Up Set	20	
4 Working Sets	12-15	Increase weight with each set
4 Working Sets	12-15	Increase weight with each set
1 Drop Set	1 x 8 » 1 x 8	No rest between drop
4 Working Sets	15-20	Increase weight with each set
	2 x 20	
4 Working Sets	2 x 10	Increase weight
1 Drop Set	1 x 10 » 1 x 10	No rest between drop
4 Working Sets	15-20	Increase weight with each set
1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	No rest between drops
3 Working Sets	12-15	Increase weight with each set
3 Working Sets	10-12	Remain using same plate for each set
5 Working Sets	15-20	Increase weight with each set
5 Working Sets	15-20	Increase weight with each set
	1 Warm Up Set 4 Working Sets 1 Drop Set 4 Working Sets 4 Working Sets 1 Drop Set 4 Working Sets 1 Drop Set 3 Working Sets 3 Working Sets 5 Working Sets	1 Warm Up Set 20 4 Working Sets 12-15 4 Working Sets 12-15 1 Drop Set 1 x 8 » 1 x 8 4 Working Sets 15-20 2 x 20 4 Working Sets 2 x 10 1 Drop Set 1 x 10 » 1 x 10 4 Working Sets 15-20 1 Triple Drop Set 1 x 8 » 1 x 8 » 1 x 8 3 Working Sets 12-15 3 Working Sets 10-12 5 Working Sets 15-20

16 WEEK TRAINING GUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
BICEP MACHINE	2 Warm Up Sets	18-20	
CURL	3 Working Sets	12-15	Increase weight with each set
SINGLE ARM CABLE CURL	4 Working Sets	10-12	Increase weight with each set
CABLE ROPE HAMMER CURL	4 Working Sets	10-12	Increase weight with each set
EZ BAR CABLE CURL	3 Working Sets	16-18	
SUPERSET WITH			No rest between superset
EZ BAR CABLE PUSHDOWN	3 Working Sets	16-18	
MACHINE TRICEP EXTENSION	4 Working Sets	8-10	Increase weight with each set
DUMBELL SKULL CRUSH	3 Working Sets	15-20	
	3 Working Sets	1 x 8 » 1 x 10 » 1 x 12	Decrease weight within drop sets. No rest between.
OVERHEAD EZ BAR CABLE EXTENSION	4 Working Sets	12-15	Increase weight with each set

16 WHKTRAINIG GUIDE







PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
SIT UPS	4 Working Sets	25	
DUMBELL TWIST	5 Working Sets	20	On each oblique
ASSISTED STANDING MACHINE CRUNCH	5 Working Sets	15-20	
SIDE PLANK	3 Working Sets	1 minute (each side)	On each side. One elbow resting for support and the other raised in the air.
SEATED BENCH CRUNCHES	4 Working Sets	12-15	Balance yourself on the end of a flat bench, place your legs out in front of you and crunch them up towards your chest.
BARBELL SEATED CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
SMITH MACHINE SEATED CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
STANDING BARBELL CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible



16 WHK TRAINING GUIDE





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
ROPE LAT	2 Warm Up Set	18-20	
PULLDOWN	4 Working Sets	12-15	Increase weight with each set
seated cable	4 Working Sets	12-15	Increase weight with each set
ROW (V BAR)	1 triple drop set	1 x 8 » 1 x 8 » 1 x 8	No rest between drops
		2 x 12 -15	
cable lat	5 Working Sate	1 x 10	Increase weight with each set
PULLOVER	5 Working Sets	1 x 8	Increase weight with each set
		1 x 6	
machine row	4 working sets	12-15	Increase weight with each set
WIDE GRIP PULL UP	4 Working Sets	10-12	On each arm. Increase wight with set
SUPERSET WITH			
Bent over Barbell row (underhand)	4 Working Sets	12 x 15	Increase weight with eah set
	1 Working Sets	15-20	Increase weight with each set
Hammer curl	4 Working Sets	12-15	
STRAIGHT BAR CABLE CURL	3 Working Sets	15-18	Increase weight with each set
	1 triple drop set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops
ISOLATION CURL	5 Working Sets	12-15	On each arm. Increase weight with each set
cable rope Hammer curl	5 Working Sets	12-15	

16 WHAKTRAINING GUIDE





PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE CABLE FLY	1 Warm Up Sets	15-20	
INCLINE CABLE FLI	3 Working Sets	12-15	Increase weight with each set
Decline smith Machine press	4 Working Sets	12-15	Increase weight with each set
		2 x 10-12	
FLAT DUMBELL PRESS	6 Working Sets	2 x 8-10	Increase weight with each set
		2 x 6-8	
Incline single ARM DUMBELL	3 Working Sets	10-12	Increase weight with each set
PRESS	1 drop set	1 x 8 > 1 x 8	No rest between drop
FLAT MACHINE PRESS	4 Working Sets	12-15	Increase weight with each set
seated incline machine press	3 drop sets	3 x 10 » 3 x 10	Decrease weight with drop. No rest between
WEIGHTED TRICEP DIP	4 Working Sets	12-15	Increase weight with each set
SINGLE CABLE PUSHDOWN	3 Working Sets	12-15	Increase weight with each set
	1 drop set	1 x 10 » 1 x 10	No rest between drop
DUMBELL SKULL CRUSH	4 Working Sets	12-15	On each arm. Increase weight with each set
Bench DIPS	4 Working Sets	15-20	







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
Lying Hamstring	1 Warm Up Set	18-20	
CURL	4 Working Sets	12-15	
squats (Free standing	1 Warm Up Set	15-20	Use the weight of the bar - NO added plates
squat rack)	4 Working Sets	12-15	Increase weight with each set
seated Hamstring curl	4 Working Sets	12-15	Increase weight with each set
	4 Working Sets	10-12	Increase weight with each set
Leg extension	1 triple drop set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with each set No rest between drops
Barbell Lunges	4 Working Sets	5 -6 large steps forward and back again.	Find a comfortable weight and use for all sets
наскѕочат	4 Working Sets	08-10	Increase weight with each set

16 WHKTRAINIC CUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
MITIMADU DDDGG	1 Warm Up Set	18-20	
MILITARY PRESS	4 Working Sets	12-15	Increase weight with each set
		2 x 15-20	
Barbell Front Raise	5 Working Sets	2 x 10-12	Increase weight with each set
		1 x 6-8	
cable rear fly	4 Working Sets	15-10	Increase weight with each set
machine Lateral	4 Working Sets	12 x 15	Increase weight
Raise	1 Drop Set	1 x10 » 1 x 10	No rest between drop
Barbell Shrugs	4 Working Sets	15-18	Increase weight with each set
SUPERSET WITH			
DUMBELL LATERAL RAISE	4 Working Sets	8-10	
STANDING SMITH Machine Calf Raise	5 Working Sets	14-16	Increase weight with each set
seated calf machine raise	3 Working Sets	12-14	
	1 Triple Drop Set	1x8 » 1x8 » 1x8	Decrease weight with each set. No rest between drops
single calf raise own body weight	3 Working Sets	10-12	on each calf







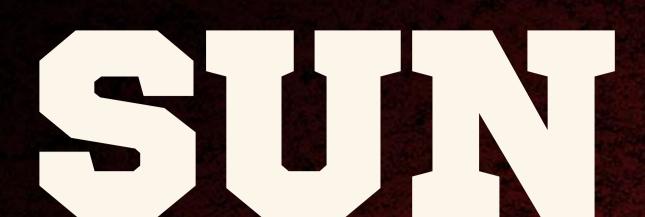
PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	15-20	
CLOSED GRIP TRICEP SMITH	3 Working Sets	12-15	Increase weight with each set
MACHINE PRESS	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
Machine Preacher curl	4 Working Sets	15-18	Increase weight with each set
EZ BARBELL SKULL	3 Working Sets	12-15	Increase weight with each set
CRUSHERS	1 triple drop set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops
CLOSED GRIP PULL UP	3 Working Sets	3 x to failure	
seated	3 Working Sets	15-20	Work both arms together. Increase weight with each set
Dumbell curl	1 drop set	1 x 10 » 1 x 10	No rest between drops
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight with each set
SUPERSET WITH			
overhead cable extension	4 Working Sets	12-15	Increase weight with each set

16 WHKTRAINIG GUIDE







PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
	1 warm up set	10-12	
Hanging Leg Raise		2 x 10	
	4 Working Sets	1 x 8	
weighted cable crunch	4 Working Sets	10-12	Increase weight with each set
Machine Assisted OBLIQUE TWIST	4 Working Sets	12-15 (on each oblique)	Increase weight with each set
weighted sit ups	4 Working Sets	12-15	You can choose to hold a plate at your chest or a weighted ball above your head
TWISTED KNEE Raises	3 Working Sets	10-12	On each oblique
TRX Machine CRUNCHES	4 Working Sets	12-15	
PLATE LOADED SEATED CALVE RAISE	2 warm up sets	12-15	
	3 Working Sets	8-10	Increase weight with each set if possible
	1 drop set	1 x 5 » 1 x 5	Decrease weight with drop. No rest between
calve machine Press	4 Working Sets	12-15	Increase weight with each set
standing calve Raise	3 Working Sets	10-12	Increase weight with each set but really concentrate on squeezing the calves at the top and holding
	1 drop set	1 x 4 » 1 x 6	Decrease weight with drop. No rest between



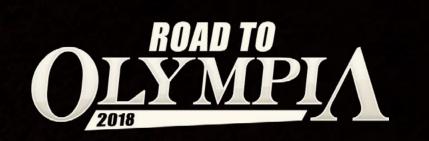




PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
WIDE GRIP PULL UP	2 Warm Up Set	12-15	
	3 Working Sets	10-12	Own bodyweight
CLOSED GRIP PULL UP	3 Working Sets	12-15	Own bodyweight
underhand	4 Working Sets	12 x 15	Increase weight with each set
Machine Row	4 Drop Sets	1 x 8 » 1 x 10	Decrease weight with drop. No rest between
		2 x 20	
u non coomen nou	5 Westing Cate	1 x 15	
v bar seated row	5 Working Sets	1 x 10	Increase weight with each set
		1 x 8	
seated machine Hyper extension	4 Working Sets	12-15	Increase weight with each set
ovenusna	3 Working Sets	12-15	Increase weight with each set
overhand Machine Row	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10-12	Decrease weight with drop. No rest between
conto nono nutr	4 Working Sets	10-12	Increase weight with each set
cable rope pull over	1 Rest Pause Set	1 x 10 » 1 x 10	Stick to same weight. 10 second break between sets
	1 Warm up Set	12	12 reps on each arm
BICEP DUMBELL CURL	4 Working Sets	2 x 8-10	Increase weight each set if possible
		2 x 6-8	
machine preacher curl	4 Working Sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric, 2 secs ecentric & 6 x 2 secs concentric, 4 secs ecentric
ROPE HAMMER CURL	4 Working Sets	10-12	
SUPERSET WITH			
EZ BARBELL CURL	3 Working Sets	30	Change grip after every 10 reps- 10x wide grip, 10 x shoulder width grip & 10x close grip.





PMTRAINIC CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
single dumbell	1 Warm Up Set	12-14	12-14 reps on each pec
FLAT PRESS	4 Working Sets	08-10	Increase weight with each set if possible
Incline dumbell Press	4 Working Sets	10-12	Increase weight with each set if possible
cable fly	4 Working Sets	10-12	Increase weight with each set if possible. Focus on contracting and feeling the squeeze of the movement.
	1 Drop Sets	1 x 10 » 1 x 10	No rest between drop
seated single Pec dec	3 Working Sets	8-10	8-10 reps on each pec
seated pec	3 Working Sata	2 x 8-10	Increase weight with each set if
Dec Fly	3 Working Sets	1 x 6-8	possible
DUMBELL PULLOVER	3 Working Sets	12-15	
PLATE LOADED SEATED PRESS	3 Working Sets	12-15	Increase weight with each set if possible
	1 Warm up Set	To failure	Own bodyweight
Weighted TriceP DIPS	2 Working Sets	10-12	Increase weight with each set
	1 Drop Set	1 x 10 » 1 x failure	Weighted and then drop to own bodyweight.
TRICEP SMITH Machine Press	4 Working Sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric, 2 secs ecentric & 6 x 2 secs ecentric
ROPE PUSHDOWN	4 Working Sets	12-14	
SUPERSET WITH			
Machine Tricep DIPS	4 Working Sets	6-8	Keep heavy load on tricep dips







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Set	15-20	No weight
HACK SQUAT	2 Working Sets	12-15	Increase weight with each set
	2 Time Under Tension Sets	12	Tempo of reps- 6 x 2 secs ecentric, 2 secs concentric & 6 x 4 secs ecentric, 2 secs concentric
Leg extension	5 Ascending Working Sets	20	Incresase weight after every 5 reps. No rest between reps
single leg extension	3 Working Sets	10 (on each leg)	Increase weight with each set
Lying Hamstring Curl	4 Rest Pause Sets	15	10 reps, rest for 5 seconds, 5 reps to follow. Stick at same weight
single seated	3 Working Sets	10 (on each leg)	No rest between drop. Decrease
Hamstring curl	1 Drop Set	1 x 10 » 1 x failure	weight with drop.
Leg Press	5 Working Sets	15-18	Focus on muscle contraction and good form.
weighted dumbell lunges	3 Working Sets	20 metres (total)	Increase weight with each set if desired
SUPERSET WITH			
Weighted Sled Push	3 Working Sets	20 metres (total)	Increase weight with each set if desired

16 WHKTRAINIG GUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	18-20	
SMITH MACHINE PRESS	4 Working Sets (time under tension)	12	Tempo of reps- 6 x 2 secs concentric, 2 secs ecentric & 6 x 2 secs concentric, 4 secs ecentric
single dumbell press	4 Working Sets	8 reps each arm followed by 5 reps together	If possible, increase weight each set, keeping good form
STANDING CABLE FRONT RAISE	4 Working Sets	8 reps each arm followed by 6 reps together	If possible, increase weight each set, keeping good form
standing	1 Working Sets	15-18	
DUMBELL LATERAL RAISE	3 Drop Sets	1 x6 » 1 x 8	Decrease weight with drop. No rest between
STANDING MACHINE SHRUGS	3 Triple Drop Sets	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
SUPERSET WITH			
seated fly pec Dec	3 Working Sets	10-12	
PLATE LOADED		2 x 18-20	
seated calf raise	4 Working Sets	3 x 10-12	
single leg calf Raise	4 Working Sets	6-8	
STANDING SMITH MACHINE CALF RAISE	3 Working Sets	10-12	
	1 Drop Set	1 x 6 » 1 x 6	
calf extension	3 Working Sets	12-15	
Leg press	1 Drop Set	1 x 8 » 1 x 6	

16 WHKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Sets	15-20	
CABLE ROPE PULLDOWN	4 Working Sets	12-15	Increase weight with each set
	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM DUMBELL SKULL CRUSH	4 Working Sets	10-12	10-12 on each arm. Increase weight with each set if possible
own bodyweight bench dips	4 Working Sets	15-18	Slow and controlled. Tempo of reps- 4 sec up & 4 secs down
EZ BAR CABLE CURL	4 Working Sets	15-20	Increase weight with each set if possible
	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between.
DUMBELL CURLS	4 Working Sets	10 reps straight into 5 reps both together = 15 rep total	Last 5 reps are partial reps
smith Machine Drag curl	4 Working Sets	12-15	Increase weight with each set if possible
TRICEP DUMBELL KICKBACKS	3 Working Sets	8-10	Increase weight with each set if possible
SUPERSET WITH			
DUMBELL Hammer curl	3 Working Sets	8-10	Increase weight with each set if possible

16 WHKTRAING GUIDE







PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
Hanging Leg Raise	4 Working Sets	To failure	Use knees or legs depending on core strength
SUPERSET WITH			
PLank	4 Working Sets	1 min each	Squeeze your glutes for the last 10 seconds of each set
cable rope ab crunches	4 Working Sets	18-20 reps	
SUPERSET WITH			
Lying Bench Leg Raise	4 Working Sets	18-20 reps	
DUMBELL OBLIQUE TWIST	4 Working Sets	10 reps (on each oblique)	
SUPERSET WITH			
GHD SIT-UPS	4 Working Sets	18-20 reps	
smith machine standing calf raise	5 Working Sets	12-15	Increase weight with each set
seated machine calf press	5 Working Sets	12-15	Increase weight with each set
seated calf raise	5 Working Sets	12-15	Increase weight with each set







PMTRAINING BACK&BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
WIDE GRIP LAT	2 Warm Up Set	18-20	Increase weight with each set if
PULLDOWN	4 Working Sets	12-15	possible. Make each movement slow and controlled
		2 x 10-12	Overhand grip. Elbows high-
PLATE LOADED SEATED ROW	5 Working Sets	2 x 8-10	focussing on upper part of back- 'raised row'. Increase weight with
		1 x 6-8	each set if possible.
Lying T-Bar Row	4 Working Sets	6-8	Heavy load but keep form
		2 x 12-15	Own bodyweight
Hyper extension	5 Working Sets	2 x 10-12	Hold plate to add weight
		1 x 12-15	Own bodyweight
SINGLE ARM DUMBELL ROW	4 Working Sets	12-15	Increase weight with each set if possible
CLOSED GRIP CABLE	4 Working Sets	10-12	Increase weight with each set if possible
ROW	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between
DUMBELL CURL	4 Working Sets	15	First 10 reps- keeps palms facing upwards. Last 5 reps- turn palms downwards. Increase weight with each set
	1 Triple Drop Set	1 x 4 » 1 x 6 » 1 x 8	Keep palms facing upwards. De- crease weight with drop. No rest between
Machine Bicep CURL	3 Working Sets	12-15	Focus on slowing the movement down and squeezing biceps at the top. Increase weight with each set
	1 Drop Set	1 x 6 » 1 x 6	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL	3 Working Sets	12-15	
SUPERSET WITH			
DUMBELL Hammer curl	3 Working Sets	08-10	

16 WHAKTRAINING GUIDE





PMTRAINIC CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE DUMBELL	2 Warm Up Set	20	
PRESS	4 Working Sets	12-15	Increase weight with each set if possible
seated plate Loaded Chest	5 Working Sets	4 x 10-12	Increse weight with each set if
PRESS	o working octs	1 x 18-20	possible
	4 Working Sets	2 x 10-12	
Pec Dec		2 x 8-10	Tempo of reps- secs concentirc, 4 secs ecentric
	1 Drop Set	1 x 6 » 1 x 8	
Decline Barbell Press	3 Working Sets	18-20	Tempo of reps- 3 secs concentric, 3 secs ecentirc.
SUPERSET WITH			
CHEST	3 Working Sets	1 min each	Tense the chest for one minute.
DUMBELL PULLOVER	4 Working Sets	10-12	Increase weight with each set if possible.
smith machine flat press	3 Working Sets	To failure	At a moderate weight
	3 Warm Up Sets	15-20	
SKULL CRUSHER	3 Working Sets	10-12	Increase weight with each set if possible. Be sure to concentrate on getting a good stretch with each movement
	1 Drop Set	1 x 8 » 1 x 10	Decrease weight with each set. No rest between
Bench Tricep Dips	4 Working Sets	15-20	Weighted OR own bodyweight and tempo of reps equalling 4 secs ecentric
Machine Tricep EXTENSION	4 Working Sets	12-15	Increase weight with each set if possible
	1 Drop Set	1 x 10 » 1 x 8	Decrease weight with drop. No rest between
cable rope trceip pulldown	5 Working Sets	15-15	Increase weight with each set if possible







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set (Normal Stance)	20	No weight- use the weight of the bar alone to warm up
SMITH MACHINE	2 Working Sets (Normal Stance)	15-20	Increase weight slightly with each set
SQUAT	2 Working Sets (Feet Apart 'Sumo' Stance)	15-20	Increase weight slightly with each set
	2 Working Sets (Feet Together)	15-20	Increase weight slightly with each set
DUMBELL STRAIGHT LEG DeadLIFT	5 Working Sets	15-18	Increase weight if needed
		15-20	On each leg
single leg press	4 Working Sets	12-15	Increase weight with each set if possible
standing single	4 Working Sets	12-15	On each leg. Increase weight if possible
Leg Hamstring Curl	1 Triple Drop Sets	1 x 4 » 1 x 6 » 1 x 8	Decrease weight with drop. No rest between
SINGLE LEG EXTENSION	5 Working Sets	10-12	On each leg.Increase weight with each set if possible. Tempo of reps=4 secs ecentric, 4 secs concentric
Lying Hamstring Curl	5 Working Sets	12-15	Increase weight with each set if possible
ADUCTOR	3 Working Sets	10-12	
SUPERSET WITH			
ABDUCTOR	3 Working Sets	10-12	
walking lunges	3 Working Sets	10 lunges (on each leg)	Weighted if possible





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
SINGLE ARM	2 Warm Up Set	12-15	
DUMBELL PRESS	4 Working Sets	10 reps each arm, followed by 5 reps together= 15 rep total	Increase weight on each set if possible.
smith machine	4 Working Sets	10-12	Increase weight with each set if possible
PRESS	1 Drop Set	1 x 6 » 1 x 8	Decrease weight with drop. No rest between
Pec dec rear fly	3 Working Sets	12-15	Increase wieght with each set if possible but conentrate on slow movements and feeling the squeeze
	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between
DUMBELL LATERAL Raise	4 Working Sets	10-12	Increase weight with each set if possible
niimpett cupic	3 Working Sets	8-10	Increase weight with each set if possible
DUMBELL SHRUG	1 Drop Set	1 x 6 » 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM CABLE FRONT RAISE	3 Working Sets	10	10 single reps followed by 5 reps together
SUPERSET WITH			
Cable Front Raise (Both SHOLDERS TOGETHER)	3 Working Sets	5	10 single reps followed by 5 reps together
	2 Warm Up Sets	12-15	
PLATE LOADED SEATED CALVE RAISE	4 Working Sets	8-10	Increase weight with each set if possible
	1 Drop Set	1 x 5 » 1 x 5	Decrease weight with drop. No rest between
calve machine Press	4 Working Sets	12-15	Increase weight with each set
STANDING CALVE RAISE	3 Working Sets	10-12	Increase weight with each set but really concentrate on squeezing the calves at the top and holding.
	1 Drop Set	1 x 4 » 1 x 6	Decrease weight with drop. No rest between







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
SEATED EZ BARBELL SKULL	1 Warm Up Sets	12-15	
	6 Working Sets	2 x 12	Increase weight with each set if possible
CRUSH		2 x 10	
		2 x 8	
		2 x 12	
PLATE LOADED TRICEP DIP MACHINE	6 Working Sets	2 x 10	
		2 x 8	
		2 x 12	
overhead cable TRICEP EXTENSION	6 Working Sets	2 x 10	Increase weight with each set if possible
		2 x 8	
		2 x 12	
DUMBELL HAMMER CURL	6 Working Sets	2 x 10	Increase weight with each set if possible
		2 x 8	
	6 Working Sets	2 x 12	
STRAIGHT BARBELL CURL		2 x 10	Increase weight if possible
		2 x 8	
		12-15	
ROPE HAMMER CURL	6 Working Sets	2 x 10	
		2 x 8	
DUMBELL PREACHER CURL	3 Working Sets (Time Under Tension)	15	5 reps- 2 secs concentric, 2 secs ecentric / 5 reps- 4 secs concentric, 4 secs ecentric / 5 reps- 2 secs cocentric, 2 secs ecentric
SUPERSET WITH			
TRICEP ROPE EXTENSION	3 Working Sets (Time Under Tension)	15	5 reps- 2 secs concentric, 2 secs ecentric / 5 reps- 4 secs concentric, 4 secs ecentric / 5 reps- 2 secs cocentric, 2 secs ecentric

16 WHKTRAING GUIDE





PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE SIT UPS	5 Working Sets	20	
SUPERSET WITH			
STANDING WEIGHTED CRUNCH	5 Working Sets	20	Increase weight with each set
cable wood chop	5 Working Sets	15	15 reps on each oblique
SUPERSET WITH			
PLank	5 Working Sets	90 secs	Squeeze your glutes for the last 10 seconds of the 90 seconds
Bench Leg Raises	5 Working Sets	15-18	
SUPERSET WITH			
ROPE CABLE WEIGHTED CRUNCH	5 Working Sets	15-18	Increase weight with each set
Barbell seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
smith machine seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
standing barbell calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible







PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	18-20	Keep lats as wide as possible - really concentrate on slow movement and squeezing.
WIDE GRIP LAT PULLDOWN	4 Working Sets	15	Increase weight with each set if possible
	1 Drop Set	1 x 8 » 1 x 10	Decrease weight with drop. No rest between
	4 Working Sets	15-20	Increase weight with each set if possi- ble - lower reps if needed
v bar seated row	1 Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between.
ISO-Lateral High Raise Row	5 Working Sets	12-15	Increase weight with each set if possible. Concentrate on squeezing through your back and try not to pull your chest away from chest pad
		1 x 15	
PLATE LOADED		2 x 12	
seated T Bar Row	5 Working Sets	1 x 10	
		1 x 8	
	4 Working Sets	12-15	Decrease weight with drop. No rest
ISO-LATERAL LOW ROW	1 Drop Set	1 x 6 » 1 x 8	between
Hyper Extension	3 Working Sets	15	Own bodyweight
SUPERSET WITH			
Machine overhead Lat Pulldown	3 Working Sets	15	
SINGLE DUMBELL BICEP CURL	5 Working Sets	15	First 10 reps (on each arm)- singular. Last 5 reps- both arms together with palms facing upwards.
	4 Working Sets	2 x 20	Increase weight where possible
seated isolated Bicep curl		2 x 15	
	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight where possible but be sure to keep form and do not start to raise shoulders
SUPERSET WITH			
SINGLE ARM Hammer curl	4 Working Sets	08-10	Keep at a suitable weight





PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
BARBELL BENCH PRESS	1 Warm Up Set	18-20	
	4 Working Sets	12-15	Increase weight where possible
seated machine	4 Working Sets	12-15	
CHEST PRESS	1 Drop Set	1 x 6 » 1 x 8	Decrease weight with drop. No rest between
		1 x 12	
Incline Bench		1 x 10	
cable fly	5 Working Sets	1 x 8	Increase weight where possible
		2 x 6	
Incline dumbell	3 Working Sets	12-15	Increase weight where possible
PULLOVER	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease wieght with drop. No rest between
Peck Deck	3 Working Sets	10-12	
Machine	1 Partial Set	To failure	Increase weight where possible
Incline Dumbell Press	3 Working Sets	8-10	
SUPERSET WITH			
CHEST DIPS	3 Working Sets	6-8	
	1 Warm Up Sets	20	Own bodyweight
	4 Working Sets	1 x 15	Increase weight with each set
Weighted Tricep Dips		1 x 12	
		1 x 10	
		1 x 8	
DUMBELL SKULL CRUSH	4 Working Sets	15-20	Increase weight where possible
	1 Triple Set	1 x 8 » 1 x 10 » 1 x 12	Decrease weight with drop. No rest between.
cable rope tricep Extension	4 Working Sets	12-15	Increase weight where possible but concentrate on slow movements with good squeeze on tricep
seated tricep dips	4 Working Sets	10-12	Increase weight where possible







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set (Normal Stance)	20	No weight- use the weight of the bar alone to warm up
SMITH MACHINE	2 Working Sets (Normal Stance)	15-20	Increase weight slightly with each set
SQUAT	2 Working Sets (Feet Apart 'Sumo' Stance)	15-20	Increase weight slightly with each set
	2 Working Sets (Feet Together)	15-20	Increase weight slightly with each set
	5 Working Sets	1 x 20 (on each leg)	Warm up with bar alone- no weight added.
Weighted Lunges (squat rack)		1 x 15 (on each leg)	Increase weight where possible but keeping lunges wide, deep and controlled.
		2 x 10 (on each leg)	
		1 x 8 (on each leg)	
sissy squat	5 Working Sets (Time Under Tension)	6-8	4 secs concentric, 4 secs ecentric. Be sure to keep weight on quads by keeping legs slightly bent when standing up from squat- try not to fully straighten legs.
	6 Working Sets	3 x 15-20	Increase wieght where possible
Leg extension		3 x 8 (time under tension)	2 secs concentric, 4 secs ecentric
seated Hamstring curl	5 Working Sets	15-20	Increase weight where possible.
DUMBELL STRAIGHT LEG DEADLIFT	6 Working Sets	2 x 20	Increase weight where possible. Be sure to keep back and legs straight
		2 x 15	
		2 x 10	
Lying Hamstring	5 Working Sets	3 x 12-15	Increase weight where possible
CURL		2 x 6- 8 (time under tension)	2 secs concentric, 4 secs ecentric





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
PLATE RAISES	5 Working Sets	10 (on each side) followed by 5 (front raises together)	Go up in weight with each set when possible
cable rope	4 Working Sets	12-15	
overhead Extension	1 Drop Set	1 x 6 » 1 x 8	Decrease weight with drop. No rest between.
	4 Working Sets	2 x 15	Concentrate on slow movements with good form
DUMBELL SIDE Lateral raise		2 x 10	
	1 Triple Drop Set	1 x 4 » 1 x 6 » 1 x 8	Decrease weight with drop. No rest between
	3 Working Sets	1 x 12	Increase weight where possible
		1 x 10	
SHOULDER PRESS		1 x 8	
	1 Time Under Tension Set	5	4 secs concentric, 4 secs ecentric
smith machine Reverse shrug	4 Working Sets	15-20	
SUPERSET WITH			
SMITH MACHINE MILIITARY PRESS	4 Working Sets	10-12	
	2 Warm Up Sets	12-15	
PLATE LOADED SEATED CALVE RAISE	4 Working Sets	8-10	
Raise	1 Drop Set	1 x 5 » 1 x 5	
calve machine press	4 Working Sets	12-15	
standing calve	3 Working Sets	10-12	
Raise	1 Drop Set	1 x 4 » 1 x 6	

16 WHKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	6 Working Sets	20	Increase by a plate each set
ROPE TRICEP PULLDOWN		2 x 10-12	Heavy but controlled reps
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
WIDE GRIP TRICEP PUSHDOWN	4 Working Sets	12-15	
SUPERSET WITH			
60 SECOND TRICEP TENSING	4 Working Sets	60 seconds timed	Squeeze and tense triceps as hard as possible. No weight needed
EZ BARBELL SKULL CRUSH	4 Working Sets	12-15	Increase weight where possible
SUPERSET WITH			
SINGLE ARM CABLE PUSHDOWN	4 Working Sets	10-12	Increase weight where possible
TRICEP BENCH DIPS	3 Working Sets	20	Own bodyweight each set
single arm cable	4 Working Sets	12-14	On each arm
CURL	2 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	On each arm
EZ BARBELL CURL	5 Working Sets	10	
SUPERSET WITH			
DUMBELL Hammer curl	5 Working Sets	12	
cable rope Hammer curl	5 Working Sets	10-12	
SUPERSET WITH			
SMITH MACHINE DRAG CURL	5 Working Sets	8-10	

16 WHK TRAINIG GUIDE







PMTRAINIC ABS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
Hanging Leg Raise	5 Working Sets	15-18	Try and keep legs straight out, raise as high as possible, keeping control. Bend knees when starting to tire
cable wood chop	5 Working Sets	10 (on each oblique)	
TRX SIDE CRUNCHES	5 Working Sets	10 (on each oblique)	
weighted cable	5 Working Sets	15-20	
Rope Crunch	5 Working Sets	1 minute	
STANDING SMITH Machine Calf Raise	5 Working Sets	14-16	Increase weight with each set
seated calf	5 Working Sets	12-14	Increase weight with each set
machine Raise	1 Triple Drop Set	1x8 » 1x8 » 1x8	Decrease weight with each set. No rest between drops
single calf raise own body weight	5 Working Sets	10-12	On each calf



16 WHKTRAINIG GUIDE





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Set	20	
V BAR LAT PULLDOWN	3 Working Sets	10-12	Increase weight where possible
	2 Drop Set	1 x 10 » 1 x 12	Decrease weight with drop. No rest between
STANDING T-BAR	4 Working Sets	8-10	Concentrate on form rather than weight on this exercise. Protect back by keeping it straight and not arching
ROW	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 8-10	Decrease weight with drop. No rest between. Concentrate on straight back with no arching
Rack DeadLift	5 Working Sets	15-20	Increase weight with possible but concentrate on form rather than heavy weights
SINGLE ARM DUMBELL ROW	5 Working Sets	12-15 (on each arm)	Increase weight where possible
seated machine overhand row	4 Working Sets	10-12	Increase weight where possible
seated machine Hyper extension	4 Working Sets	10-12	Increase weight where possible
Barbell Bicep CURL	4 Working Sets	10-12	
SINGLE ARM DUMBELL CURL	5 Working Sets	10 reps on each arm, followed by 5 reps together	Increase weight where possible
EZ BAR CABLE CURL	4 Working Sets	10-12	Increase weight where possible
	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
weighted machine curl	4 Working Sets	10-12	
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL	4 Working Sets	8-12	

16 WHEKTRAINIC CUIDE

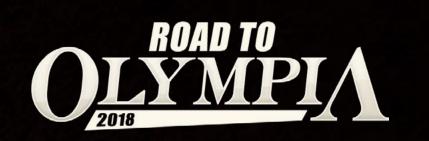




PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
BARBELL BENCH	1 Warm Up Set	15	Light weight to warm up
PRESS	5 Working Sets	8-10	Increase weight where possible
seated machine	4 Working Sets	10-12	
PRESS	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
		2 x 12	
Incline Bench Cable Fly	5 Working Sets	2 x 10	Increase weight where possible. Slow and controlled movements to really feel the squeeze
		1 x 8	
	3 Working Sets	10-12	Increase weight where possible
Pec-Deck Machine	2 Drop Sets	1 x 6 » 1 x 6	Decrease wieght with drop. No rest between
Incline dumbell Pullover	5 Working Sets	12-15	
		2-15	
FLAT BENCH DUMBELL PRESS	5 Working Sets	2-12	Increase weight where possible
		2-10	
	1 Warm Up Set	20	
ROPE CABLE	4 Working Sets	12-15	
PULLDOWN	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
	4 Working Sets	12-15	Increase weight where possible
DUMBELL SKULL CRUSH	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
Machine Tricep Extension	4 Working Sets	10-12	Increase weight where possible
SUPERSET WITH			
Bench Tricep Dips	4 Working Sets	10-12	Own bodyweight
EZ BAR CABLE PUSHDOWN	4 Working Sets	10-12	







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
FRONT SQUATS (SQUAT RACK)	1 Warm Up Set	20-25	Use bar, no weight
	5 Working Sets	10-12	Increase weight where possible
	1 Drop Set	1 x 6 » 1 x 6	Decrease weight with drop. No rest between
DUMBELL LUNGE	5 Working Sets	20 (10 each way)	Stay at same weight for all sets
Weighted sled Push	5 Working Sets	20 metres total (10 metres each way)	Stay at same weight for all sets
KETTLE BELL ONE-LEGGED DEADLIFT	6 Working Sets	10-12 (on each leg)	Increase weight where possible. Remember to keep upper body rigid
SINGLE LEG STANDING HAMSTRING CURL	5 Working Sets	8-10 (on each leg)	Increase weight where possible
seated Hamstring Curl	5 Working Sets	6-8	Increase weight where possible





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
SEATED DUMBELL BENT OVER DELT RAISE	1 Warm Up Set	15	
	4 Working Sets	10-12	Increase weight where possible
seated Barbell	3 Working Sets	8-10	Increase weight where possible.
MILITARY PRESS	2 Drop Sets	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
FRONT CABLE RAISE	6 Working Sets	3 x 8-10	Increase weight where possible
		3 x 5 (time under tension)	4 secs ecentric, 4 secs concentric
PPVPPSP Macuino	4 Working Sets	10-12	Increase weight where possible
Reverse Machine FLyes	1 Triple Drop Set	1 x 4 » 1 x 6 » 1 x 8	Decrease weight with drop. No rest between
UPRIGHT CABLE ROW	4 Working Sets	10-12	Increase weight where possible
SUPERSET WITH			
SIDE LATERAL RAISE	4 Working Sets	8-10	Increase weight where possible
Reverse smith machinge shrugs	4 Working Sets	15-18	
seated dumbell shrugs	4 Working Sets	10 -12	
Barbell seated Calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
smith machine seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
STANDING BARBELL CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible

16 WHEKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
UNDERHAND SINGLE ARM CABLE EXTENSION	1 Warm Up Sets (on each arm)	20	
	3 Working Sets (on each arm)	15-18	Increase weight where possible
overhand single arm cable	4 Working Sets	1 x 20	Increase weight where possible
EXTENSION	(on each arm)	3 x 15-18	mercase weight where possible
WIDE GRIP EZ BAR	5 Working Sets	12-15	Increase weight where possible
cable pushdown	1 Drop Set	1 x 6 » 1 x 8-10	
FRONT DIP MACHINE	4 Working Sets	15-20	Slowly increase weight where possible
	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between. Keep shoulders down and weight in triceps
	3 Working Sets	15-18	
EZ BAR CURL	3 Time Under Tension Sets	6	Tempo of reps- 4 secs concentric, 2 secs ecentric
SINGLE ARM	4 Working Sets	10 (single arm) 5 (together)	Increase weight where possible
DUMBELL CURL	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	Decrease weight with drop
SINGLE ARM OVERHEAD CABLE CURL	5 Working Sets	10 (on each arm)	Increase weight where possible
PREACHER CURL	5 Working Sets	10-12	Increase weight where possible
SKULL CRUSHERS	3 Working Sets	8-10	
SUPERSET WITH			
Hammer curl	3 Working Sets	6-8 (on each arm)	





PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
Hanging Leg Raise	1 Warm Up Set	10-12	
	3 Working Sets	2 x 10	
		1 x 8	
weighted cable crunch	4 Working Sets	10-12	Increase weight with each set
Machine Assisted Oblique Twist	4 Working Sets	12-15 (on each oblique)	Increase weight with each set
weighted sit ups	4 Working Sets	12-15	You can choose to hold a plate at your chest or a weighted ball above your head
TWISTED KNEE Raises	3 Working Sets	10-12	On each oblique
TRX Machine CRUNCHES	4 Working Sets	12-15	
	2 Warm Up Set	12-15	
PLATE LOADED SEATED CALVE RAISE	3 Working Sets	8-10	Increase weight with each set if possible
	1 Drop Set	1 x 5 » 1 x 5	Decrease weight with drop. No rest between
calve machine Press	4 Working Sets	12-15	Increase weight with each set
standing calve Raise	3 Working Sets	10-12	Increase weight with each set but really concentrate on squeezing the calves at the top and holding
	1 Drop Set	1 x 4 » 1 x 6	Decrease weight with drop. No rest between

BUSN





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
BARBELL DEADLIFT	1 Warm Up Set	12-15	Warm up with bar alone-no plates needed. Be sure to keep your back straight
	5 Working Sets	8-10	Increase weight where possible
		2 x 12-15	
WIDE GRIP PULL UP	5 Working Sets	2 x 8 -10	Own bodyweight
		1 x 6-8	
STANDING T-BAR ROW	3 Working Sets	8-10	Increase weight where possible
	2 Drop Sets	1 x 5 » 1 x 5	Decrease weight with drop. No rest between
	4 Working Sets	12-15	Increase weight with each set
V-Bar Seated Row	1 Triple Drop Sets	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
Hyper Extension	4 Working Sets	12-15	Use weight (plate) if possible
SUPERSET WITH			
overhand Machine Row	4 Working Sets	10-12	Increase weight with each set if possible
standing cable face curls	7 Working Sets	10-15	
SINGLE ARM DUMBELL HAMMER CURLS	5 Working Sets	8-10 (on each arm)	
DUMBELL SPIDER CURLS	5 Working Sets	10-12	Use inclined bench

16 WHKTRAINIC CUIDE





PMTRAINIC CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
BARBELL BENCH	1 Warm Up Set	20-25	
	5 Working Sets	2 x 12-15	Increase weight where possible
PRESS		2 x 8-10	
		1 x 6-8	
weighted pushup	5 Working Sets	10-12	Add a plate on to your back for extra weight
	4 Working Sets	12-15	Increase weight with each set
cable fly	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest be- tween
Incline dumbell	4 Working Sets	15-18	Increase weight with each set
Bench Press	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
DUMBELL PULLOVER	5 Working Sets	10-12	
SUPERSET WITH			
Seated Machine CHest Press	5 Working Sets	10-12	
CHEST DIPS	5 Working Sets	8-10	Lean forward as far as possible and allow yourelbows to flare out as you dip., legs behind you
ROPE CABLE PUSH DOWN	4 Working Sets	10-12	
DUMBELL SKULL CRUSH	4 Working Sets	8-10	
SUPERSET WITH			
TRICEP SQUEEZE and contraction	4 Working Sets	15 secs	No machine or weight used for this exercise. Straighten arsm and sqeeze triceps to the max for 15 secs per set.
Reverse GRIP PUSHDOWN	4 Working Sets	20 reps total	15 full reps followed by 5 partial reps to finish.
overhead cable Extension	7 Working Sets	10-12	
SUPERSET WITH			
DIAMOND PUSH UPS	7 Working Sets	10-12	







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
GOBLET SQUAT	5 Working Sets	15-20	Increase weight with each set. Ensure that each squat is slow, controlled and as low to the floor as you can get. Keep your back straight at all times
Barbell Lunge	4 Working Sets	10-12 reps on each leg	Increase weight where possible
Leg press	4 Working Sets	15	Increase weight with each set. Make each rep deep
	1 Triple Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
Lying Hamstring CURL	4 Working Sets	10-12	Increase weight with each set
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
STIFF LEG DUMBELL DeadLIFT	4 Working Sets	10-12	Keep legs and back as straight as possible
seated Hamstring curl	5 Working Sets	12-15	Increase weight where possible





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	20-25	Use the weight of the bar alone to warm up
STANDING FRONT BARBELL RAISE	4 Working Sets	12-15	Increase weight where possible
	1 Drop Sets	1 x 6 » 1 x 6	Decrease weight with drop. No rest between
seated bent over dumbbell delt raise	5 Working Sets	10-12	Increase weight where possible
machine shoulder	4 Working Sets	12-15	Increase weight with each set
PRESS	1 Triple Drop Set	1 x 5 » 1 x 5 » 1 x 5	Decrease weight with drop. No rest between
	5 Working Sets	2 x 18-20	Increase weight with each set
Pec dec rear flys		2 x 12-15	
		1 x 8-10	
Machine Cable Side Lateral Raise	4 Working Sets	10-12	
SUPERSET WITH			
cable rope face Pulls	4 Working Sets	10-12	
smith machine standing calf raise	5 Working Sets	12-15	
seated machine calf press	5 Working Sets	12-15	Increase weight where possible
seated calf raise	5 Working Sets	12-15	Increase weight where possible







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	15-20	
CLOSED GRIP TRICEP SMITH	3 Working Sets	12-15	Increase weight with each set
MACHINE PRESS	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
Machine Preacher CURL	4 Working Sets	15-18	Increase weight with each set
EZ BARBELL SKULL	3 Working Sets	12-15	Increase weight with each set
CRUSHERS	1 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops
CLOSED GRIP PULL UP	3 Working Sets	3 x to failure	
seated dumbell	3 Working Sets	15-20	Work both arms together. Increase weight with each set
CURL	1 Drop Set	1 x 10 » 1 x 10	No rest between drop
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight with each set
SUPERSET WITH			
overhead cable Extension	4 Working Sets	12-15	Increase weight with each set

16 WHKTRAINIG GUIDE





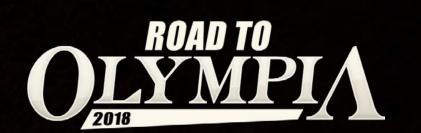
PMTRAINING ABS&CAIVES

EXERCISE	SETS	REPS	ADD'L NOTES
machine oblique TWISTS	5 Working Sets	10 (on each oblique)	Increase weight where possible
		2 x 15	
Hanging Leg Raise	5 Working Sets	2 x 10	Use straight leg for as long as possible. Bend knees if you start to tire
		1 x 6-8	LO LITE
cable rope ab crunch	5 Working Sets	10-12	Increase weight where possible
weighted sit ups	5 Working Sets	10-15	Use plate or medicine ball for all sets
PLank	4 Working Sets	90 seconds each	Squeeze your glutes for the last 10 seconds of each set
SPATON CALF DDOSS	4 Working Sets	15-20	Increase weight with each set if possible. Reduce reps if needed
seated calf press	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
PLATE LOADED SEATED CALF RAISE	4 Working Sets	15-20	Increase weight with each set if possible. Reduce reps if needed
	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
smith machine calf raise	5 Working Sets	10-12	Increase weight with each set

BUSN

16 WHAK TRAINING GUIDE





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS		ADD'L NOTES
	1 Warm Up Set	18-20		No-little weight for warm up
SEATED T-BAR ROW	3 Working Sets	10-12		Increase weight for working sets
	1 Drop Set	1 x 4 » 1 x 6		Decrease weight with drop. No rest between
Hyper Extension	5 Working Sets	2 x 15	1 x 15	Own bodyweight
MSPCR LAICHSIUM	5 Working Sets	2 x 12		Weighted
CLOSE GRIP PULL	4 Working Sets	10-15		Slow down the rep tempo. Be sure to squeeze hard at the bottom of each rep and allow a good stretch at the top
Down	1 Triple Drop Set	1 x 6 » 1 x 8 »	1 x 10	Decrease weight with drop. 10 sec rest between each
	4 Working Sets	2 x 20		Increase weight with each set
WIDE GRIP SEATED		2 x 15		
cable row		1 x 12		
	1 Triple Drop Sets	1 x 8 » 1 x 10 » 1 x 12		Decrease weight with drop. No rest between
Machine Assisted Lower Back Extension	5 Working Sets	10-12		Increase weight with each set
SINGLE ARM SMITH MACHINE ROW	4 Working Sets	8-10 (on each arm)		
WIDE GRIP PULL UP	3 Working Sets	10-12		Increase weight where possible
SUPERSET WITH				
STIFF ARM PULL DOWN	3 Working Sets	10-12		Increase weight where possible
Hammer curl	1 Warm Up Set	15-20		
naminek cukl	4 Working Sets	12-15		Increase weight with each set
STRAIGHT BAR	5 Working Sets	8-10 (on each	arm)	Increase weight with each set
cable curl	1 Triple Drop Sets	1 x 10 » 1 x 8	» 1 x 6	No rest between drops
ISOLATION CURL	4 Working Sets	12-15		On each arm. Increase weight with each set
SUPERSET WITH				
DUMBELL CURL	4 Working Sets	15		First 10 reps- keeps palms facing upwards. Last 5 reps- turn palms downwards. Increase weight with each set.

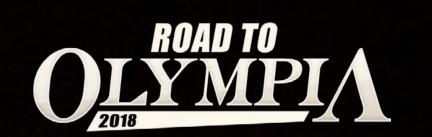




PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE BARBELL PRESS	2 Warm Up Sets	18-20	Use a lighter weight for warming up
PRESS	3 Working Sets	12-15	Increase weight with each set
FLAT DUMBELL	5 Working Sets	3 x 12-15	Increase weight with each set
PRESS	5 Working Sets	2 x 10-12	increase weight with each set
	3 Working Sets	12-15	Increase weight with each set
Pec dec fly	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	Decrease weight with drop. No rest between
Decline Barbell Press	5 Working Sets	10-12	Increase weight with each set
Incline dumbell Press	5 Working Sets	10-12	Increase weight with each set
	3 Working Sets	18-20	Increase weight with each set
cable fly	2 Drop Sets	1 x 8 » 1 x 6	Decrease weight with drop. No rest between
CHEST DIPS	3 Working Sets	6-10	Allow your elbows to flare out when dipping
SUPERSET WITH			
PUSHUPS	3 Working Sets	6-10	
Weighted TriceP DIP	4 Working Sets	12-15	Increase weight with each set
single cable	4 Working Sets	12-15	Increase weight with each set
PUSHDOWN	1 Drop Set	1 x 10 » 1 x 10	No rest between drop.
Machine Tricep EXTENSION	3 Working Sets	12-15	Increase weight with each set
	1 Drop Set	1 x 10 » 1 x 8	Decrease weight with drop. No rest between
TRICEP SMITH MACHINE PRESS	4 Working Sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric, 2 secs ecentric & 6 x 2 secs concentric, 4 secs ecentric







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Sets (normal stance)	20	No weight- use the weight of the bar alone to warm up
SMITH MACHINE	2 Working Sets (normal stance)	15-20	Increase weight slightly with each set
SQUAT	2 Working Sets (feet apart 'sumo' stance)	15-20	Increase weight slightly with each set
	2 Working Sets (feet together)	15-20	Increase weight slightly with each set
	2 Warm Up Sets	20	
Lying Hamstring Curl	4 Working Sets	2 x 15	Increase weight with each set
		2 x 10	
	1 Warm Up Set	20	
standing	4 Working Sets	2 x 15	Increase weight with each set
Hamstring curl		1 x 12	
		1 x 10	
	1 Warm Up Set	25	
	4 Working Sets	1 x 20	Increase weight with each set
Leg press		2 x 15	
		1 x 10	
	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	Decrease weight with drop. No rest between
	1 Warm Up Set	20	
	4 Working Sets	2 x 15	Increase wight with each set
Leg extension		2 x 10	
	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	Decrease weight with drop. No rest between
ADUCTORS	4 Working Sets	15-18	
SUPERSET WITH			
ADUCTORS	4 Working Sets	15-18	





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	20	
DUMBELL PRESS	4 Working Sets	2 x 15	Increase weight where possible
DUMBLLL PRESS		1 x 12	
		1 x 10	
SIDE LATERAL	1 Warm Up Set	15-18	
Raise (machine)	3 Working Sets	10-12	Increase weight where possible
reverse fly	3 Working Sets	10-12	
(Pec Dec)	1 Triple Drop Set	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
smith machine	4 Working Sets	12-15	Increase weight with each set
SHRUG	1 Triple Drop Set	1 x 12 » 1 x 10 » 1 x 8	Decrease weight with drop. No rest between
DUMBELL FRONT Raise	4 Working Sets	12-15	
SUPERSET WITH			NO rest between superset
DUMBELL LATERAL RAISE	4 Working Sets	12-15	
STANDING CALF RAISE	8 Working Sets	12-15	Increase weight with each set
	5 Working Sets	10-12	Increase weight with each set
seated calf raise	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	Decrease weight with drop. No rest between







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
CLOSED GRIP	4 Working Sets	12-15	Increase weight with each set
TRICEP SMITH MACHINE PRESS	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
machine preacher curl	5 Working Sets	15-18	Increase weight with each set
E7 DODDOLL CVIIII	4 Working Sets	12-15	Increase weight with each set
EZ BARBELL SKULL CRUSHERS	1 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	Decrease weight with drop. No rest between
CLOSED GRIP PULL UP	4 Working Sets	To failure	
seated dumbell	4 Working Sets	15-20	Work both arms together. Increase weight with each set
CURL	1 Drop Set	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL	5 Working Sets	12-15	Increase weight with each set
SUPERSET WITH			
overhead cable Extension	5 Working Sets	12-15	Increase weight with each set





PMTRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg Extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring CURL	3 Working Sets	20	
seated calve raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral Raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
Dumbell curl	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	







PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	20	
WIDE GRIP PULL UP	4 Working Sets	12-15	Increase weight where possible
	1 Triple Drop Set	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
Hyper Extension	5 Working Sets	1 x 20	Own bodyweight
HOPER LAIGHSIUH	5 Working Sets	4 x 12-15	Weighted. Use plate or kettlebell
overhand	4 Working Sets	15-18	
machine row	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	Decrease weight with drop. No rest between
underhand bent over row	4 Working Sets	15-20	Increase weight with each set
Machine Assisted Lower Back Extension	5 Working Sets	10-12	Increase weight with each set
WIDE GRIP LAT	4 Working Sets	15-20	Increase weight with each set
PULL DOWN	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	Decrease weight with drop. No rest between
seated closed	4 Working Sets	1 x 20 1 x 15 1 x 12 1 x 10	Increase weight with each set
GRIP ROW	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
cable rope pullover	4 Working Sets	10-12	Increase weight where possible
SUPERSET WITH			
Bent over Barbell Row (underhand)	4 Working Sets	10-12	Increase weight where possible
concentration dumbell curls	5 Working Sets	15 (on each arm)	While seated put your feet firmly on the floor, place the back of your upper arm on the inside of your thigh and bicep curl. Increase weight where possible.
PREACHER DUMBELL Hammer curls	5 Working Sets	10-12 (on each arm)	Increase weight with each set
EZ BAR PREACHER CURLS	5 Working Sets	10-12	Increase weight with each set
EZ BAR DRAG CURL	4 Working Sets	12	
SUPERSET WITH			
cable rope curl	4 Working Sets	8-10	





PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	15-18	
	4 Working Sets	2 x 10-12	
PEC DEC		2 x 8-10	
	1 Drop Set	1 x 6 » 1 x 8	Tempo of reps- 4 secs concentirc, 4 secs ecentric
seated incline Machine press	3 Drop Sets	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
incline bench cable fly	5 Working Sets	1 x 12 1 x 10 1 x 8 2 x 6	Increase weight where possible
incline dumbell	3 Working Sets	12-15	Increase weight with each set
PULLOVER	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
Incline single	3 Working Sets	10-12	Increase weight with each set
ARM DUMBELL PRESS	1 Drop Set	1 x 8 » 1 x 6	No rest between drop
FLAT MACHINE PRESS	3 Working Sets	18-20	Increase weight with each set
EZ BAR SKULL	1 Warm Up Set	20-25	
CRUSH	4 Working Sets	15-18	Increase weight where possible. Keep elbows in and squeeze through the triceps
EZ BAR UNDERHAND CABLE PULL DOWN	4 Working Sets	12-15	
SUPERSET WITH			
TRICEP SQUEEZE and contraction	4 Working Sets	15 second squeeze	No machine or weight used for this exercise. Straighten arms and sqeeze triceps to the max for 15 secs per set.
EZ BAR OVERHAND CABLE PULL DOWN	4 Working Sets	12-15	
SUPERSET WITH			
TRICEP SQUEEZE and contraction	4 Working Sets	15 second squeeze	No machine or weight used for this exercise. Straighten arms and squeeze triceps to the max for 15 secs per set.
cable rope pull down	4 Working Sets	12-15	







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
LUNGES	6 Working Sets	2 x 15 metres	Own bodyweight
SLED PUSH	6 Working Sets	2 x 15 metres	Weighted sled. Load with plates and do not add anymore weight throughout sets.
einere erannine	5 Working Sets	15 (on EACH leg)	Increase weight where possible
SINGLE STANDING HAMSTRING CURL	1 Drop Set	1 x 6 » 1 x 8 (on each leg)	Decrease weight with drop. No rest between
Leg Press	8 Working Sets	15-20	Increase weight where possible
Lying Hamstring CURL	6 Working Sets	15-18	Increase weight where possible
SINGLE LEG EXTENSION	5 Working Sets	12 (on each leg)	Weight does not need to be heavy on this exercise. Concentrate more on controlled movements and squeezing the quad.
ADUCTORS	5 Working Sets	15	
SUPERSET WITH			
ADUCTORS	5 Working Sets	15	





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	20	
MILITARY PRESS	4 Working Sets	2 x 15	Increase weight where possible
		1 x 12	
		1 x 10	
side Lateral Raise (machine)	5 Working Sets	12-15	Increase weight where possible
reverse fly	4 Working Sets	10-12	
(Pec Dec)	1 Triple Drop Set	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
smith machine	4 Working Sets	12-20	
SHRUG	1 Triple Drop Set	1 x 12 » 1 x 10 » 1 x 8	Decrease weight with drop. No rest between
single dumbell press	4 Working Sets	10 reps each arm followed by 5 reps together	
STANDING CABLE FRONT RAISE	4 Working Sets	10 reps each arm followed by 6 reps together	
DUMBELL FRONT Raise	4 Working Sets	12-15	
SUPERSET WITH			
DUMBELL LATERAL Raise	4 Working Sets	12-15	
seated calf press	8 Working Sets	15-20	
	1 Drop Set	1 x 8 » 1 x 8	
PLATE LOADED Seated Calf Raise	5 Working Sets	15-20	
	1 Drop Set	1 x 8 » 1 x 8	







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	18-20	
SEATED TRICEP EXTENSION MACHINE	3 Working Sets	12-15	Increase weight with each set where possible
	2 Drop Sets	1 x 8 » 1 x 10	Decrease weight with drop. No rest between
Lyng single arm Dumbell skull Crush	4 Working Sets	10 on each arm	Increase weight where possible
seated dumbell skull crush	4 Working Sets	8-10	Increase weight where possible
overhead rope cable extension	3 Working Sets	10-12	
SUPERSET WITH			
seated machine DIPS	3 Working Sets	10-12	
overhand barbell curl	5 Working Sets	18-20	
cable curl face Pulls	3 Working Sets	12-15	Hold the sqeeze on each bicep contraction
single arm cable curl face pulls	3 Working Sets	8-10 (on each arm)	
PLATE HAMMER CURLS	3 Working Sets	15	
SUPERSET WITH			
BICEP SQUEEZE and contraction	3 Working Sets	15 seconds	





PM TRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring Curl	3 Working Sets	20	
seated calve raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral Raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
Dumbell curl	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	







PMTRAINING BACK&BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
WIDE GRIP PULL UP	1 Warm Up Set	15-20	Own bodyweight
WIDL UNIP PULL OP	4 Working Sets	10-12	Add weight where possible
CLOSED GRIP PULL UP	4 Working Sets	12-15	Increase weight where possible
	4 Working Sets	12-15	Increase weight with each set
underhand Machine Row	1 Drop Set	1 x 8 » 1 x 10	Decrease weight with drop. No rest between
	5 Working Sets	2 x 20	Increase weight with each set
v bar seated row		1 x 15	
v bak scaleb kuw		1 x 10	
		1 x 8	
seated machine Hyper extension	4 Working Sets	12-15	Increase weight with each set
overhand	5 Working Sets	12-15	Increase weight with each set
Machine Row	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10-12	Decrease weight with drop. No rest between
cable rope pull over	4 Working Sets	8-10	
SUPERSET WITH			
ISO-LATERAL LOW ROW	4 Working Sets	8-10	
TIOMOD OTIDI	1 Warm Up Set	15-20	
Hammer curl	5 Working Sets	12-15	Increase weight with each set
STRAIGHT BAR	5 Working Sets	12-15	Increase weight with each set
cable curl	1 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops
ISOLATION CURL	5 Working Sets	12-15 (on each arm)	Increase weight with each set





PMTRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE DUMBELL	1 Warm Up Set	20	
PRESS	4 Working Sets	15-20	Increase weight with each set if possible
seated plate Loaded Chest	5 Working Sets	4 x 10-12	Increase weight with each set if possible.
PRess		1 x 12-15	
	4 Working Sets	2 x 10-12	
Pec Dec		2 x 8-10	
	1 Drop Set	1 x 6 » 1 x 8	Tempo of reps- secs concentirc, 4 secs ecentric
DUMBELL PULLOVER	4 Working Sets	10-12	Increase weight with each set if possible
SMITH MACHINE FLAT PRESS	3 Working Sets	To failure	At a moderate weight
Decline Barbell Press	3 Working Sets	18-20	Tempo of reps- 3 secs concentric, 3 secs ecentirc.
SUPERSET WITH			
CHEST	3 Working Sets	1 min each	Tense the chest for one minute.
Weighted Tricep DIP	5 Working Sets	12-15	Increase weight with each set
single cable	4 Working Sets	12-15	Increase weight with each set
PUSHDOWN	1 Drop Set	1 x 10 » 1 x 10	No rest between drop
SINGLE ARM DUMBELL SKULL CRUSH	5 Working Sets	12-15 (on each arm)	Increase weight with each set
Bench DIPS	4 Working Sets	15-20	
SUPERSET WITH			
TRICEP SQUEEZE and contraction	4 Working Sets	20 seconds	

16 WHEKTRAINIG GUIDE





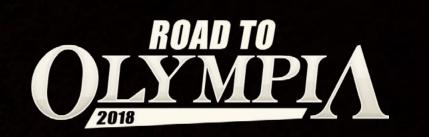


PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
LYING HAMSTRING CURL	5 Working Sets	12-15	Increase weight where possible
squats (Free standing	1 Warm Up Set	15-20	Use the weight of the bar- NO added plates
squat rack)	8 Working Sets	12-15	Increase weight where possible
seated Hamstring curl	5 Working Sets	12-15	Increase weight with each set
	4 Working Sets	12-15	Increase weight with each set
Leg extension	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with each set. No rest between drops.
Barbell Lunges	4 Working Sets	20 steps (10 forward, 10 back)	Find a comfortable weight and use for all sets
ADUCTORS	5 Working Sets	8-10	
SUPERSET WITH			
ADUCTORS	5 Working Sets	8-10	

16 WHKTRAINIG GUIDE





PMTRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
MILITARY PRESS	1 Warm Up Set	18-20	
MILITARI PRESS	5 Working Sets	12-15	
	5 Working Sets	2 x 15-20	Increase weight with each set
Barbell Front Raise		2 x 10-12	
		1 x 6-8	
cable rear fly	5 Working Sets	15-10	Increase weight with each set
machine Lateral	5 Working Sets	12-15	Increase weight with each set
Raise	1 Drop Set	1 x10 » 1 x 10	No rest between drop
Barbell Shrugs	5 Working Sets	15-18	Increase weight with each set
SUPERSET WITH			
DUMBELL LATERAL Raise	5 Working Sets	8-10	
STANDING SMITH Machine Calf Raise	8 Working Sets	14-16	Increase weight with each set
	5 Working Sets	12-14	
seated calf machine raise	1 Triple Drop Set	1x8 » 1x8 » 1x8	Decrease weight with each set. No rest between drops
SINGLE CALF RAISE OWN BODY WEIGHT	4 Working Sets	10-12	On each calf







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REI	PS			ADD'L NOTES
	1 Warm Up Sets	12-15				
SEATED EZ BARBELL SKULL	6 Working Sets	2 x 12				Increase weight with each set if possible
CRUSH		2 x 10				
		2 x 8				
PLATE LOADED TRICEP DIP MACHINE	6 Working Sets	2 x 12	2 x 1	0	2 x 8	
	6 Working Sets	2 x 12				Increase weight with each set if possible
overhead cable TRICEP EXTENSION		2 x 10				
		2 x 8				
Dumbell Hammer	6 Working Sets	2 x 12				Increase weight with each set if possible
CURL		2 x 10				
		2 x 8				
	6 Working Sets	2 x 12				
STRAIGHT BARBELL CURL		2 x 10				Increase weight with each set if possible
		2 x 8			Increase weight with each set if possible	
ROPE Hammer CURL	6 Working Sets	2 x 12	2 x 10	2	2 x 8	
DUMBELL PREACHER CURL	3 Working Sets (time under tension)	15				5 reps- 2 secs concentric, 2 secs ecentric / 5 reps- 4 secs concentric, 4 secs ecentric / 5 reps- 2 secs cocentric, 2 secs ecentric
SUPERSET WITH						
TRICEP ROPE EXTENSION	3 Working Sets (time under tension)	15				5 reps- 2 secs concentric, 2 secs ecentric / 5 reps- 4 secs concentric, 4 secs ecentric / 5 reps- 2 secs cocentric, 2 secs ecentric





PM TRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg Extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring CURL	3 Working Sets	20	
seated calve raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral Raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
Dumbell curl	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	







PMTRAINING BACK&BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES	
BARBELL DEADLIFT	1 Warm Up Set	12-15	Warm up with bar alone-no plates needed. Be sure to keep your back straight	
	5 Working Sets	8-10	Increase weight where possible	
	5 Working Sets	2 x 12-15	Own bodyweight	
WIDE GRIP PULL UP		2 x 8 -10		
		1 x 6-8		
standing t-bar	4 Working Sets	8-10	Increase weight where possible	
ROW	2 Drop Sets	1 x 5 » 1 x 5	Decrease weight with drop. No rest between	
	4 Working Sets	12-15	Increase weight with each set	
v bar seated row	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between	
Hyper Extension	4 Working Sets	12-15	Use weight (plate) if possible	
SUPERSET WITH				
overhand Machine Row	4 Working Sets	10-12	Increase weight with each set if possible	
SINGLE DUMBELL BICEP CURL	5 Working Sets	15	First 10 reps (on each arm)- singular. Last 5 reps- both arms together with palms facing upwards.	
	1 Working Sets	2-20	Increase weight where possible	
seated isolated Bicep curl		12-15		
	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	Decrease weight with drop. No rest between	
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight where possible but be sure to keep form and do not start to raise shoulders	
SUPERSET WITH				
SINGLE ARM Hammer curl	4 Working Sets	8-10	Keep at a suitable weight	





PMTRAINIC CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE BARBELL	2 Warm Up Set	18-20	
PRESS	3 Working Sets	10-12	Increase weight with each set
FLAT DUMBELL	4 Working Sets	3 x 10-12	Increase weight with each set
PRess		1 x 6-8	
Pec dec fly	3 Working Sets	10-12	Increase weight with each set
PEC DEC FLS	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	No rest between drops
Decline Barbell Press	4 Working Sets	10-12	Increase weight with each set
Incline dumbell Press	3 Working Sets	8-10	Increase weight with each set
cable fly	4 Working Sets	18-20	Increase weight with each set
	1 Warm Up Set	To failure	Own bodyweight
Weighted TriceP DIPS	2 Working Sets	10-12	Increase weight with each set
	1 Drop Set	1 x 10 » 1 x failure	Weighted and then drop to own bodyweight
TRICEP SMITH Machine Press	4 Working Sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric , 2 secs ecentric & 6 x 2 secs concentric, 4 secs ecentric
ROPE PUSHDOWN	4 Working Sets	12-14	
SUPERSET WITH			
Machine Tricep DIPS	4 Working Sets	6-8	Keep heavy load on tricep dips

16 WHKTRAINIC CUIDE



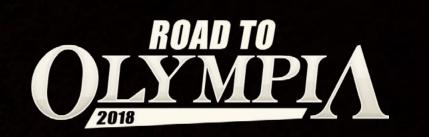




PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
	5 Working Sets	1 x 20 (on each leg)	Warm up with bar alone- no weight added
WEIGHTED LUNGES (SQUAT RACK)		1 x 15 (on each leg)	Increase weight where possible but keeping lunges wide, deep and controlled
		2 x 10 (on each leg)	
		1 x 8 (on each leg)	
	5 Working Sets (time under tension)	6-8	4 secs concentric, 4 secs ecentric. Be sure to keep weight on quads by keeping legs slightly bent when standing up from squat- try not to fully straighten legs
SISSY SQUAT			
	6 Working Sets	3 x 15-20	Increase weight where possible
		3 x 8 (time under tension)	2 secs concentric, 4 secs ecentric
seated Hamstring curl	5 Working Sets	15-20	Increase weight where possible
DUMBELL	6 Working Sets	2 x 20	Increase weight where possible. Be sure to keep back and legs straight
STRAIGHT LEG DEADLIFT		2 x 15	
		2 x 10	
Lying Hamstring	5 Working Sets	3 x 12-15	Increase weight where possible
CURL		2 x 6- 8 (time under tension)	2 secs concentric, 4 secs ecentric





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	20	
	4 Working Sets	2-15	Increase weight with each set
DUMBELL PRESS		1 x 12	
		1 x 10	
SIDE LATERAL	1 Warm Up Set	15-18	
raise (machine)	3 Working Sets	10-12	Increase weight with each set
reverse fly	3 Working Sets	10-12	
(Pec Dec)	1 Triple Drop Set	1 x 10 » 1x 10 » 1 x 10	Decrease weight with drop. No rest between
emini Maciina	4 Working Sets	12-15	Increase weight with each set
SMITH MACHINE SHRUG	1 Triple Drop Set	1 x 12 » 1 x 10 » 1 x 8	Decrease weight with drop. No rest between
DUMBELL FRONT Raise	4 Working Sets	12-15 1x5>1x5	
SUPERSET WITH			
DUMBELL LATERAL Raise	4 Working Sets	12-15	NO rest between superset
	1 Warm Up Set	12-15	
PLATE LOADED SEATED CALVE RAISE	3 Working Sets	8-10	Increase weight with each set if possible
	1 Drop Set	1 x 5 » 1 x 5	Decrease weight with drop. No rest between
calve machine Press	4 Working Sets	12-15	Increase weight with each set
standing calve Raise	3 Working Sets	10-12	Increase weight with each set but really concentrate on squeezing the calves at the top and holding
	1 Drop Set	1 x 4 » 1 x 6	Decrease weight with drop. No rest between

16 WHEKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
UNDERHAND SINGLE ARM CABLE EXTENSION	1 Warm Up Set (on each arm)	20	
	3 Working Sets (on each arm)	15-18	Increase weight where possible
overhand single arm cable	4 Working Sets (on each arm)	1 x 20	
EXTENSION		3 x 15-18	Increase weight where possible
WIDE GRIP EZ BAR	5 Working Sets	12-15	Increase weight where possible
cable pushdown	1 Drop Set	1 x 6 » 1 x 8-10	
FRONT DIP Machine	4 Working Sets	15-20	Slowly increase weight where possible
	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between. Keep shoulders down and weight in triceps
	3 Working Sets	15-18	
EZ BAR CURL	3 Time Under Tension Sets	6	Tempo of reps- 4 secs concentric, 2 secs ecentric
SINGLE ARM	4 Working Sets	10 (single arm) 5 (together)	Increase weight where possible
DUMBELL CURL	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	Decrease weight with drop
SINGLE ARM OVERHEAD CABLE CURL	5 Working Sets	10 (on each arm)	Increase weight where possible
PREACHER CURL	5 Working Sets	10-12	Increase weight where possible
SKULL CRUSHERS	3 Working Sets	8-10	
SUPERSET WITH			
Hammer curl	3 Working Sets	6-8 (on each arm)	





PMTRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg press	3 Working Sets	20	
Lying Hamstring CURL	3 Working Sets	20	
seated calve Raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
DUMBELL CURL	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL Weighted Crunch	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	



16 WEEKTRAINIC CUIDE





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
WIDE GRIP PULL UP	2 Warm Up Sets	12-15	Own bodyweight
WIDE GRIP PULL UP	3 Working Sets	10-12	Own bodyweight
CLOSED GRIP PULL UP	3 Working Sets	12-15	Own bodyweight
underhand	4 Working Sets	12-15	Increase weight with each set
Machine Row	1 Drop Set	1 x 8 » 1 x 10	Decrease weight with drop. No rest between
v bar seated row	4 Working Sets	2 x 20	8 Increase weight with each set
seated machine Hyper extension	4 Working Sets	12-15	Increase weight with each set
overhand	3 Working Sets	12-15	Increase weight with each set
Machine Row	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10-12	Decrease weight with drop. No rest between
cable rope pull	4 Working Sets	10-12	Increase weight with each set
over	1 Rest Pause Set	1 x 10 » 1 x 10	Stick to same weight. 10 second break between sets
SINGLE DUMBELL BICEP CURL	5 Working Sets	15	First 10 reps (on each arm)- singular. Last 5 reps- both arms together with palms facing upwards
	4 Working Sets	2 x 20	Increase weight with each set
seated isolated Bicep curl		2 x 15	
DICEP CURL	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight where possible but be sure to keep form and do not start to raise shoulders
SUPERSET WITH			
SINGLE ARM Hammer curl	4 Working Sets	8-10	Keep at a suitable weight





AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES		
incline sit ups	4 Working Sets	20			
SUPERSET WITH					
STANDING WEIGHTED CRUNCH	4 Working Sets	20			
cable wood chop	4 Working Sets	15	15 reps on each oblique		
SUPERSET WITH	SUPERSET WITH				
PLank	4 Working Sets	90 secs			
Bench Leg Raises	4 Working Sets	15-18			
SUPERSET WITH					
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18			

PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
PEC DEC	1 Warm Up Set	15-18	
	4 Working Sets	2 x 10-12	
		2 x 8-10	
	1 Drop Set	1 x 6 » 1 x 8	Tempo of reps- 4 secs concentirc, 4 secs ecentric
seated incline machine press	3 Drop Sets	1 x 10 » 1 x 10	Decrease weight with drop. No rest between
Incline Bench Cable FLY	5 Working Sets	1 x 12	Increase weight where possible
		1 x 10	
		1 x 8	
		2 x 6	





PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
Incline dumbell Pullover	3 Working Sets	12-15	Increase weight where possible
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
Incline single ARM DUMBELL	3 Working Sets	10-12	Increase weight with each set
PRESS	1 Drop Set	1 x 8 » 1 x 8	No rest between drop
FLAT MACHINE PRESS	4 Working Sets	12-15	Increase weight with each set
	1 Warm Up Set	20	
ROPE CABLE PULLDOWN	4 Working Sets	12-15	
	1 Drop Set	1 x 8 » 1 x 8	
DUMBELL SKULL	5 Working Sets	12x15	
CRUSH	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	
Machine Tricep Extension	4 Working Sets	10-12	
SUPERSET WITH			
Bench Tricep Dips	4 Working Sets	10-12	





PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
GOBLET SQUAT	6 Working Sets	15-20	Increase weight with each set. Ensure that each squat is slow, controlled and as low to the floor as you can get. Keep your back straight at all times
Barbell Lunge	5 Working Sets	10-12 reps on each leg	Increase weight where possible
Leg press	4 Working Sets	15	Increase weight with each set. Make each rep deep
	1 Triple Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
Lying Hamstring Curl	4 Working Sets	10-12	Increase weight with each set
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	Decrease weight with drop. No rest between
STIFF LEG DUMBELL DeadLIFT	5 Working Sets	10-12	Keep legs and back as straight as possible
seated Hamstring Curl	5 Working Sets	12-15	Increase weight where possible

16 WEEK TRAINING GUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
CINCIE ADM	2 Warm Up Sets	12-15	
SINGLE ARM DUMBELL PRESS	4 Working Sets	10 reps each arm, followed by 5 reps together= 15 rep total	Increase weight on each set if possible
smith machine	4 Working Sets	10-12	Increase weight with each set if possible
PRess	1 Drop Set	1 x 6 » 1 x 8	Decrease weight with drop. No rest between
Pec dec rear fly	3 Working Sets	12-15	Increase weight with each set if possible but concentrate on slow movements and feeling the squeeze
	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between
DUMBELL LATERAL Raise	4 Working Sets	10-12	Increase weight on each set if possible
	3 working sets	8-10	Increase weight with each set if possible
DUMBELL SHRUG	1 Drop Set	1 x 6 » 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM CABLE FRONT RAISE	3 Working Sets	10	10 single reps followed by 5 reps together
SUPERSET WITH			
Cable Front Raise (Both Sholders Together)	3 Working Sets	5	10 single reps followed by 5 reps together
Barbell seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
smith machine seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
STANDING BARBELL CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible

16 WEEK TRAINING CUIDE

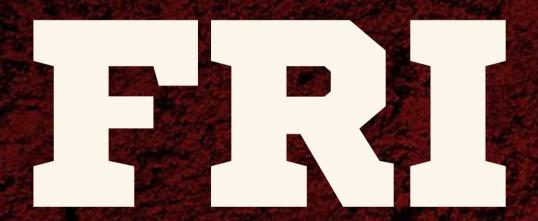






AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES	
INCLINE SIT UPS	4 Working Sets	20		
SUPERSET WITH				
STANDING WEIGHTED CRUNCH	4 Working Sets	20		
cable wood chop	4 Working Sets	15	15 reps on each oblique	
SUPERSET WITH				
PLank	4 Working Sets	90 secs		
Bench Leg Raises	4 Working Sets	15-18		
SUPERSET WITH				
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18		



PM TRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	15-20	
CABLE ROPE	4 Working Sets	12-15	Increase weight with each set
PULLDOWN	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM DUMBELL SKULL CRUSH	4 Working Sets	10-12	10-12 on each arm. Increase weight with each set if possible
own bodyweight bench dips	4 Working Sets	15-18	Slow and controlled. Tempo of reps- 4 sec up & 4 secs down

16 WEEKTRAINIG GUIDE







PM TRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES		
EZ BAR CABLE CURL	4 Working Sets	15-20	Increase weight with each set if possible		
	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between.		
DUMBELL CURLS	4 Working Sets	10 reps straight into 5 reps both together = 15 rep total	Last 5 reps are partial reps		
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight with each set if possible		
TRICEP DUMBELL KICKBACKS	3 Working Sets	8-10	Increase weight with each set if possible		
SUPERSET WITH					
DUMBELL Hammer curl	3 Working Sets	8-10	Increase weight with each set if possible		

16 WHEK TRAINING GUIDE





PMTRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg Extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring Curl	3 Working Sets	20	
seated calve Raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral Raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
DUMBELL CURL	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL Weighted Crunch	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	



16 WHEKTRAINING GUIDE





PMTRAINING BACK & BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	18-20	
WIDE GRIP LAT PULLDOWN	4 Working Sets	12-15	Increase weight with each set if possible. Make each movement slow and controlled
PLATE LOADED	5 Working Sets	2 x 10-12	Overhand grip. Elbows high- focusing on upper part of back- 'raised row'. Increase weight with each set if possible.
seated row		2 x 8-10	
		1 x 6-8	
Lying T-Bar Row	4 Working Sets	6-8	Heavy load but keep form
	5 Working Sets	2 x 12-15	Own bodyweight
Hyper extension		2 x 10-12	Hold plate to add weight
		1 x 12-15	Own bodyweight
SINGLE ARM DUMBELL ROW	4 Working Sets	12-15	Increase weight with each set if possible
CLOSED GRIP CABLE	4 Working Sets	10-12	Increase weight with each set if possible
ROW	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease wight with drop. No rest between
standing cable Face curls	7 Working Sets	10-15	
SINGLE ARM DUMBELL HAMMER CURLS	4 Working Sets	8-10 (on each arm)	
DUMBELL SPIDER CURLS	5 Working Sets	10-12	Use inclined bench

16 WEEK TRAINING CUIDE





AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES	
incline sit ups	4 Working Sets	20		
SUPERSET WITH				
STANDING WEIGHTED CRUNCH	4 Working Sets	20		
cable wood chop	4 Working Sets	15	15 reps on each oblique	
SUPERSET WITH				
PLank	4 Working Sets	90 secs		
Bench Leg Raises	4 Working Sets	15-18		
SUPERSET WITH				
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18		

PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE BARBELL	2 Warm Up Set	18-20	
PRESS	5 Working Sets	10-12	Increase weight with each set
FLAT DUMBELL	5 Working Sets	3 x 10-12	Increase weight with each set
PRESS		1 x 6-8	
Pec dec fla	4 Working Sets	10-12	Increase weight with each set
	1 Triple Drop Set	1 x 8 » 1 x 10 » 1 x 12	No rest between drops
Decline Barbell Press	5 Working Sets	10-12	Increase weight with each set
Incline dumbell Press	4 Working Sets	8-10	Increase weight with each set
cable fly	4 Working Sets	18-20	Increase weight with each set

16 WHEKTRAINING GUIDE





PMTRAINIC CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Set	15-20	
CLOSED GRIP TRICEP SMITH	3 Working Sets	12-15	Increase weight with each set
Machine Press	1 Drop Set	1 x 8 » 1 x 8	Decrease weight with drop. No rest between
Machine Preacher CURL	4 Working Sets	15-18	Increase weight with each set
EZ BARBELL SKULL CRUSHERS	3 Working Sets	12-15	Increase weight with each set
	1 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops

16 WIHK TRAINING GUIDE







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
SMITH MACHINE	1 Warm Up Set (Normal Stance)	20	No weight- use the weight of the bar alone to warm up
	2 Working Sets (Normal Stance)	15-20	Increase weight slightly with each set
SQUAT	2 Working Sets (Feet Apart 'Sumo' Stance)	15-20	Increase weight slightly with each set
	2 Working Sets (Feet Together)	15-20	Increase weight slightly with each set
	2 Warm Up Set	20	
Lying Hamstring Curl	6 Working Sets	2 x 15	Increase weight with each set
		2 x 10	
	1 Warm Up Set	20	
standing	4 Working Sets	2 x 15	Increase weight with each set
Hamstring curl		1 x 12	
		1 x 10	
	1 Warm Up Set	25	
	4 Working Sets	1 x 20	Increase weight with each set
Leg press		2 x 15	
		1 x 10	
	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	Decrease weight with drop. No rest between
	1 Warm Up Set	20	Increase wight with each set
	4 Working Sets	2 x 15	
Leg extension		2 x 10	
	1 Triple Drop Set	1 x 8 » 1 x 8 » 1 x 8	Decrease weight with drop. No rest between
ADUCTORS	4 Working Sets	15-18	
SUPERSET WITH			
ADUCTORS	4 Working Sets	15-18	

16 WHEKTRAINING GUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	20	
DUMBELL PRESS	4 Working Sets	2-15	Increase weight with each set
		1 x 12	
		1 x 10	
SIDE LATERAL	1 Warm Up Set	15-18	
raise (machine)	3 Working Sets	10-12	
Reverse fly	3 Working Sets	10-12	
(Pec Dec)	1 Triple Drop Set	1 x 10 » 1 x 10	NO rest
smith machine	4 Working Sets	12-15	
SHRUG	1 Triple Drop Set	1 x 12 » 1 x 10 » 1 x 8	
DUMBELL FRONT Raise	4 Working Sets	12-15	
SUPERSET WITH			
DUMBELL LATERAL RAISE	4 Working Sets	12-15	NO rest between superset
STANDING SMITH Machine Calf Raise	5 Working Sets	14-16	Increase weight with each set
STANDING SMITH Machine Calf Raise	4 Working Sets	12-14	
	1 Triple Drop Set	1x8 » 1x8 » 1x8	Decrease weight with each set. No rest between drops
single calf raise own body weight	3 Working Sets	10-12	On each calf

16 WEEK TRAINING GUIDE







AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES	
INCLINE SIT UPS	4 Working Sets	20		
SUPERSET WITH				
STANDING WEIGHTED CRUNCH	4 Working Sets	20		
cable wood chop	4 Working Sets	15	15 reps on each oblique	
SUPERSET WITH				
PLank	4 Working Sets	90 secs		
Bench Leg Raises	4 Working Sets	15-18		
SUPERSET WITH				
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18		

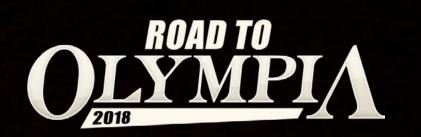


PM TRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	1 Warm Up Set	15-20	
CABLE ROPE PULLDOWN	4 Working Sets	12-15	Increase weight with each set
	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM DUMBELL SKULL CRUSH	4 Working Sets	10-12	10-12 on each arm. Increase weight with each set if possible
own bodyweight bench dips	4 Working Sets	15-18	Slow and controlled. Tempo of reps- 4 sec up & 4 secs down

16 WHEKTRAINIC CUIDE







PMTRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	4 Working Sets	15-20	Increase weight with each set if possible
EZ BAR CABLE CURL	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between.
DUMBELL CURLS	4 Working Sets	10 reps straight into 5 reps both together = 15 rep total	Last 5 reps are partial reps
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight with each set if possible
TRICEP DUMBELL KICKBACKS	3 Working Sets	8-10	Increase weight with each set if possible
SUPERSET WITH			
Dumbell Hammer curl	3 Working Sets	8-10	Increase weight with each set if possible

16 WEEK TRAINING GUIDE





PMTRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring CURL	3 Working Sets	20	
seated calve Raise	3 Working Sets	20	
Lat pull down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral Raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
Dumbell curl	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL Weighted crunch	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	



16 WHEKTRAINING GUIDE





PMTRAINING BACK&BICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
WIDE GRIP LAT PULLDOWN	2 Warm Up Sets	20	
	4 Working Sets	10- 12	
	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	No rest between drop
	2 Warm Up Sets	20	Own bodyweight
Hyper Extension	4 Working Sets	12-15	Weighted. Increase weight with each set
overhand	4 Working Sets	12-15	
machine row	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	No rest between drop
underhand bent over row	5 Working Sets	10-12	Increase weight with each set
WIDE GRIP LAT	4 Working Sets	10-12	
PULL DOWN	1 Triple Drop Set	1 x 10 » 1 x 10 » 1 x 10	No rest between drop
	4 Working Sets	1 x 15	Increase weight each set
		1 x 12	
seated closed GRIP ROW		1 x 10	
		1 x 8	
	1 Triple Drop Set	1 x 6 » 1 x 6 » 1 x 6	No rest between drop
	3 Working Sets (on each arm)	1 x 15-18	
DUMBELL CURL		2 x 8-10	
	2 drop sets	1 x 8 » 1 x 8	Increase weight each set
seated bicep curl	5 Working Sets	8-10	Increase weight each set
Hammer Dumbell CURL	4 Working Sets (on each arm)	8-10	Use inclined bench
EZ BARBELL CURL	4 Working Sets	10-12	

16 WEEK TRAINING CUIDE





AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES	
INCLINE SIT UPS	4 Working Sets	20		
SUPERSET WITH				
STANDING WEIGHTED CRUNCH	4 Working Sets	20		
cable wood chop	4 Working Sets	15	15 reps on each oblique	
SUPERSET WITH				
PLank	4 Working Sets	90 secs		
Bench Leg Raises	4 Working Sets	15-18		
SUPERSET WITH				
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18		

PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
INCLINE CABLE FLY	1 Warm Up Set	15-20	
	3 Working Sets	12-15	Increase weight with each set
Decline smith Machine press	4 Working Sets	12-15	Increase weight with each set
	6 Working Sets	2 x 10-12	Increase weight with each set
FLAT DUMBELL PRESS		2 x 8-10	
		2 x 6 - 8	
incline single	3 Working Sets	10-12	Increase weight with each set
ARM DUMBELL PRESS	1 Drop Set	1 x 8 » 1 x 8	No rest between drop
FLAT MACHINE PRESS	4 Working Sets	12-15	Increase weight with each set

16 WEEK TRAINING GUIDE





PM TRAINING CHEST & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
seated incline Machine press	3 Drop Set	3 x 10 » 3 x 10	Decrease weight with drop. No rest between.
TDICOD DIDC	2 Warm Up Set	To failure	
TRICEP DIPS	3 Working Sets	15	Increase weight with each set
CLOSED GRIP EZ BAR CABLE (PUSHDOWN)	3 Working Sets	15	Increase weight with each set
wide grip ez bar cable (pushdown)	3 Working Sets	15	Increase weight with each set
	4 Working Sets	3 x 12-15	
seated tricep Extension		1 x 10-12	
	3 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops

16 WHEKTRAINIG GUIDE







PM TRAINING QUADS & HAMSTRINGS

EXERCISE	SETS	REPS	ADD'L NOTES
SMITH MACHINE SQUAT	1 Warm Up Set (Normal Stance)	20	No weight- use the weight of the bar alone to warm up
	2 Working Sets (Normal Stance)	15-20	Increase weight slightly with each set
	2 Working Sets (Feet Apart 'Sumo' Stance)	15-20	Increase weight slightly with each set
	2 Working Sets (Feet Together)	15-20	Increase weight slightly with each set
Dumbell Lunges	5 Working Sets	5 'laps' in total	Find an area to lunge and count each set as the distance there AND back
single leg extension	5 Working Sets (on each leg)	15-20	Increase weight with each set
seated	4 Working Sets	12-15	Increase weight with each set
Hamstring curl	1 Drop Set	1 x 8 » 1 x 8	No rest between drop
Leg Press	5 Working Sets	15-18	
SUPERSET WITH			
DUMBELL STRAIGHT LEG DEADLIFT	5 Working Sets	15-18	

16 WHEKTRAINIG GUIDE





PM TRAINING SHOULDERS & CALVES

EXERCISE	SETS	REPS	ADD'L NOTES
PLATE RAISES	5 Working Sets	10 (on each side) followed by 5 (front raises together)	Go up in weight with each set when possible
Pec dec rear fly	4 Working Sets	12-15	Increase weight with each set if possible but concentrate on slow movements and feeling the squeeze
	1 Triple Drop Set	1 x 6 » 1 x 8 » 1 x 10	Decrease weight with drop. No rest between
	4 Working Sets	2 x 15	Concentrate on slow movements with good form
DUMBELL SIDE Lateral raise		2 x 10	
	1 Triple Drop Set	1 x 4 » 1 x 6 » 1 x 8	Decrease weight with drop. No rest between
	3 Working Sets	1 x 12	Increase weight where possible
smith machine		1 x 10	
PRESS		1 x 8	
	1 Time Under Tension Set	4	4 secs concentric, 4 secs ecentric
SMITH MACHINE Reverse shrug	4 Working Sets	10-12	
SUPERSET WITH			
cable rope face PULL	4 Working Sets	10-12	NO rest between superset
Barbell seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
smith machine seated calf raise	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible
STANDING BARBELL CALF RAISE	5 Working Sets	12-15	Focus on slow movements and feeling the squeeze. Increase weight where possible

16 WEEK TRAINING GUIDE

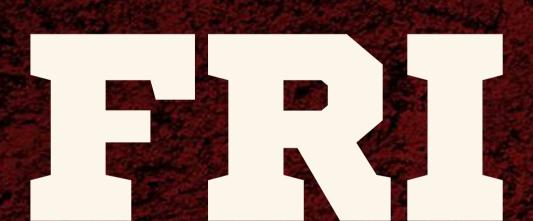






AMTRAINING CARDIO & ABS

EXERCISE	SETS	REPS	ADD'L NOTES
Incline sit ups	4 Working Sets	20	
SUPERSET WITH			
STANDING WEIGHTED CRUNCH	4 Working Sets	20	
cable wood chop	4 Working Sets	15	15 reps on each oblique
SUPERSET WITH			
PLank	4 Working Sets	90 secs	
Bench Leg Raises	4 Working Sets	15-18	
SUPERSET WITH			
ROPE CABLE WEIGHTED CRUNCH	4 Working Sets	15-18	



PM TRAINING BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES
	2 Warm Up Sets	15-20	
CLOSED GRIP TRICEP SMITH	3 Working Sets	12-15	Increase weight with each set
MACHINE PRESS	1 Drop Set	1 x 8 » 1 x 6	Decrease weight with drop. No rest between
Machine Preacher CURL	4 Working Sets	15-18	Increase weight with each set
EZ BARBELL SKULL CRUSHERS	4 Working Sets	12-15	Increase weight with each set
	1 Triple Drop Set	1 x 10 » 1 x 8 » 1 x 6	No rest between drops

16 WEEK TRAINING CUIDE







PMTRAINIG BICEPS & TRICEPS

EXERCISE	SETS	REPS	ADD'L NOTES	
CLOSED GRIP PULL UP	3 Working Sets	3 x to failure		
seated dumbell	3 Working Sets	15-20	Work both arms together. Increase weight with each set	
CURL	1 Drop Set	1 x 10 » 1 x 10	No rest between drop	
SMITH MACHINE DRAG CURL	4 Working Sets	12-15	Increase weight with each set	
SUPERSET WITH				
overhead cable Extension	4 Working Sets	12-15	Increase weight with each set	

16 WEEK TRAINING GUIDE





PMTRAINING FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADD'L NOTES
Leg Extension	3 Working Sets	20	For all exercises be sure to a pick a weight that you can get 20 reps with
Hamstring curl	3 Working Sets	20	
smith machine standing calve raise	3 Working Sets	20	
Leg Press	3 Working Sets	20	
Lying Hamstring Curl	3 Working Sets	20	
seated calve Raise	3 Working Sets	20	
Lat Pull Down	3 Working Sets	20	
seated row	3 Working Sets	20	
Barbell Shoulder Press	3 Working Sets	20	
DUMBELL SIDE Lateral raise	3 Working Sets	20	
FLAT BARBELL PRESS	3 Working Sets	20	
cable fly	3 Working Sets	20	
Dumbell curl	3 Working Sets	20	
macine preacher curl	3 Working Sets	20	
TRICEP DIPS	3 Working Sets	20	Use own bodyweight for these
ROPE CABLE PUSHDOWN	3 Working Sets	20	
ABDOMINAL Weighted crunch	3 Working Sets	20	
Hanging Leg Raise	3 Working Sets	20	

POSING PRACHICE

ompetitors, I cannot stress enough how important it is to practice your posing as MUCH as you possibly can throughout your prep!! Unfortunately, it is something that I think can sometimes be underestimated by first time competitors and I can't imagine anything worse than spending 12-16 weeks prepping- working your body like it's never worked before, resisting temptation and putting absolutely everything you've got, for it then to go to waste on not having practiced your posing to perfection. Your stage presence really can earn you those extra few points and help win over the judges and your audience!



Posing really is quite a controversial subject within the bodybuilding world. A lot of the competitors have very different ideas as to what they think looks good and I have definitely been an athlete who's posing has been debated on quite a lot. I like to think I have developed a style that works and looks good for me personally. Each year I try to change my routine slightly but I do make sure that I stick to the best poses that work for me. It is so incredibly important to know how to manipulate your weaker areas and show off your stronger areas because you really only get a few minutes up on that stage and you want to make the absolute most of it!

By no means at all am I professing to be a posing coach but I do like to think that through 10 years of competing experience I am knowledgeable enough to help with a few tips that I have found really helped me when getting on that stage....

N.B In the earlier section of this ebook, you will have noticed that my training routines include posing practice at the end of a lot of my sessions. I am not saying that this is the exact time that you should carry out your posing practice but I myself find that it helps to get in to a routine, whenever you may choose to practice. For me, the best time is after I have trained because I should have a 'pump' and mentally this really helps when looking at my stage routine. Throughout this prep I intend on practicing my posing more than I have ever done before. As you know, this year I am aiming to be bring the BEST package I have EVER bought and this definitely includes a routine that won't go unnoticed!

PRACTICE, PRACTICE, PRACTICE

Ok, so the main reason for practicing your posing is pretty obvious. You do NOT want to get up on to stage and have no clue what you are doing. Learn your routine so much so that you could do it with your eyes closed. The more confident you are in knowing your routine, the more confident you will be on marching in to the centre of that stage and showing off your phenomenal work over the last few months! However, another HUGE factor in practicing your routine is that you NEED to be able to HOLD those poses!! I have seen guys with the most amazing muscle formation struggle to hold and tense on stage because they simply have not practiced in doing so. You will usually be able to pick out the people that haven't practiced because they tend to shake when tensing and this is honestly just down to training your muscle to hold that position. Everyone can do it- it's just 'practice, practice, practice'. The more you do it, the easier it will become and it really does just comes down to that.

SMILE

To a lot of people this could sound like something so small and so simple to do but anyone that has stepped on stage will know that smiling whilst giving it everything you've got to crunch down on your ab's at the same time, really is not as easy as it sounds. Not so easy, but certainly not impossible. We all know that a smile instantly makes a person more approachable, more likeable and more attractive. It works the same, if not more, when you're up on stage. The couple of minutes that you get your time to shine is the few moments in which you need to grab as many point as you possibly can and the judges love a good smile! Please do not forget this guys. Your smile will stick in people's heads and it may be that extra mark you need to take you one place up. Try to smile throughout the whole of your posing practice because this way it becomes habit and therefore makes it much more natural when it comes to show day!

RECORD YOUR ROUTINE

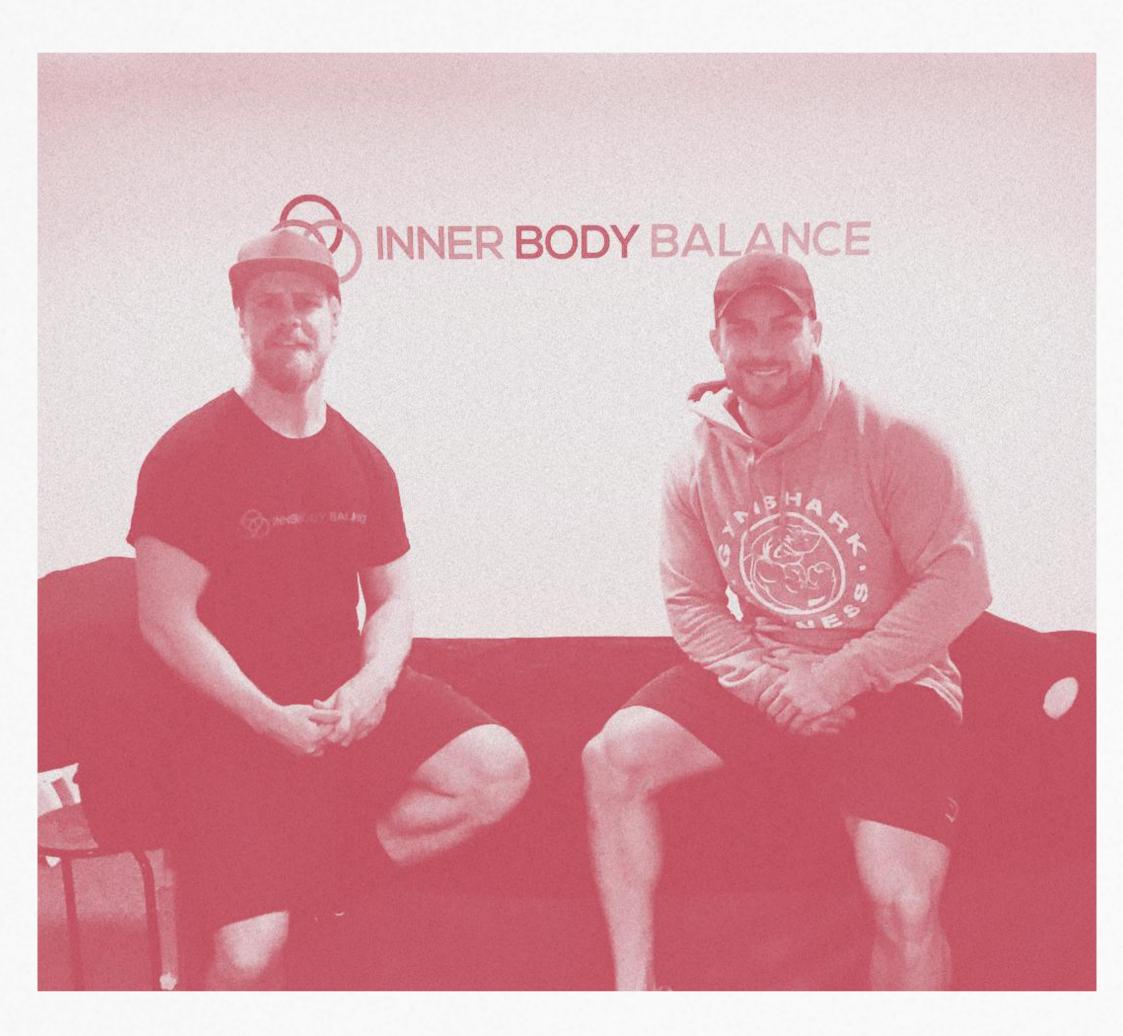
When I first ever started learning a posing routine, I was surprised at how well I thought I'd nailed it until I turned away from the mirror and then gave it another go! The mirror is an amazing tool to help you learn what looks good but unfortunately you will not have a mirror up with you when you get on stage so you have to be prepared for doing it without. If you're lucky and have someone to watch your routine every time you practice then brilliant but in reality this is not usually the case so one of my favourite tips when practicing your posing is to set up a tripod with your camera and record yourself. It really is a great way to go back and help you to see what looks good but also to help you see what doesn't and what you need to adapt or work on perfecting.

STAND TALL AND MAKE YOUR SHAPES SYMMETRICAL

It is very natural to hunch over whilst trying to tense your abs but so important that you try your best to keep stood as tall and as straight as you can. Hunching over can create a much shorter torso and can also widen your waist- some points that could unfortunately lose you point. Again, this will all come down to practice so keep at it. The Judges LOVE symmetry- there is no getting away from this so reflect that as much as possible during your routine. If you raise one arm, raise the other to the same level so that your body is constantly creating those symmetrical shapes. Your routine will come off much better for looking 'even' and fluid in your movements so I would maybe first focus on making your stationary poses look as symmetrical as possible before then going on to work out how to transition from one to the other in a fluid and flowing manner.

Sports Physiotherapy

During last year's Olympia run-up, my sports physiotherapy with Jonny Hands was one aspect of my prep that I really missed having. I did try massage therapy with a couple of other therapists whilst in the states but unfortunately it was never a regular thing and I do have to admit that my body suffered for it. I felt as though I couldn't open up my lats properly and this is obviously something that is very important when you're up on stage and trying to showcase your back whilst posing.

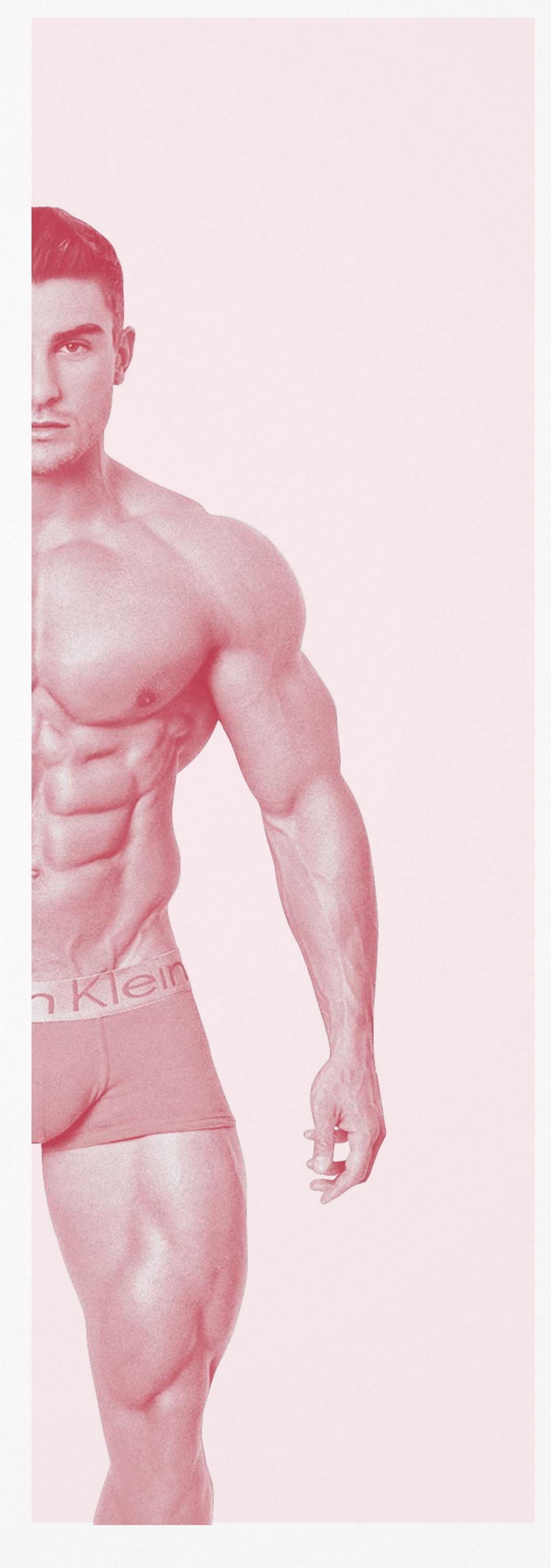


As you know, this year I am back on home turf, which means I am working with Jonny again and will be seeing him once a week, every week, during my 2018 Olympia prep.

Jonny is a Sports & Remedial Massage Therapist with over 7 years of experience in his field of expertise. He was trained and qualified from Endeavour College of Natural Health, Melbourne, Australia. Further enhancing his skill set with spinal manipulations and articulations at Oxford University with John Gibbons.

Below are a few questions that I have asked Jonny to explain so that you can get a further insight in to the type of work that we do together and why it is so important. A HUGE thanks to Jonny who always looks after me and has a massive impact on my prep and how I look on stage. Give him a follow guys... the man is a genius at what he does!

© @jonny_hands_ibb



Sports Physiotherapy

How long have you been working with Ryan and what have been your main focusses throughout this time?

I have been working with Ryan since 2016 and this will be our third Olympia. Also including a 2017 Arnold win within that time.

The main focus' have been;

- Injury prevention.
- · Recovery.
- Physical and Mental preparation.
- ROM (range of motion)
- Posing.
- Maximise training schedule.

Has Ryan had any particular injuries throughout the time you have known him and how did you work on these?

Ryan has had two major injury concerns while under my care. A back issue that was referred to a higher level of care due to its seriousness and my duty of care to him. And a rotator cuff issue. Which was dealt with within 2-3 sessions. After specific treatment using various techniques (deep tissue/Cupping/PRT/TrP/Myofascial Release)

And overall just constant and frequent muscle soreness from the intense training schedule.

How important would you say physio treatments are to your athletes that compete and why?

Regular treatments should be a high priority. Athletes are constantly putting their body under stresses. Physical and mental. You can't expect your body to continue to function at the highest level required without proper care. Recovery is key. And having good ROM will benefit posing routines on stage enabling you to show off your physique to the fullest.

How often would you recommend massage to both a competitor throughout their prep and also to an avid gym-goer who trains more than four times a week?

Personally, I believe it's dependant on the individual. And tailored to suit. But, a professional athlete/competitor on prep should be having at least 1-3 treatments per week. Increasing the frequency nearer to the end of the prep. And if any issues do occur you address them as soon as possible.

As for an avid gym goer training 3-4 times a week, again comes down to individuality. But regular maintenance work is highly recommended. Knowing and understanding your body and working out a treatment plan with your therapist. But 1 treatment every 3-4 weeks should be a good starting point.

Alongside massage, are there any other techniques that you may recommend someone who trains frequently to implement into their day to day life (i.e stretching, range of motion training, foam rolling etc?)

Regular stretching and mobility work is highly recommended. You always have time. Spending a minimum of 10 min of each session is doable. Increasing elasticity, ROM and flexibility will aid in injury prevention.

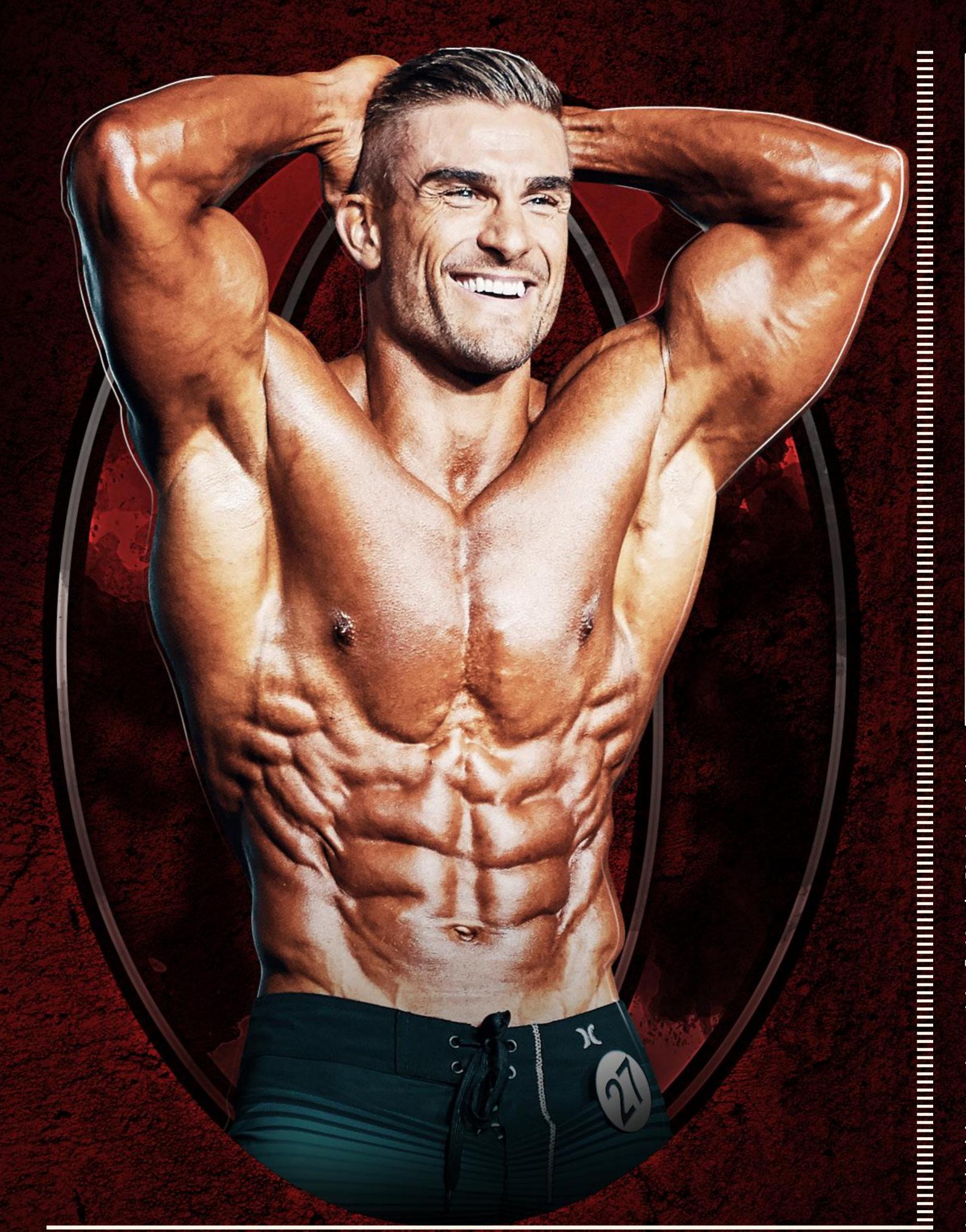
Key items I always suggest investing in are; golf/lacrosse ball. Foam roller. Resistance bands. For self massage and releasing tension. Yoga is also a good option to add into you regime.

There is no substitute for Manual therapy but whatever you can do for yourself is beneficial.

POAD TO CLY MO



EEK 16...our final week in prep and what we call 'Peak Week'! Any of you that have prepped before or that have been prepping with me on this journey, will now probably be feeling quite tired by this stage. I am almost positive that you are now dreaming of the burgers and brownies after stage but FIRST... we give one huge last push before it is time to showcase all that hard work and your well-earned incredible physique!



eak Week is all about making those final few changes that will make you stand out and look the best you have ever looked once you are up on that stage. In this section, we are going to run through everything that I do before stepping out into the bright lights and I am going to explain the reasons for each and why they are so important.

You will have noticed that the final week in the diet plans (section 4) and the training plans (section 7) are missing and this is because we are going to cover both during this section. Your diet and training will be a little different during Peak Week and personally I love this week because you get extra carbs in your diet and your training during this week is nowhere near as intense as it has been throughout the rest of the prep- this week it is essential to relax and enjoy the run up to your big day! So, let's start with the training and food I consume during this week....

PEEK WEEK TRAINING PLAN WEEK 16

MON	Full Body Circuit		
TUE	Full Body Circuit		
WED	Full Body Circuit		
THU	Full Body Circuit		
FRI	REST DAY		
SAT SHOW DAY	REST DAY		

Monday- Thursday will consist of full body circuits only. Friday the day before your comp and Saturday, the day of your comp will be complete 'rest days' which involve no training whatsoever. This is important because your body now needs time to 'fill up' again. When we train, our bodies use up of all our glycogen stores as energy. This in turn, will deplete our bodies but when stepping on stage we are aiming to fill our muscles back up again to bring that full 3D physique that judges are looking for. The resting is therefore a vital part of being able to achieve this look as we are giving our muscles a chance to absorb the extra carbs that we will also be giving our bodies during our days running up to the show.

PEAK WEEK TRAINING GUIDE





The full body circuit instructed will consist of all of the below

Circuit 1

EXERCISE	SETS & REPS		
DUMBBELL SHOULDER PRESS	3 Sets Of 15 Reps		
LAT PULL DOWN	3 Sets Of 15 Reps		
FLAT DUMBBELL PRESS	3 Sets Of 15 Reps		

Circuit 2

EXERCISE	SETS & REPS		
MACHINE LATERAL RAISE	3 Sets Of 15 Reps		
seated row	3 Sets Of 15 Reps		
Incline Barbell Press	3 Sets Of 15 Reps		

EXERCISE	SETS & REPS	
CABLE REAR DELT FLY	3 Sets Of 15 Reps	
BENT OVER BARBELL ROW	3 Sets Of 15 Reps	
CABLE FLYES	3 Sets Of 15 Reps	

EXERCISE	SETS & REPS	
CABLE CURL	3 Sets Of 15 Reps	
ROPE PUSHDOWN	3 Sets Of 15 Reps	

Circuit 5

EXERCISE	SETS & REPS		
EZ BAR CURL	3 Sets Of 15 Reps		
TRICEP EXTENSION	3 Sets Of 15 Reps		

Circuit 6

EXERCISE	SETS & REPS
SQUATS	3 Sets Of 15 Reps
LEG PRESS	3 Sets Of 15 Reps
LEG EXTENSIONS LUNGES	3 Sets Of 15 Reps

Circuit 7

EXERCISE	SETS & REPS
LYING LEG CURL	3 Sets Of 15 Reps
SEATED HAMSTRING CURL	3 Sets Of 15 Reps
STIFF LEG DEADLIFT	3 Sets Of 15 Reps
LUNGES	3 Sets Of 15 Reps

Circuit 8

EXERCISE	SETS & REPS
SEATED CALF RAISE	3 Sets Of 15 Reps
SMITH MACHINE CALF RAISES	3 Sets Of 15 Reps
SINGLE LEG CALF RAISE	3 Sets Of 15 Reps
LEG PRESS CALF RAISE	3 Sets Of 15 Reps

PHAKWHHKIDIETPHAN





he first 3 days of peak week will be followed as usual according to our 16 week diet plan. During the Thursday and the Friday of this week we will mainly be concentrating on the carb up so proteins and fats are not a essential during this time. Saturday's food consumption will be different once more as we try not to eat any big meals so that we 'spill over'. Saturday will consist of 'grazing' on small snacks up until after the show is complete.

Diet for Monday, Tuesday & Wednesday

(Depletion Days)

MEALS	PROTEIN	FATS	CARBS
60g oats, 10g flaked almonds, 30g whey protein	30g	4 g	38g
3 whole eggs, mixed vegetable/asparagus	2 0g	15g	0g
150g chicken breast, mixed salad	40g	0g	Og
150g turkey breast, 200g basmati rice, mixed vegetables	50g	0 g	30 g
140g salmon, mixed vegetables and asparagus	28g	18g	0g
150g steak, mixed vegetables and asparagus	30g	22 g	0g
Pre workout shake - 10g BCAA	O g	0g	Og
Intra workout shake - 10g BCAA	0g	0 g	0g
Post workout shake - 30g whey protein	30g	0g	Og
	228g	59g	38g
CALORITES	980	531	272

1783 CAL PER DAY

PEAKWEEKDIETPLAN





Diet for Thursday & Friday

(Carbing Up)

MEALS	PROTEIN	FATS	CARBS
Liquid carb drink	24 g	Og	100g
150g Oats, 34g whey protein	24 g	0g	95g
500g white potato	0g	0g	85g
100g rice, 100g chicken breast	26g	0g	77g
Liquid carb drink	28g	O g	100g
500g white potato	30g	0g	85g
100g rice, 100g turkey breast	28g	0g	77g
140g salmon, 500g sweet potato	26 g	18g	140g
	137g	18g	759g
CALORIES	548	162	3036

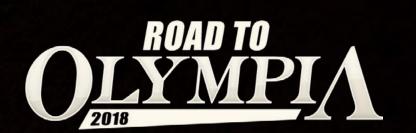
3746 CAL PER DAY

WATER INTAKE

During peak week, we will be upping our water intake. You will note that during the 16 week diet plan, a man's water intake should be around 4-5 litres a day and a woman's should be between 3-4 litres a day. During this final week in the run up to your comp, we want to increase your daily water intake by 1 litre. So men, you should now be looking at around 5-6 litres a day and women, you need to be looking at around 4-5 litres per day. Please look at doing this for Monday, Tuesday, Wednesday, Thursday and Friday. Saturday (show day) will be very different (see show day advice.)

SATURDAY (SHOWDAY)





FOOD

As I mentioned earlier, I do not tend to eat any big meals on show day. If all has gone to plan when carbing up during the two days before, then now should just be about topping the carbs up in order to keep that fullness. I will always have a small breakfast of 50g of oats with 1/2 scoop of whey protein (the protein is really not essential at this point) but after that, all I will do is graze on small snacks in order to keep my stomach as flat and as tight as possible for stage. I tend to graze on rice cakes if needed and just before I know that I am about to step out on stage, I will have something sugary. I usually choose something like dark chocolate, raisins or honey. The reason for this is because the sugar is a fast acting carb which will enter the bloodstream quickly and help when pumping up during your final 20 minutes before you head out on to stage. It gives you a fuller, more vascular and harder look- something that the judges love to see!

WATER INTAKE

On the Friday evening after you have finished your daily intake of water, we are now ready to cut it out completely for the night. We will continue this into the Saturday so that we are slowly dehydrating the body of water. This is an old school bodybuilding tip that is used in order to achieve the thin skin and 'dry', crisp and conditioned look on stage. I would suggest starting to take little sips of water during your 'pumping up' phase before you head out on to stage. We take little mouthfuls to ensure that we still keep that dry look but the advantage of now putting a little bit of water back in to the system is that the muscle will soak it up and volumise them just before you head out on stage.

N.B Please note that is VERY important that you should take small sips of water before this if for any reason you start to feel unwell.

PEAKWEEK





Getting STAGE READY

Now that we have the training and diet covered for our final week, lets cover the more 'glamourous' jobs that are involved in our Peak week... THE TAN.

TANNING

A good tan is really another HUGE factor in looking good on stage. It is impossible not to notice that all competitors apply as much tan as possible and this really is accounted for on stage. For those of you who have not competed before and want to know why such a dark tan is applied- this is because once you are up on stage and underneath the lights, your tan will really emphasise your size and condition. The darker the tan is, the better your muscle definition will show up. The tan is definitely something that can have effect on how you are marked and I have seen so many unfortunate cases where a bad tan has completely distracted you from an amazing physique that is underneath! So, we need to get this right!

Over my years competing, I have discovered new tips that will help to ensure a good even overall tan...so let's share.

SHAVE

One of my least favourite jobs. Two nights before the show, I complete an all over full body shave. Yes, this takes a really long time and is extremely boring BUT you will note that all competitors are 'hair free' when up on stage. Not only does this mean that your tan will be easier applied and give a much more even appearance but it is also much more pleasing on the eye when your oil is applied before you step on stage. Your judges and your audience want to see a smooth body- it makes it a lot easier to appreciate a person's physique as there is nothing else to distract you from their condition and definition.

EXFOLIATE

Before your first layer of tan is applied, I would highly recommend exfoliating your body using an in-shower exfoliating scrub. This will get rid of all dead skin cells and will also help ensure a much more smooth and even tan, once applied. This will only need to be done the once before your first tan application.

NAILS

In the past, I have found that after having so much tan applied, it can turn your nails very yellow! In order to prevent this, I now apply a clear nail varnish. It acts as a barrier against the tan and saves you trying to constantly cover them up with embarrassment after the show is over! A rather feminine tip but one that works!

This Year's Results BACK IN THE TOP 3

f you have followed my Olympia journey this year, I imagine you will probably know the competition results by now. Mr Olympia 2018 placed me third this year, which bought me up 3 places from last year's results!



How do I feel about my placing? To me, this year was all about feeling 'worthy' to be back up on that stage. As I mentioned at the beginning of this ebook, I had a very difficult year after last year's show. I was worried that I was never going to enjoy competing again and to be quite truthful I was nervous that my physique was not going to be 'up to scratch' stood next to the other competitors. So, what was most important to me this year, was that I got back up on that stage, felt the best I could possibly feel having left no stone unturned and to hold my head high and enjoy every single second of my time under those Mr Olympia stage lights. I can honestly say that I did just that!

This year's prep was surprisingly the easiest! I think that had a lot to do with being back in the UK- being in familiar surroundings, back training with my training partner of 10 years and having the support of family and friends around me. But, I also think that I tend to work a lot better under little pressure and after last year's results I kind of felt that some people may have thought that I had 'had my time' so I wasn't talked about as much. This was perfect for me because not only did it give me a bit of room to work quietly with less pressure but it also gave me that fire to come back and show everyone that I was far from done! If this year meant that all I did was get everyone talking about how I had come in at my

best condition yet, well then that was my job done! I can put my hand on my heart and safely say that I feel I put everything I could in to this prep and that I probably worked that little bit harder than I have done in previous years. It was very educational few months for me. Working with Neil taught me new things about my body and I learnt that I can consume more food on prep than I have ever done before and that the results it gave me were more beneficial than I could have imagined. We started off with very high calories and I honestly believe this helped curb any cravings that I would usually have had in other preps. The whole 16 week prep felt amazing- I never really felt too hungry (except during the last few weeks), I enjoyed every single workout because I felt I had so much strength and I had a massive point to prove, which kept my motivation at an all-time high throughout!

I walked out on to that stage with a confidence that not even I knew I had! We had gone for condition this time, which is what I know I best and the look I love most. I feel we bought that and at its best! When I walked out on the Mr Olympia stage and heard a roar of people cheering and shouting my name, every bit of love that I have for the sport came flooding back to me in a second. In that moment, I knew I deserved to be on that stage and that is something that I thought I would never feel again after last year. Like every other competitor up there, I had put my blood, sweat and tears in to this moment and I was so proud to showcase that I had done just that.

So, am I happy with third place? You can never moan about being placed third in the world! That is a huge achievement by anyone's standards however I am a competitor and my only goal now is to get that 1st place title! I suppose if I'm being brutally honest, because I reached second place in 2016, I don't feel as if it's my best placing (because statistically it isn't!) BUT as I mentioned before, this year was about believing in myself again, showing everyone that I was back with a purpose and to fall in love with competing again. I got that. More than I ever thought possible and the desire I have for that Mr Olympia title is stronger than it has ever been before. To come away feeling the way I do this year has been incredible and I owe so much of that to the people that have supported me throughout both the good times and the not so good. When I felt at my lowest, the people around me picked me back up and reminded me of how much I loved this sport. The messages I got on social media, the kind words from people I met at expos and promos- all these kept me fired up going into this year's prep and it was everyone around me that helped take back that top 3 placing. So... THANK YOU! To every single person who has sent me a few words or supported me in any other way possible...you guys helped me more than you know and made me realise that I simply was not finished. I stand by that still... I am so grateful to be back where I am at third in the world but it's not first and I PROMISE you, I will not stop until I am!

THANK YOU

I want to start off by saying a huge thank you to the continuous support that I receive from my sponsors on a daily basis. You can work yourself into the ground, but with the right people in your corner, the journey can be made so much easier. I am so grateful to have **USN**, **Gymshark** and **Muscle Food** behind me. They ensure that they are supplying me with the best of the best throughout my athletic career. Not only do my sponsors consistently make sure that I have everything that I need physically but they are also there to support me mentally and back every decision that I make. I feel extremely lucky to have met so many people that I consider friends in each of my sponsors.

My next thank you goes to my friend and coach **Neil Hill**. This has been mine and Neil's first year getting to know each other properly and working together as a team. Neil has taught me so many new things (even after 14 years in the industry) and I am so grateful to him for giving me my confidence back during this year's prep. There is so much more to come from myself and Neil so watch this space!

A huge thank you to **Jonny Hand**s for my top-class sports physiotherapy massage treatments throughout this prep. I have mentioned before how pleased I have been to be back working with Jonny again this year and how much of a positive difference these sessions have made to this year's Olympia preparation.

Goodbody's Gym, to everyone who works and trains here. It has been amazing to be back training in my home gym of 12 years and when people say there's 'no place like home', I could not agree more. I spend so much time out of each day at the gym and the people here have become more like family and it's been great to have that familiar support around me again.

Last but not least, I would like to thank you guys- my **friends**, **family** and all of my **supporters**. You guys have all help made it possible to achieve so many goals and you are all the reason that I stay motivated and hungry for more.

I want to thank everyone that has purchased this Ebook. I would be very grateful if you can all let me know what your thoughts are and how my plans have worked for you. If you have any suggestions for future Ebooks, I would LOVE to hear what you would like to see from me.

