



RYAN TERRY

MAXIMAL

SHREDS!

A DETAILED
12 WEEK
CUTTING
GUIDE

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INTRODUCTION

THIS 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). He also holds over 40 international fitness magazine covers and was crowned the first ever IFBB Men's Physique Pro from the UK.

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.

Ryan started his working career as a plumber and gas engineer from Worksop, Nottinghamshire. Ryan 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 was entered in to Mr Great Britain, where he took first place and soon 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!

A WORD FROM RYAN

WELCOME TO MY EBOOK IN WHICH I WILL REVEAL MY GUIDE, TIPS AND ADVICE ON GETTING COMPLETELY SHREDDED!



I have to be honest- this is the best part of competing for me and the process that excites me the most! Watching my body change from all of the endless hours of hard work put in is the proudest feeling. I feel at my absolute best whilst shredding and with my guidance, I hope you will too!

Throughout this ebook I will explain how to practice a safe and healthy 'shred' using factual knowledge but I will also deliver some of my own tips that I have learnt through years of personal experience. By the end of this ebook I aim to have educated you on:

- What is 'shredding' and who is it for?
- How to shred safely
- The perfect shredding diet
- Training plans and tips to follow throughout your shredding season
- FAQ's

NOW, GO FIND THOSE ABS! HAPPY SHREDDING!



WHAT SHOULD I EXPECT DURING MY 'CUTTING' PHASE?

Hunger. This is main worry when people start their shred. Everyone is so different and few people manage their diet without feeling any struggle. I can tell you now that most people will experience a few ups and downs during their cut. It is completely normal to feel tired and hungry whilst your body is in a caloric deficit and there are ways of handling this to your advantage.

SLEEP

I know that you have probably already heard this a million times but your 'Zzz's' are so important over your dieting period. Your body needs time to recover. It is working so hard to train whilst on a lower calorie count than it is used to. So reward it with plenty of sleep. Lack of it can definitely work against keeping up with that fat loss.



RE-FEED/CHEAT DAYS

Some people deal quite well with the food that is included in their diets and are able to maintain this without craving too much. I have always been fortunate enough to be one of these people however I have started including 're-feed' days during my prep. For me, this includes an increase in 'clean calories'. I tend to do this halfway through my prep (at around 6 weeks) as it works through spiking your leptin levels, thus kick starting your metabolism again- kind of like re-booting your body. This is something that works well for me. I prefer to refuel on clean carbs and healthy fats because I do enjoy the food included in my diet. However, a lot of people have been known to struggle with the craving of 'cheat' food- so, my answer to this is to include a cheat meal once every 2 weeks, or once a week if needs be. It is a good way of again spiking your leptin levels but also helps mentally. It gives you something to look forward to but also means that you won't get to the point of craving so much that you revert to bingeing. You can still enjoy the good things in moderation...it is possible!

MAINTAINABLE DIET

I meet so many people nowadays that seem to diet with foods that they simply cannot stand. This is something that is maintainable but in the hardest way possible. I have learnt over the years that diet is all about 'trial and error'. Over time I have tried as many foods as possible, decided what I enjoy most and then fit these in to my macros. This is what creates a much more maintainable and enjoyable diet. I actually like the food I eat-which means that dieting really does not feel like any sort of chore. This would be my BIGGEST tip to all of you dieting. Invent a diet that is realistic and will keep you consistent.

HOW TO CALCULATE YOUR MACROS WHEN SHREDDING

THIS IS ONE OF THOSE SECTIONS THAT YOU HAVE TO BE AS TRUTHFUL WITH YOURSELF AS POSSIBLE. IN ORDER FOR US TO WORK OUT WHAT YOUR MACROS SHOULD BE DURING YOUR CUT, WE FIRST NEED TO STUDY EXACTLY HOW MANY CALORIES YOU SHOULD BE CONSUMING PER DAY. AFTER WE HAVE THAT NUMBER, WE CAN GO ON TO LOOK AT YOUR MACROS. SO, LET'S GET STARTED...

TO WORK OUT YOUR CALORIES

This stage is actually the easiest part (so long as you're honest with the amount of activity you do per day). The formula below is a great guide for you to start and work from and then over time you can adjust and modify it more specifically to your individual requirements.

In order to work out your calories you must simply multiply your body weight (working in lbs) with a number between 11-14. Which number do you use? Read below carefully and then choose whichever number describes your day to day life as accurately as possible...

- 11** - You may have a job that involves little to no movement (a desk job for example) and outside of work you do not partake in any other exercise.
- 12** - You may have a fairly active job that involves plenty of walking or movement OR you have a job with no movement but you make a conscious effort to partake in exercise outside of work at least 2-3 times each week.
- 13** - You have an active job and also train outside of work (2-3 times per week) OR you have a job involving no movement but partake in other exercise around 5-6 times per week.
- 14** - This number will be used by someone that has a very active job and also chooses to workout outside of work (around 5-6 times per week) OR it can also be used by athletes that workout for a living and will more than likely train multiple times each day.



So, at this stage, please multiply your body weight by either of the four numbers above (most honestly to the best of your knowledge) and you will be presented with the total amount of calories that should be looking at consuming per day whilst cutting.

EXAMPLE- At this point I'm going to use myself as an example in order to make the below a little easier for you guys to understand.

Firstly, my body weight is currently at **210lbs**. In order to calculate what my calorie intake should be when cutting, I am going to multiply this number by **14** - as all of you know by now, I am an athlete by career and train up to twice a day every day when competing.

210 x 14 = 2,940 Calories per day.

IMPORTANT NOTE - Although my macros are coming out at an average of 2,940 calories per day, you will note that further in to my ebook (during the diet plan) I start the first few weeks off at a higher calorie intake- at around 3,650 calories per day. This is because I personally have an extremely fast metabolism and when prepping for a show, I like to ensure that I don't come in too quickly. You will note that further in to my prep I start to decrease the calories per week. So I will slowly work toward a caloric intake of 2,940 calories per day. This is purely because I know how my body works and have plenty of experience with prepping for shows. You must listen to your own body. Work to your own calculations to start with but if you feel that you are losing the fat too quickly then up your calories between 150-200 per day and vice versa if you are feeling the opposite

TO WORK OUT YOUR MACROS

STEP 1 - In order to next workout your daily protein intake you simply need to allow 1 gram of protein for each pound of your body weight.

MY EXAMPLE - 210lbs / 210 = 210 grams of protein

STEP 2 - Now calculate your daily fat intake by allowing 0.5 grams of fat for every pound of your body weight.

MY EXAMPLE - 210lbs / 0.5 = 105 grams of fat

STEP 3 - Our next step is to convert our calculated intake protein and fat from grams to calories.

For the protein, we do this by multiplying its grams by four.

MY EXAMPLE - 210 grams x 4 = 840 calories of protein

For the fat, we multiply our earlier calculation of 100 grams by nine.

MY EXAMPLE - 105 grams x 9 = 945 calories of fat

STEP 4 - We now move on to calculating what your daily intake of carbohydrates should be. We will do this by subtracting the amount of protein and fat calories from your TOTAL daily calorie intake.

MY EXAMPLE

840 + 945 = 1,785

2,940 - 1,785 = 1,155 calories of carbohydrates

STEP 5 - In order to work out what your gram equivalent of carbohydrates is, simply divide the calories by four.

MY EXAMPLE- 1,155 / 4 = 289 grams of carbohydrates

STEP 6 - When working out what to eat with regards to each meal, all you need to do is divide your daily protein, fat and carbohydrate count by the amount of meals that you intend on eating throughout each day.

MY EXAMPLE-

Amount of meals per day: 5

Grams of protein per meal: 210 / 5 = 42 grams

Grams of fat per meal: 105 / 5 = 21 grams

Grams of carbohydrates per meal: 289 / 5 = 58 grams

**SHREDDING
NUTRITION
PLAN**

IMPORTANT NOTE- Please take in to account that this diet has been specifically put together for myself and my own personal macros. You can use all of the foods and the meals throughout this diet if you would like but I expect you to now be able to change the weighed amounts of food to your own specifications (*please see Section 4 on How to Calculate Your Macros*)

12 SHREDDING NUTRITION PLAN
WEEKS 1-4

WEEKS 1-4		PROTEIN/FATS/CARBS
MEAL 1	150g oats, 40g blueberries, 30g flaked almonds, 30g whey protein	30g / 15g / 100g
MEAL 2	250g basmati Rice, 4 whole eggs	24g / 20g / 65g
MEAL 3	300g white potato, 150g chicken breast, mixed green vegetables	40g / 0g / 50g
MEAL 4	200g brown pasta, 150g turkey breast, mixed green veg	53g / 0g / 60g
MEAL 5	250g basmati rice, 30g tuna, 30g sweet corn	30g / 0g / 77g
MEAL 6 ALTERNATE EACH DAY	200g salmon, mixed vegetables	54g / 28g / 0g
	200g steak, mixed vegetables	48g / 9g / 0g
SHAKES	Pre workout shake 50g tri carb, 10 g BCAA	0g / 0g / 50g
	Intra workout shake 50g tri carb, 10g BCAA	0g / 0g / 50g
	Post workout shake 100g tri carb, 30g whey protein	30g / 0g / 100g
DAILY TOTALS	With salmon meal	255g / 44g / 552g
		Calories 1020 / 396 / 2208 = 3624cal
	With steak meal	261g / 63g / 552g
		Calories 1044 / 567 / 2208 = 3819cal

12 SHREDDING NUTRITION PLAN

WEEKS 4-8

WEEKS 4-8		PROTEIN/FATS/CARBS
MEAL 1	120g Oats, 30g blueberries, 20g flaked Almonds, 30g whey protein	30g / 8g / 77g
MEAL 2	150g basmati rice, 4 whole eggs	24g / 20g / 40g
MEAL 3	300g white potato, 200g chicken breast, mixed vegetables	50g / 0g / 50g
MEAL 4	150g brown pasta, 200g turkey breast, mixed green vegetables	70g / 0g / 45g
MEAL 5 ALTERNATE EACH DAY	200g salmon, mixed vegetables	48g / 9g / 0g
	200g steak, mixed vegetables	54g / 28g / 0g
SHAKES	Pre workout shake – 20g tri carb, 10g BCAA	0g / 0g / 20g
	Intra workout shake – 20g tri carb, 10g BCAA	0g / 0g / 20g
	Post workout shake – 75g tri carb, 30g whey Protein	30g / 0g / 75g
DAILY TOTALS	With salmon meal	252g / 37g / 327g
		Calories 1008 / 333 / 1308 = 2649cal
	With steak meal	258g / 56g / 327g
		Calories 1032 / 504 / 1308 = 2844cal

12 SHREDDING NUTRITION PLAN
WEEKS 8-11

WEEKS 8-11		PROTEIN/FATS/CARBS
MEAL 1	100g oats, 20g blueberries, 10g flaked almonds, 30g whey protein	30g / 4g / 63g
MEAL 2	100g basmati rice, 4 whole eggs	24g / 20g / 25g
MEAL 3	250g white potato, 200g chicken breast, mixed vegetables	50g / 0g / 45g
MEAL 4	250g sweet potato, 200g turkey breast, 2 tbsp flaxseed oil	70g / 5g / 70g
MEAL 5	140g salmon, mixed vegetables and asparagus	28g / 18g / 0g
SHAKES	Pre workout shake – 10g BCAA	
	Intra workout shake – 10g BCAA	
	Post workout shake – 50g tri carb, 30g whey protein	
DAILY TOTAL		232g / 47g / 253g
		Calories 928 / 423 / 1012 = 2363cal

12 SHREDDING NUTRITION PLAN

WEEK 12

WEEK 12 - PEAK WEEK

PROTEIN/FATS/CARBS

DEPLETING DAYS 1-3

MEAL 1	80g oats, 10g flaked almonds, 30g whey protein	30g / 4g / 48g
MEAL 2	4 whole eggs, mixed vegetables/ asparagus	24g / 20g / 0g
MEAL 3	200g chicken breast, mixed salad, 2 tbsp flaxseed oil	50g / 5g / 0g
MEAL 4	200g turkey breast, 200g sweet potato, mixed vegetables	70g / 0g / 55g
MEAL 5	140g salmon, mixed vegetables and asparagus	28g / 18g / 0g

SHAKES

Pre workout shake – 10g BCAA
 Intra workout shake – 10g BCAA
 Post workout shake – 25g tri carb, 30g whey protein

DAILY TOTAL

232g / 47g / 128g
 Calories 928 / 423 / 512
= 1863cal

12 SHREDDING NUTRITION PLAN

WEEK 12

WEEK 12 - PEAK WEEK		PROTEIN/FATS/CARBS
CARBING UP DAY 1		
MEAL 1	100g tri carb, 30g whey protein post depletion circuit	30g / 0g / 100g
MEAL 2	120g oats, 20g flaked almonds, 30g whey protein	30g / 8g / 77g
MEAL 3	250g basmati rice, 100g turkey breast	35g / 0g / 65g
MEAL 4	500g white potato, 100g turkey breast	35g / 0g / 85g
MEAL 5	250g basmati rice, 100g chicken breast	25g / 0g / 65g
MEAL 6	500g white potato, 100g chicken breast	25g / 0g / 85g
MEAL 7	500g sweet potato, 150g bison	30g / 15g / 140g
DAILY TOTAL		210g / 23g / 617g
		Calories 840 / 207 / 2468 = 3515cal

12 SHREDDING NUTRITION PLAN

WEEK 12

WEEK 12 - PEAK WEEK		PROTEIN/FATS/CARBS
CARBING UP DAY 2		
MEAL 1	120g Oats, 20g flaked almonds, 30g whey protein	30g / 8g / 77g
MEAL 2	250g basmati rice, 100g turkey breast	35g / 0g / 65g
MEAL 3	500g white potato, 100g turkey breast	35g / 0g / 85g
MEAL 4	500g sweet potato, 150g bison, 2 tbsp flaxseed oil	30g / 5g / 140g
MEAL 5	250g basmati rice, 100g chicken breast	25g / 0g / 65g
MEAL 6	500g white potato, 100g chicken breast	25g / 0g / 85g
MEAL 7	500g sweet potato, 140g salmon	28g / 18g / 140g
DAILY TOTAL		208g / 31g / 657g Calories 832 / 279 / 2628 = 3739cal

SHOW DAY	
MEAL 1	125g basmati rice, 15g whey protein - 5 hours before stage time
MEAL 2	125g basmati rice, 50g turkey breast - 3 hours before stage time
MEAL 3	Graze on rice cakes and peanut butter to keep full but ensuring stomach is flat and tight ready for the stage.

SUPPLEMENTS TO USE WHEN SHREDDING

DURING MY DIETING PHASE, THERE ARE FOUR SUPPLEMENTS THAT I WILL ALWAYS IMPLEMENT INTO MY DIET. I HAVE LISTED THESE BELOW AND WILL GIVE A BRIEF EXPLANATION AS TO WHY I INCLUDE THESE IN MY PREP AND HOW THEY HELP ME REACH MY FULL POTENTIAL WHEN SHREDDING!

BCAA – BRANCH CHAIN AMINO ACIDS

BCAA'S are made up of three amino acids: leucine, isoleucine and Valine. They can promote muscle protein synthesis and can increase muscle growth over time. It is also great for muscle repair and improves muscle endurance whilst training. I like to consume BCAA's thirty minutes before training and also like to sip during my workouts.

WHEY PROTEIN

Whey protein is primarily used for muscle growth and once consumed is also broken down in to amino acids. The times at which I typically have whey protein are first thing in the morning with my breakfast and also post workout, within my thirty minute anabolic window. The reasons for which I take it at these times are because of the absorption rates. After eight hours of fasted sleeping, I will require nutrients back in to my body as quickly as possible and a whey protein is one of the fastest absorbing proteins that there is. This also applies post workout after you have broken down muscle tissue and the body needs to start the recovery process by getting the nutrients back in to your system.

LIQUID CARBOHYDRATE (VITARGO OR CYCLIC DEXTRIN)

Carbohydrates are the most important and vital factor when determining how well you perform throughout your training session and whether or not you will push through at your strongest until the end of that session. It is important that you always perform at the best you possibly can and in order to do this, you need carbohydrates to fuel your body and it is therefore critical that you find a carbohydrate source that can make its way through your digestive tract at a fast and efficient pace.



I prefer to use either Vitargo or Cyclic Dextrin as my choice of carbohydrate supplement. Vitargo provides fast muscle fuel and is great to take post workout as it really helps boost insulin. Cyclic Dextrin is absorbed more gradually in to your system, which means that it will stay in your bloodstream over a longer period of time, which should mean that you stay stronger and more energised over the entirety of your training session.

**YOU STAY
STRONGER AND
MORE ENERGISED
OVER THE
ENTIRETY OF YOUR
TRAINING SESSION**

I typically take my liquid carbs pre, intra and post workout to maximised the anabolic window... How much I take all depends on where I am at in my prep. Please see nutrition plan for all the details.

L CARNITINE

Is great for fat burning and something I will take first thing in the morning as I head out for my fasted cardio session. L carnitine in simple terms helps the body utilise its stored fat by transporting fatty acids in to your cells where it is processed by mitochondria for use as energy, which can be particularly effective whilst training.

12 WEEK TRAINING PLAN

WEEK 1

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP PULL UP	2 warm up sets	20	
	3 working sets	10- 12.	
	1 triple drop set	1 x 10 >> 1 x 10 >> 1 x 10	No rest between drop
HYPER EXTENSION	2 warm up sets	20	Own bodyweight
	3 working sets	12-15.	Weighted. Increase weight with each set
OVERHAND MACHINE ROW	3 working sets	12-15.	
	1 triple drop set	1 x 10 >> 1 x 10 >> 1 x 10	No rest between drop
INCLINE SINGLE ARM DUMBBELL PRESS	3 working sets	10-12	Increase weight with each set
	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

12 WEEK TRAINING PLAN

WEEK 1

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	20 mins	Low intensity on all cardio machines
TREADMILL	20 mins	
ARC	20 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
DUMBBELL PRESS	2 Warm up sets	20	
	4 working sets	2 x 15 1 x 12 1 x 10	Increase weight with each set
SIDE LATERAL RAISE (MACHINE)	1 warm up set	15-18	
	3 working sets	10-12.	
REVERSE FLY (PEC DEC)	3 working sets	10-12.	
	1 Triple drop set	1 x 10>> 1x 10>> 1 x 10	NO rest
SMITH MACHINE SHRUG	4 working sets	12-15.	
	1 triple drop set	1 x 12>> 1 x 10>> 1 x 8	
DUMBBELL FRONT RAISE SUPERSET WITH DUMBBELL LATERAL RAISE	4 working sets	12-15.	NO rest between superset
	4 working sets	12-15.	

12 WEEK TRAINING PLAN
WEEK 1

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LYING HAMSTRING CURL	2 warm up sets	20	
	4 working sets	2 x 15 2 x 10	Increase weight with each set
STANDING HAMSTRING CURL	1 warm up set	20	
	4 working sets	2 x 15 1 x 12 1 x 10	Increase weight with each set
LEG PRESS	1 Warm up set	25	
	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 drop
LEG EXTENSION	1 warm up set	20	
	4 working sets	2 x 15 2 x 10	Increase weight with each set
	1 triple drop set	1 x 8 >> 1 x 8 >> 1 x 8	No rest between drop
ADDUCTOR SUPERSET WITH ABDUCTORS	4 working sets	15-18.	
	4 working sets	15-18.	
STANDING CALF RAISE	4 working sets	12-15.	Increase weight with each set
SEATED CALF RAISE	4 working sets	10-12.	Increase weight with each set
	1 triple drop set	1 x 8 >> 1 x 8 >> 1 x 8	No rest between drop

12 WEEK TRAINING PLAN
WEEK 1

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SWIMMING	30 mins	30 LAPS FRONT CRAWL
SWIMMING	30 mins	30 LAPS BREAST STROKE

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
TRICEP DIPS	2 warm up sets	To failure	
	3 working sets	15	Increase weight with each set
CLOSED GRIP EZ BAR CABLE (PUSH DOWN)	3 working sets	15	Increase weight with each set
WIDE GRIP EZ BAR CABLE (PUSH DOWN)	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	No rest between drops
DUMBBELL CURL	3 working sets (on 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 DUMBBELL CURL	4 working sets (on each arm)	8 - 10.	
EZ BARBELL CURL	4 working sets	10-12.	

12 WEEK TRAINING PLAN
WEEK 1

FRIDAY AM - ABS & CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
HANGING LEG RAISE	3 working sets to failure	
WEIGHTED CABLE CRUNCH	3 working sets- 20 reps	
CABLE WOODCHOP TWIST	3 working sets- 15 reps	On each oblique
PLANK	3 workings sets- 1 minute each	
BIKE	10 mins	
TREADMILL	10 mins	
ROWING MACHINE	10 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	3 working sets	1 x 20 1 x 15 1 x 12	Increase weight with each set
	1 triple drop set	1 x 8>> 1 x 8>> 1 x 8	No rest between drops
FLAT DUMBBELL PRESS	3 working sets	1 x 15 1x 12 1x 10	Increase weight with each set
	1 triple drop set	1 x 8>> 1 x 8>> 1 x 8	No rest between drops
FLAT BARBELL PRESS	4 working sets	2 x 10-12. 2 x 12-15.	
	1 triple drop set	1 x 15>> 1 x 12>> 1 x 10	No rest between drops.
INCLINE DUMBBELL PRESS	3 working sets	1 x 10 1 x 8 1 x 6	Increase weight with each set
	1 triple drop sets	1 x 6>> 1 x 6>> 1 x 6	No rest between drops
PEC DEC CABLE FLY	4 working sets	2 x 12-15 2 x 8-10	
	1 drop set	1 x 8 > 1 x 8	No rest between drop

12 WEEK TRAINING PLAN

WEEK 1

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

SATURDAY PM - REST DAY

12 WEEK TRAINING PLAN
WEEK 1

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STEPPER	30 mins	
BIKE	30 mins	

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SINGLE ARM CABLE PUSH DOWN (UNDERHAND)	3 working sets	10-12.	On each arm
SINGLE ARM CABLE PUSH DOWN (OVERHAND)	3 working sets	10-12.	On each arm
CABLE OVERHEAD TRICEP EXTENSION	1 warm up set	15	
	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 drop
SKULL CRUSHERS	3 working sets	10- 12.	Increase weight with each set
	2 triple drop sets	1 x 10 >> 1 x 10 >> 1 x 10	No rest between drops
ROPE CABLE PUSH DOWN	4 working sets	8 - 10.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 8	No rest between drop
DUMBBELL PREACHER CURL	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

12 WEEK TRAINING PLAN
WEEK 2

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL 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 (UNDERHAND)	1 warm up set	15-20.	
	4 working sets	15-20.	Increase weight with each set
BENT OVER BARBELL ROW (OVERHAND)	4 working sets	15-20.	Increase weight with each set.
WIDE GRIP LAT PULL DOWN	3 working sets	15-20.	Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop
ONE ARM DUMBBELL ROW	4 working sets	10 -12.	On each arm. Increase weight with set
STANDING V-BAR ROW	5 working sets	8- 10.	Increase weight with each set.
HYPER EXTENSION	6 working sets	2 x 20	Own Bodyweight
		2 x 15	Weighted
		2 x 10	Weighted
CABLE LAT PULLOVER	3 working sets	18- 20.	Increase weight with each set

12 WEEK TRAINING PLAN
WEEK 2

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	30 mins	
BIKE	15 mins	
ROWING MACHINE	15 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
MACHINE SHOULDER PRESS	1 Warm up set	20	
	4 working sets	12-15.	Increase weight with each set
DUMBBELL FRONT RAISE	4 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 8	No rest between drop
PEC DEC REAR FLY	4 working sets	15-20.	Increase weight with each set
CABLE LATERAL RAISE	4 working sets	2 x 20	
		2 x 10	Increase weight
	1 drop set	1 x 10 > 1 x 10	No rest between drop
SMITH MACHINE SHRUGS	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
DUMBBELL PRESS SUPERSET WITH PLATE FRONT RAISE	3 working sets	12- 15.	Increase weight with each set
	3 working sets	10-12.	Remain using same plate for each set

12 WEEK TRAINING PLAN
WEEK 2

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL 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
DUMBBELL 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 SUPERSET WITH DUMBBELL STRAIGHT LEG DEADLIFT	3 working sets	15-18.	
	3 working sets	15-18.	
SEATED CALVE RAISE SUPERSET WITH STANDING CALVE RAISE	4 working sets	15-20.	Increase weight with each set
	4 working sets	15-20.	Increase weight with each set

12 WEEK TRAINING PLAN
WEEK 2

THURSDAY AM - CARDIO & ABS

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	30 mins	
SIT UPS	4 sets of 25 reps	
DUMBBELL TWIST	4 sets of 20 reps	On EACH oblique
ASSISTED STANDING MACHINE CRUNCH	4 sets of 15-20 reps	
SIDE PLANK	3 x 1 min (each side)	On each side. One elbow resting for support and the other raised in the air.

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
CABLE ROPE PUSH DOWN	2 warm up sets	18-20.	
	3 working sets	10-12.	Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	
WIDE GRIP CABLE PUSH DOWN	4 working sets	10-12.	Increase weight with each set
BARBELL TRICEP PRESS	4 working sets	12-15.	Increase weight with each set
EZ BARBELL CURL	1 warm up set	18-20.	
	4 working sets	8 - 10.	Increase weight with each set
DUMBBELL HAMMER CURL	4 working sets	12-15.	Each arm
PREACHER CURL	4 working sets	10-12.	Each arm
SKULL CRUSH SUPERSET WITH ROPE CABLE CURL	4 working sets	15..	
	4 working sets	15	

12 WEEK TRAINING PLAN
WEEK 2

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BREAST STROKE	30 laps	
FRONT CRAWL	15 laps	
RUNNING LENGTHS	15 laps	Run against the water from one side of the pool to the other.

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	2 warm up sets	18-20	
	3 working sets	10-12.	Increase weight with each set
FLAT DUMBBELL PRESS	4 working sets	3 x 10-12.	Increase weight with each set
		1 x 6-8	
PEC DEC FLY	3 working sets	10-12.	Increase weight with each set
	1 tripe 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 DUMBBELL PRESS	3 working sets	8-10.	Increase weight with each set
CABLE FLY	4 working sets	18-20.	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

12 WEEK TRAINING PLAN

WEEK 2

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

SATURDAY PM - REST DAY

12 WEEK TRAINING PLAN

WEEK 2

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	40 mins	Low intensity
STAIRMASTER	20 mins	

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
BICEP MACHINE CURL	2 warm up sets	18-20	
	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 SUPERSET WITH EZ BAR CABLE PUSH DOWN	3 working sets	16-18.	No rest between superset
	3 working sets	16-18.	No rest between superset
MACHINE TRICEP EXTENSION	4 working sets	8-10.	Increase weight with each set.
DUMBBELL SKULL CRUSH	3 working sets	10-12.	
	1 triple drop set	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.

12 WEEK TRAINING PLAN
WEEK 3

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	60 mins	

MONDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
ROPE LAT PULL DOWN	2 warm up sets	18-20.	
	4 working sets	12-15.	Increase weight with each set
SEATED CABLE ROW (V BAR)	4 working sets	12-15.	Increase weight with each set.
	1 triple drop set	1 x 8 >> 1 x 8 >> 1 x 8	No rest between drops.
CABLE LAT PULLOVER	5 working sets	2 x 12-15 1 x 10 1 x 8 1 x 6	Increase weight with each set.
MACHINE ROW	4 working sets	12-15.	Increase weight with each set.
WIDE GRIP PULL UP SUPERSET WITH BENT OVER BARBELL ROW (UNDERHAND)	4 working sets	10-12.	
	4 working sets	12-15.	Increase weight with each set.

12 WEEK TRAINING PLAN
WEEK 3

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BREAST STROKE AND FRONT CRAWL	60 mins	60 mins total. Alter breast stroke and front crawl as desired.

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
MILITARY PRESS	1 warm up set	18-20.	
	4 working sets	12-15.	Increase weight with each set
BARBELL FRONT RAISE	5 working sets	2 x 15-20 2 x 10-12. 1 x 6-8.	Increase weight with each set.
CABLE REAR FLY	4 working sets	15-10.	Increase weight with each set.
MACHINE LATERAL RAISE	4 working sets	12-15.	Increase weight with each set.
	1 drop set	1 x10 > 1 x 10	No rest between drop.
BARBELL SHRUGS SUPERSET WITH DUMBBELL LATERAL RAISE	4 working sets	15-18.	Increase weight with each set
	4 working sets	8-10.	

12 WEEK TRAINING PLAN

WEEK 3

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LYING HAMSTRING CURL	1 warm up set	18-20.	
	4 working sets	12-15.	
SQUATS (FREE STANDING SQUAT RACK)	1 warm up set	15-20.	Use the weight of the bar- NO added plates
	4 working sets	12-15.	Increase weight with each set
SEATED HAMSTRING CURL	4 working sets	12-15.	Increase weight with each set.
LEG EXTENSION	4 working sets	10-12.	Increase weight with each set.
	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.
HACKSQUAT	4 working sets	08-10.	Increase weight each set
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

12 WEEK TRAINING PLAN
WEEK 3

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	20 mins	
TREADMILL	40 mins	Low intensity

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
HAMMER CURL	1 warm up set	15-20.	
	4 working sets	12-15.	Increase weight with each set
WEIGHTED TRICEP DIP	4 working sets	12-15.	Increase weight with each set
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.
SINGLE CABLE PUSH DOWN	3 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop.
ISOLATION CURL	4 working sets	12-15.	On each arm. Increase weight with each set
DUMBBELL SKULL CRUSH	4 working sets	10-12.	On each arm. Increase weight with each set.
CABLE ROPE HAMMER CURL SUPERSET WITH BENCH DIPS	3 working sets	15-20	
	3 working sets	15-20	

12 WEEK TRAINING PLAN
WEEK 3

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL 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.
FLAT DUMBBELL PRESS	6 working sets	2 x 10-12 2 x 8-10 2 x 6 - 8	Increase weight with each set
INCLINE SINGLE ARM DUMBBELL PRESS	3 working sets	10-12.	Increase weight with each set
	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.

12 WEEK TRAINING PLAN

WEEK 3

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ROWING MACHINE	10 mins	
ARC	30 mins	
BIKE	20 mins	

SATURDAY PM - ABS

EXERCISE	SETS	REPS	ADDITIONAL 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.	
MACHINE ASSISTED OBLIQUE TWIST	4 working sets	12-15 (on each oblique)	
WEIGHTED SIT UPS	4 working sets	12-15.	
TWISTED KNEE RAISES	3 working sets	10-12.	
TRX MACHINE CRUNCHES	4 working sets	12-15.	
SEATED INCLINE MACHINE PRESS	3 drop sets	3 x 10 > 3 x 10	

12 WEEK TRAINING PLAN

WEEK 3

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
CROSS TRAINER	30 mins	
TREADMILL	30 mins	

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
CLOSED GRIP TRICEP SMITH MACHINE PRESS	2 warm up sets	15-20.	
	3 working sets	12-15.	Increase weight with each set.
	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.
CLOSED GRIP PULL UP	3 working sets	3 x to failure	
SEATED DUMBBELL CURL	3 working sets	15-20	Work both arms together. Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop.
SMITH MACHINE DRAG CURL SUPERSET WITH OVERHEAD CABLE EXTENSION	4 working sets	12-15.	Increase weight with each set.
	4 working sets	12-15.	Increase weight with each set.

12 WEEK TRAINING PLAN

WEEK 4

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	40 mins	
TREADMILL	20 mins	

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP PULL UP	2 warm up sets	12-15.	Own bodyweight
	3 working sets	10-12.	Own bodyweight
CLOSED GRIP PULL UP	3 working sets	12-15.	Own bodyweight
UNDERHAND MACHINE ROW	4 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 10	Decrease weight with drop. No rest between
V BAR SEATED ROW	5 working sets	2 x 20 1 x 15 1 x 10 1 x 8	Increase weight with each set
SEATED MACHINE HYPER EXTENSION	4 working sets	12-15.	Increase weight with each set.
OVERHAND MACHINE ROW	3 working sets	12-15.	Increase weight with each set
	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	10-12.	Increase weight with each set
	1 rest pause set	1 x 10 > 1 x 10	Stick to same weight. 10 second break between sets

12 WEEK TRAINING PLAN

WEEK 4

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
POWER WALK	60 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SMITH MACHINE PRESS	1 warm up set	18-20	
	4 working set (time under tension)	12..	Tempo of reps- 6 x 2 secs concentric, 2 secs eccentric & 6 x 2 secs concentric, 4 secs eccentric
SINGLE DUMBBELL 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 DUMBBELL LATERAL RAISE	1 working set	15-18	
	3 drop sets	1 x6 > 1 x 8	Decrease weight with drop. No rest between.
STANDING MACHINE SHRUGS SUPERSET WITH SEATED FLY PEC DEC	3 triple drop sets	1 x 6 >> 1 x 6 >> 1 x 6	Decrease weight with drop. No rest between
	3 working sets	10-12.	
SEATED INCLINE MACHINE PRESS	3 drop sets	3 x 10 > 3 x 10	Decrease weight with drop. No rest between

12 WEEK TRAINING PLAN
WEEK 4

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ROWING MACHINE	15 mins	
INCLINE TREADMILL	30 mins	
STAIRMASTER	15 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
HACK SQUAT	2 warm up sets	15-20	No weight
	2 working sets	12-15.	Increase weight with each set
	2 time under tension sets	12	Tempo of reps- 6 x 2 secs eccentric, 2 secs concentric & 6 x 4 secs eccentric, 2 secs concentric
LEG EXTENSION	5 ascending working sets	20	Increase 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 HAMSTRING CURL	3 working sets	10 (on each leg)	
	1 drop set	1 x 10 > 1 x failure	No rest between drop. Decrease weight with drop.
LEG PRESS	5 working sets	15-18	Focus on muscle contraction and good form.
WEIGHTED DUMBBELL LUNGES SUPERSET WITH WEIGHTED SLED PUSH	3 working sets	20 metres (total)	Increase weight with each set if desired.
	3 working sets	20 metres (total)	Increase weight with each set if desired.

12 WEEK TRAINING PLAN
WEEK 4

THURSDAY AM - CARDIO & ABS

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	30 mins	
HANGING LEG RAISE SUPERSET WITH PLANK	4 working sets	To failure
	4 working sets	1 min each
CABLE ROPE AB CRUNCHES SUPERSET WITH LYING BENCH LEG RAISE	4 working sets	18-20 reps
	4 working sets	18-20 reps
DUMBBELL OBLIQUE TWIST SUPERSET WITH GHD SIT-UPS	4 working sets	10 reps (on each oblique)
	4 working sets	18-20 reps

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WEIGHTED TRICEP DIPS	1 warm up set	To failure	Own bodyweight
	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 eccentric & 6 x 2 secs concentric, 4 secs eccentric
ROPE PUSH DOWN SUPERSET WITH MACHINE TRICEP DIPS	4 working sets	12-14.	
	4 working sets	6-8.	Keep heavy load on tricep dips
BICEP DUMBBELL CURL	1 warm up set	12	12 reps on each arm
	4 working sets	2 x 8-10 2 x 6-8	Increase weight each set if possible
MACHINE PREACHER CURL	4 working sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric , 2 secs eccentric & 6 x 2 secs concentric, 4 secs eccentric
ROPE HAMMER CURL SUPERSET WITH EZ BARBELL CURL	3 working sets	10-12.	
	3 working sets	30	Change grip after every 10 reps- 10x wide grip, 10 x shoulder width grip & 10x close grip.

12 WEEK TRAINING PLAN
WEEK 4

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
20 MINS TREADMILL	60 mins in total	Low Intensity state
20 MINS CROSS TRAINER		
20 MINS ROWER		

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SINGLE DUMBBELL FLAT PRESS	1 warm up set	12-14.	12-14 reps on each pec
	4 working sets	8-10.	Increase weight with each set if possible
INCLINE DUMBBELL 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 set	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 DEC FLY	3 working sets	2 x 8-10	Increase weight with each set if possible
		1 x 6-8	
DUMBBELL PULLOVER	3 working sets	12-15.	
PLATE LOADED SEATED PRESS	3 working sets	12-15.	Increase weight with each set if possible

12 WEEK TRAINING PLAN

WEEK 4

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	30 mins	
INCLINED TREADMILL	30 mins	

SATURDAY PM - ABS & CALVES

EXERCISE	SETS	REPS	ADDITIONAL NOTES
PLATE LOADED SEATED CALF RAISE	4 working sets	2 x 18-20 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 LEG PRESS	3 working sets	12-15.	
	1 drop set	1 x 8 > 1 x 6	
SIT UPS	4 working sets	50	
WEIGHTED CRUNCH	5 working sets	20	
PLANK	4 working sets	1 minute each	
DUMBBELL OBLIQUE TWIST	3 working sets	20	
HANGING LEG RAISE	3 working sets	Maximum reps-failure	

12 WEEK TRAINING PLAN

WEEK 4

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SWIM	30 mins	Combine any strokes to equal 30 mins
WALK	15 mins	

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
CABLE ROPE PULL DOWN	1 warm up set	15-20.	
	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 DUMBBELL 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.
DUMBBELL 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 DUMBBELL KICKBACKS SUPERSET WITH DUMBBELL HAMMER CURL	3 working sets	8-10.	Increase weight with each set if possible
	3 working sets	8-10.	Increase weight with each set if possible

12 WEEK TRAINING PLAN
WEEK 5

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP LAT PULL DOWN	2 warm up sets	18-20	
	4 working sets	12-15.	
PLATE LOADED SEATED ROW	5 working sets	2 x 10-12 2 x 8-10 1 x 6-8	
LYING T-BAR ROW	4 working sets	6-8.	
HYPERTENSION	5 working sets	2 x 12-15. 2 x 10-12. 1 x 12-15	
SINGLE ARM DUMBBELL ROW	4 working sets	12-15.	
CLOSED GRIP CABLE ROW	4 working sets	10-12.	
	1 triple drop set	1 x 6 >> 1 x 8 >> 1 x 10	

12 WEEK TRAINING PLAN

WEEK 5

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	20 mins	
ARC	30 mins	
ROWING MACHINE	10 mins	

TUESDAY PM - SHOULDER

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SINGLE ARM DUMBBELL PRESS	2 warm up sets	12-15.	
	4 working sets	10 reps each arm, followed by 5 reps together= 15 rep total	Increase weight on each set if possible.
SMITH MACHINE PRESS	4 working sets	10-12.	Increase weight with each set if possible.
	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.
DUMBBELL LATERAL RAISE	4 working sets	10-12.	Increase weight with each set if possible
DUMBBELL SHRUG	3 working sets	8-10.	Increase weight with each set if possible.
	1 drop set	1 x 6 > 1 x 6	Decrease weight with drop. No rest between
SINGLE ARM CABLE FRONT RAISE SUPERSET WITH CABLE FRONT RAISE (BOTH SHOULDERS TOGETHER)	3 working sets	10	10 single reps followed by 5 reps together
	3 working sets	5..	10 single reps followed by 5 reps together

12 WEEK TRAINING PLAN
WEEK 5

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SWIMMING- BREAST STROKE	30 mins	
SWIMMING- FRONT CRAWL	30 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
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.
SINGLE LEG PRESS	1 warm up set	15-20.	On each leg
	4 working sets	12-15.	Increase weight with each set if possible
STANDING SINGLE LEG HAMSTRING CURL	4 working sets	12-15.	On each leg. Increase weight if possible
	1 triple drop set	1 x 4 >> 1 x 6 >> 1 x 8	Decrease weight with drop. No rest between
SINGLE LEG EXTENSION	5 working sets (time under tension)	10-12.	On each leg. Increase weight with each set if possible. Tempo of reps= 4 secs eccentric, 4 secs concentric
LYING HAMSTRING CURL	5 working sets	12-15.	Increase weight with each set if possible.
ADDUCTOR SUPERSET WITH ABDUCTOR	3 working sets	10-12.	
	3 working sets	10-12.	
WALKING LUNGES	3 working sets	10 lunges (on each leg)	Weighted if possible

12 WEEK TRAINING PLAN
WEEK 5

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SKULL CRUSHER	2 warm up sets	15-20.	
	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
DUMBBELL 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. Decrease weight with drop. No rest between.
BENCH TRICEP DIPS	4 working sets	15-20.	Weighted OR own bodyweight and tempo of reps equalling 4 secs concentric, 4 secs eccentric.
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.
MACHINE TRICEP EXTENSION	3 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.
SMITH MACHINE DRAG CURL SUPERSET WITH DUMBBELL HAMMER CURL	3 working sets	12-15.	
	3 working sets	8- 10.	
CABLE ROPE TRICEP PULL DOWN	5 working sets	15-15.	Increase weight with each set if possible.

12 WEEK TRAINING PLAN
WEEK 5

FRIDAY AM - ABS & CARDIO

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE SIT UPS SUPERSET WITH STANDING WEIGHTED CRUNCH	4 working sets	20	
	4 working sets	20	
CABLE WOOD CHOP SUPERSET WITH PLANK	4 working sets	15	15 reps on each oblique
	4 working sets	90 secs	
BENCH LEG RAISES SUPERSET WITH ROPE CABLE WEIGHTED CRUNCH	4 working sets	15-18	
	4 working sets	15-18	
BIKE	15-20 mins	Time dependent on time taken to complete ABS. 60 min workout in total.	

FRIDAY PM - ON NEXT PAGE

12 WEEK TRAINING PLAN
WEEK 5

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE DUMBBELL PRESS	2 warm up sets	20	
	4 working sets	12-15.	Increase weight with each set if possible.
SEATED PLATE LOADED CHEST PRESS	5 working sets	4 x 10-12.	Increase weight with each set if possible.
		1 x 18-20.	
PEC DEC	4 working sets	2 x 10-12 2 x 8-10	
	1 drop set	1 x 6 > 1 x 8	Tempo of reps- secs concentric, 4 secs eccentric
DECLINE BARBELL PRESS SUPERSET WITH CHEST CONTRACTION	3 working sets	18-20.	Tempo of reps- 3 secs concentric, 3 secs eccentric.
	3 working sets	1 min each	Tense the chest for one minute.
DUMBBELL 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.

12 WEEK TRAINING PLAN
WEEK 5

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
INCLINE TREADMILL	60 mins	

SATURDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
Leg Extension	3 working sets	20	For all exercises be sure to 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	
Dumbbell Side Lateral Raise	3 working sets	20	
Flat Barbell Press	3 working sets	20	
Cable Fly	3 working sets	20	
Dumbbell Curl	3 working sets	20	
Machine Preacher Curl	3 working sets	20	
Tricep Dips	3 working sets	20	
Rope Cable Push down	3 working sets	20	
Abdominal Weighted Crunch	3 working sets	20	
Hanging Leg Raise	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 5

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED POWER WALK	60 mins	

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SEATED EZ BARBELL SKULL CRUSH	1 warm up set	12-15.	
	6 working sets	2 x 12 2 x 10 2 x 8	
PLATE LOADED TRICEP DIP MACHINE	6 working sets	2 x 12 2 x 10 2 x 8	
OVERHEAD CABLE TRICEP EXTENSION	6 working sets	2 x 12 2 x 10 2 x 8	
DUMBBELL HAMMER CURL	6 working sets	2 x 12 2 x 10 2 x 8	
STRAIGHT BARBELL CURL	6 working sets	2 x 12 2 x 10 2 x 8	
ROPE HAMMER CURL	6 working sets	2 x 12 2 x 10 2 x 8	
DUMBBELL PREACHER CURL SUPERSET WITH TRICEP ROPE EXTENSION	3 working sets (time under tension)	15	
	3 working sets (time under tension)	15	

12 WEEK TRAINING PLAN
WEEK 6

MONDAY AM - CARDIO & ABS

FASTED WORKOUT	DURATION / SETS	REPS
HANGING LEG RAISE	4 working sets	15-18
CABLE WOOD CHOP	4 working sets	10 (on each oblique)
TRX SIDE CRUNCHES	4 working sets	10 (on each oblique)
WEIGHTED CABLE ROPE CRUNCH SUPERSET WITH PLANK	3 working sets	15-20
	3 working sets	1 minute
ARC	10 mins	
BIKE	20 mins	

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP LAT PULL DOWN	1 warm up set	18-20	
	4 working sets	15..	
	1 drop set	1 x 8 > 1 x 10	
V BAR SEATED ROW	4 working sets	15-20	
	1 triple drop set	1 x 6 >> 1 x 6 >> 1 x 6	
ISO-LATERAL HIGH RAISE ROW	5 working sets	12-15.	
PLATE LOADED SEATED T BAR ROW	5 working sets	1 x 15 2 x 12 1 x 10 1 x 8	
ISO-LATERAL LOW ROW	4 working sets	12-15.	Decrease weight with drop. No rest between
	1 drop set	1 x 6 > 1 x 8	
HYPER EXTENSION SUPERSET WITH MACHINE OVERHEAD LAT PULL DOWN	3 working sets	15..	
	3 working sets	15..	

12 WEEK TRAINING PLAN

WEEK 6

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SWIMMING (BREAST STROKE)	30 mins	
SWIMMING (FRONT CRAWL)	30 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL 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 OVERHEAD EXTENSION	4 working sets	12-15.	
	1 drop set	1 x 6 > 1 x 8	Decrease weight with drop. No rest between.
DUMBBELL SIDE LATERAL RAISE	4 working sets	2 x 15 2 x 10	Concentrate on slow movements with good form.
	1 triple drop set	1 x 4 >> 1 x 6 >> 1 x 8	Decrease weight with drop. No rest between.
SHOULDER PRESS	3 working sets	1 x 12 1 x 10 1 x 8	Increase weight where possible.
	1 time under tension set	5	4 secs concentric, 4 secs eccentric
SMITH MACHINE REVERSE SHRUG SUPERSET WITH SMITH MACHINE MILITARY PRESS	4 working sets	15-20	
	4 working sets	10-12.	

12 WEEK TRAINING PLAN
WEEK 6

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
PLATE LOADED SEATED CALVE RAISE	2 warm up sets	12-15.	
	3 working sets	8-10.	
	1 drop set	1 x 5 > 1 x 5	
CALVE MACHINE PRESS	4 working sets	12-15.	
STANDING CALVE RAISE	3 working sets	10-12.	
	1 drop set	1 x 4 > 1 x 6	
WEIGHTED LUNGES (SQUAT RACK)	5 working sets	1 x 20 (on each leg) 1 x 15 (on each leg) 2 x 10 (on each leg) 1 x 8 (on each leg)	
SISSY SQUAT	5 working sets (time under tension)	6-8.	
LEG EXTENSION	6 working sets	3 x 15-20 3 x 8 (time under tension)	
SEATED HAMSTRING CURL	5 working sets	15-20.	
DUMBBELL STRAIGHT LEG DEADLIFT	6 working sets	2 x 20 2 x 15 2 x 10	
LYING HAMSTRING CURL	5 working sets	3 x 12-15 2 x 6-8 (time under tension)	

12 WEEK TRAINING PLAN
WEEK 6

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	30 mins	
INCLINE TREADMILL	30 mins	

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WEIGHTED TRICEP DIPS	1 warm up set	20	Own bodyweight.
	4 working sets	1 x 15 1 x 12 1 x 10 1 x 8	Increase weight with each set.
DUMBBELL 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 SUPERSET WITH SEATED TRICEP DIPS	4 working sets	12-15.	Increase weight where possible but concentrate on slow movements with good squeeze on tricep.
	4 working sets	10-12.	Increase weight where possible.
SINGLE DUMBBELL BICEP CURL	5 working sets	15	First 10 reps (on each arm)-singular. Last 5 reps- both arms together with palms facing upwards.
SEATED ISOLATED BICEP CURL	4 working sets	2 x 20 2 x 15	Increase weight where possible.
	1 triple drop set	1 x 8 > 1 x 10 > 1 x 12	Decrease weight with drop. No rest between
SMITH MACHINE DRAG CURL SUPERSET WITH SINGLE ARM HAMMER CURL	4 working sets	12-15.	Increase weight where possible but be sure to keep form and do not start to raise shoulders.
	4 working sets	8-10.	Keep at a suitable weight.

12 WEEK TRAINING PLAN
WEEK 6

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED JOG	60 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
BARBELL BENCH PRESS	1 warm up set	18-20.	
	4 working sets	12-15.	Increase weight where possible
SEATED MACHINE CHEST PRESS	4 working sets	12-15.	
	1 drop set	1 x 6 > 1 x 8	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 DUMBBELL 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
PEC DEC MACHINE	3 working sets	10-12.	Increase weight where possible
	1 partial set	To failure	
INCLINE DUMBBELL PRESS SUPERSET WITH CHEST DIPS	3 working sets	8-10.	
	3 working sets	6-8.	

12 WEEK TRAINING PLAN
WEEK 6

SATURDAY AM - REST

SATURDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
Lat Pull Down	3 working sets	20	No rest between sets
Seated Row	3 working sets	20	
Bent Over Barbell Row	3 working sets	20	
Pec Dec	3 working sets	20	
Incline Dumbbell Press	3 working sets	20	
Flat Barbell Press	3 working sets	20	
Dumbbell Shoulder Press	3 working sets	20..	
Side Lateral Raise	3 working sets	20	
Smith Machine Military Press	3 working sets	20..	
EZ Barbell Curl	3 working sets	20	
Smith Machine Drag Curl	3 working sets	20	
Hammer Smith Curl	3 working sets	20	
Cable Rope Extension	3 working sets	20	
Dumbbell Skull Crush	3 working sets	20	
Tricep Dips	3 working sets	20	
Sissy Squats	3 working sets	20..	
Lying Hamstring Curl	3 working sets	20	
Dumbbell Straight Leg Deadlift	3 working sets	20	
Seated Hamstring Curl	3 working sets	20	
Seated Calf Raise	3 working sets	20	
Smith Machine Reverse Calf Raise	3 working sets	20	
Standing Dumbbell Calf Raise	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 6

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

SUNDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
ROPE TRICEP PULL DOWN	6 working sets	20	Increase by a plate each set
		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 PUSH DOWN SUPERSET WITH 60 SECOND TRICEP TENSING	4 working sets	12-15.	
	4 working sets	60 seconds timed	Squeeze and tense triceps as hard as possible. No weight needed.
EZ BARBELL SKULL CRUSH SUPERSET WITH SINGLE ARM CABLE PUSH DOWN	4 working sets	12-15.	Increase weight where possible
	4 working sets	10-12.	Increase weight where possible
TRICEP BENCH DIPS	3 working sets	20..	Own bodyweight each set
SINGLE ARM CABLE CURL	4 working sets	12-14.	On each arm
	2 triple drop sets	1 x 10 >> 1 x 10 >> 1 x 10	On each arm
EZ BARBELL CURL SUPERSET WITH DUMBBELL HAMMER CURL	5 working sets	10	
	5 working sets	12	
CABLE ROPE HAMMER CURL SUPERSET WITH SMITH MACHINE DRAG CURL	5 working sets	10-12.	
	5 working sets	8-10.	

12 WEEK TRAINING PLAN

WEEK 7

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
JOG (TREADMILL)	30 mins	
INCLINED WALK (TREADMILL)	30 mins	

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
V BAR LAT PULL DOWN	2 warm up sets	20	
	3 working sets	10-12.	Increase weight where possible
	2 drop sets	1 x 10 > 1 x 12	Decrease weight with drop. No rest between
STANDING T-BAR ROW	4 working sets	8-10.	Concentrate on form rather than weight on this exercise. Protect back by keeping it straight and not arching.
	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 where possible but concentrate on form rather than heavy weights.
SINGLE ARM DUMBBELL ROW	5 working sets	12-15 (on each arm)	Increase weight where possible.
SEATED MACHINE OVERHAND ROW SUPERSET WITH SEATED MACHINE HYPER EXTENSION	4 working sets	10-12.	Increase weight where possible
	4 working sets	10-12.	Increase weight where possible.
SEATED INCLINE MACHINE PRESS	3 drop sets	3 x 10 > 3 x 10	Decrease weight with drop. No rest between

12 WEEK TRAINING PLAN

WEEK 7

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	40 mins	
BIKE	20 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SEATED DUMBBELL BENT OVER DELT RAISE	1 warm up set	15	
	4 working sets	10-12.	Increase weight where possible.
SEATED BARBELL MILITARY PRESS	3 working sets	8-10.	Increase weight where possible.
	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 eccentric, 4 secs concentric
REVERSE MACHINE FLYES	4 working sets	10-12.	Increase weight where possible
	1 triple drop set	1 x 4 >> 1 x 6 >> 1 x 8	Decrease weight with drop. No rest between
UPRIGHT CABLE ROW SUPERSET WITH SIDE LATERAL RAISE	4 working sets	10-12.	Increase weight where possible
	4 working sets	8-10.	Increase weight where possible
REVERSE SMITH MACHINE SHRUGS	4 working sets	15-18	
SEATED DUMBBELL SHRUGS	4 working sets	10 - 12.	

12 WEEK TRAINING PLAN

WEEK 7

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
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
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.
DUMBBELL LUNGE SUPERSET WITH WEIGHTED SLED PUSH	4 working sets	20 (10 each way)	Stay at same weight for all sets
	4 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 SUPERSET WITH SEATED HAMSTRING CURL	4 working sets	8-10 (on each leg)	Increase weight where possible.
	4 working sets	6-8.	Increase weight where possible.

12 WEEK TRAINING PLAN

WEEK 7

THURSDAY AM - CIRCUIT

FASTED WORKOUT	SETS	REPS
LEG EXTENSION	3 working sets	20
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
DUMBBELL SIDE LATERAL RAISE	3 working sets	20
FLAT BARBELL PRESS	3 working sets	20
CABLE FLY	3 working sets	20
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20
HANGING LEG RAISE	3 working sets	20

THURSDAY PM - ON NEXT PAGE

12 WEEK TRAINING PLAN
WEEK 7

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
ROPE CABLE PULL DOWN	1 warm up set	20	
	4 working sets	12-15.	
	1 drop set	1 x 8 > 1 x 8	
DUMBBELL SKULL CRUSH	5 working sets	12-15.	
	1 triple drop set	1 x 6 >> 1 x 6 >> 1 x 6	
MACHINE TRICEP EXTENSION SUPERSET WITH BENCH TRICEP DIPS	4 working sets	10-12.	
	4 working sets	10-12.	
EZ BAR CABLE PUSH DOWN SUPERSET WITH BARBELL BICEP CURL	4 working sets	10-12.	
	4 working sets	10-12.	
SINGLE ARM DUMBBELL CURL	5 working sets	10 reps on each arm, followed by 5 reps together	
EZ BAR CABLE CURL	5 working sets	12-15.	
	1 drop set	1 x 8 > 1 x 8	
WEIGHTED MACHINE CURL	4 working sets	10-12.	
	1 triple drop set	1 x 6 >> 1 x 6 >> 1 x 6	
SMITH MACHINE DRAG CURL	4 working sets	08-Oct	

12 WEEK TRAINING PLAN

WEEK 7

FRIDAY AM

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	40 mins	
CROSS TRAINER	20 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
BARBELL BENCH PRESS	1 warm up set	15	Light weight to warm up
	5 working sets	8-10.	Increase weight where possible
SEATED MACHINE PRESS	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
INCLINE BENCH CABLE FLY	5 working sets	2 x 12 2 x 10 1 x 8	Increase weight where possible. Slow and controlled movements to really feel the squeeze
PEC-DECK MACHINE	3 working sets	10-12.	Increase weight where possible
	2 drop sets	1 x 6 > 1 x 6	Decrease weight with drop. No rest between
INCLINE DUMBBELL PULLOVER	5 working sets	12-15.	
FLAT BENCH DUMBBELL PRESS	5 working sets	2 x 15 2 x 12 2 x 10	Increase weight where possible.

12 WEEK TRAINING PLAN

WEEK 7

SATURDAY AM - CIRCUIT

EXERCISE	DURATION	ADDITIONAL NOTES	
LEG EXTENSION	3 working sets X 20	For all exercises be sure to pick a weight that you can get 20 reps with.	
HAMSTRING CURL	3 working sets X 20		
SMITH MACHINE STANDING CALVE RAISE	3 working sets X 20		
LEG PRESS	3 working sets X 20		
LYING HAMSTRING CURL	3 working sets X 20		
SEATED CALVE RAISE	3 working sets X 20		
LAT PULL DOWN	3 working sets X 20		
SEATED ROW	3 working sets X 20		
BARBELL SHOULDER PRESS	3 working sets X 20		
DUMBBELL SIDE LATERAL RAISE	3 working sets X 20		
FLAT BARBELL PRESS	3 working sets X 20		
CABLE FLY	3 working sets X 20		
DUMBBELL CURL	3 working sets X 20		
MACHINE PREACHER CURL	3 working sets X 20		
TRICEP DIPS	3 working sets X 20		Use own bodyweight for these
ROPE CABLE PUSH DOWN	3 working sets X 20		
ABDOMINAL WEIGHTED CRUNCH	3 working sets X 20		
HANGING LEG RAISE	3 working sets X 20		

SATURDAY PM - CARDIO

EXERCISE	DURATION	ADDITIONAL NOTES
Walk	60 mins	Incline walk on treadmill

12 WEEK TRAINING PLAN

WEEK 7

SUNDAY AM - ABS & CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SIT UPS	4 sets of 25 reps	
DUMBBELL TWIST	4 sets of 20 reps	On EACH oblique
ASSISTED STANDING MACHINE CRUNCH	4 sets of 15-20 reps	
SIDE PLANK	3 x 1 min (each side)	On each side. One elbow resting for support and the other raised in the air.
STAIRMASTER	30 mins	

SUNDAY PM - ON NEXT PAGE

12 WEEK TRAINING PLAN
WEEK 7

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL 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 EXTENSION	4 working sets (on each arm)	1 x 20	
		3 x 15-18	Increase weight where possible
WIDE GRIP EZ BAR CABLE PUSH DOWN	5 working sets	12-15.	Increase weight where possible
	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.
EZ BAR CURL	3 working sets	15-18.	
	3 time under tension sets	6	Tempo of reps- 4 secs concentric, 2 secs eccentric
SINGLE ARM DUMBBELL CURL	4 working sets	10 (single arm) 5 (together)	Increase weight where possible
	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 SUPERSET WITH HAMMER CURL	3 working sets	8-10.	
	3 working sets	6-8 (on each arm)	

12 WEEK TRAINING PLAN
WEEK 8

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	60 mins	

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL 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.
WIDE GRIP PULL UP	5 working sets	2 x 12-15 2 x 8-10 1 x 6-8	Own bodyweight
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.
V-BAR SEATED ROW	4 working sets	12-15.	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.
HYPERTENSION SUPERSET WITH OVERHAND MACHINE ROW	4 working sets	12-15.	Use weight (plate) if possible
	4 working sets	10-12.	Increase weight with each set if possible

12 WEEK TRAINING PLAN

WEEK 8

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED JOG	60 mins	

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
STANDING FRONT BARBELL RAISE	1 warm up set	20-25.	Use the weight of the bar alone to warm up.
	4 working sets	12-15.	Increase weight where possible
	1 drop set	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 PRESS	4 working sets	12-15.	Increase weight with each set
	1 triple drop set	1 x 5 >> 1 x 5 >> 1 x 5	Decrease weight with drop. No rest between.
PEC DEC REAR FLYES	5 working sets	2 x 18-20 2 x 12-15 1 x 8-10	Increase weight with each set
MACHINE CABLE SIDE LATERAL RAISE SUPERSET WITH CABLE ROPE FACE PULLS	4 working sets	10-12.	
	4 working sets	10-12.	

12 WEEK TRAINING PLAN

WEEK 8

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	40 mins	
ROWING MACHINE	10 mins	
BIKE	10 mins	

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
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.
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 DUMBBELL 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.

12 WEEK TRAINING PLAN

WEEK 8

THURSDAY AM - ABS & CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
MACHINE OBLIQUE TWISTS	5 working sets 10 (on each oblique)	
HANGING LEG RAISE	5 working sets	2 x 15 2 x 10 1 x 6-8
CABLE ROPE AB CRUNCH	5 working sets	10-12.
WEIGHTED SIT UPS	5 working sets	10-15.
FASTED WORKOUT	Duration	Additional notes
INCLINE TREADMILL	30 mins	

THURSDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
ROPE CABLE PUSH DOWN	4 working sets	10-12.	
DUMBBELL SKULL CRUSH SUPERSET WITH TRICEP SQUEEZE AND CONTRACTION	4 working sets	8-10.	
	4 working sets	15 secs	
REVERSE GRIP PUSH DOWN	4 working sets	20 reps total	
OVERHEAD CABLE EXTENSION SUPERSET WITH DIAMOND PUSH UPS	7 working sets	10-12.	
	7 working sets	10-12.	
STANDING CABLE FACE CURLS	7 working sets	10-15.	
SINGLE ARM DUMBBELL HAMMER CURLS	3 working sets	8-10 (on each arm)	
DUMBBELL SPIDER CURLS	4 working sets	10-12.	

12 WEEK TRAINING PLAN

WEEK 8

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED BIKE RIDE	60 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
BARBELL BENCH PRESS	1 warm up set	20-25.	
	5 working sets	2 x 12-15 2 x 8-10 1 x 6-8	Increase weight where possible
WEIGHTED PUSHUP	5 working sets	10-12.	Add a plate on to your back for extra weight
CABLE FLY	4 working sets	12-15.	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.
INCLINE DUMBBELL BENCH PRESS	4 working sets	15-18.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 8	Decrease weight with drop. No rest between
DUMBBELL PULLOVER SUPERSET WITH SEATED MACHINE CHEST PRESS	5 working sets	10-12.	
	5 working sets	10-12.	
CHEST DIPS	5 working sets	8-10.	Lean forward as far as possible and allow you elbows to flare out as you dip., legs behind you.

12 WEEK TRAINING PLAN

WEEK 8

SATURDAY AM - CARDIO

FASTED WORKOUT	SETS	REPS
LEG EXTENSION	3 working sets	20
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
DUMBBELL SIDE LATERAL RAISE	3 working sets	20
FLAT BARBELL PRESS	3 working sets	20
CABLE FLY	3 working sets	20
DUMBBELL CURL	3 working sets	20
MACHINE PREACHER CURL	3 working sets	20
TRICEP DIPS	3 working sets	20
ROPE CABLE PUSH DOWN	3 working sets	20
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20
HANGING LEG RAISE	3 working sets	20

SATURDAY PM - REST

12 WEEK TRAINING PLAN

WEEK 8

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

SUNDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
CLOSED GRIP TRICEP SMITH MACHINE PRESS	2 warm up sets	15-20.	
	3 working sets	12-15.	Increase weight with each set.
	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.
CLOSED GRIP PULL UP	3 working sets	3 x to failure	
SEATED DUMBBELL CURL	3 working sets	15-20	Work both arms together. Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop.
SMITH MACHINE DRAG CURL SUPERSET WITH OVERHEAD CABLE EXTENSION	4 working sets	12-15.	Increase weight with each set.
	4 working sets	12-15.	Increase weight with each set.

12 WEEK TRAINING PLAN

WEEK 9

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	60 mins	Put the resistance on the bike at a higher setting for the first 30 mins and then drop for the last 30 mins

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SEATED T-BAR ROW	1 warm up set 3 working sets 1 drop set	18-20. 10-12. 1 x 4 > 1 x 6	
HYPER EXTENSION	5 working sets	2 x 15 2 x 12 1 x 15	
CLOSE GRIP PULL DOWN	4 working sets 1 triple drop set	10-15. 1 x 6 >> 1 x 8 >> 1 x 10	
WIDE GRIP SEATED CABLE ROW	4 working sets 1 triple drop set	2 x 20 2 x 15 1 x 12 1 x 8 >> 1 x 10 >> 1 x 12	
MACHINE ASSISTED LOWER BACK EXTENSION	5 working sets	10-12.	
SINGLE ARM SMITH MACHINE ROW	4 working sets	8-10 (on each arm)	
WIDE GRIP PULL UP SUPERSET WITH STIFF ARM PULL DOWN	3 working sets 3 working sets	10-12. 10-12.	

12 WEEK TRAINING PLAN
WEEK 9

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
CROSS TRAINER	60 mins	Set cross trainer to a good resistance

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
DUMBBELL PRESS	2 Warm up sets	20	
	4 working sets	2 x 15 1 x 12 1 x 10	Increase weight with each set
SIDE LATERAL RAISE (MACHINE)	1 warm up set	15-18	
	3 working sets	10-12.	Increase weight with each set
REVERSE FLY (PEC DEC)	3 working sets	10-12.	
	1 Triple drop set	1 x 10>> 1x 10 >> 1 x 10	Decrease weight with drop. No rest between
SMITH MACHINE SHRUG	4 working sets	12-15.	Increase weight with each set
	1 triple drop set	1 x 12>> 1 x 10>> 1 x 8	Decrease weight with drop. No rest between
DUMBBELL FRONT RAISE SUPERSET WITH DUMBBELL LATERAL RAISE	4 working sets	12-15.	NO rest between superset
	4 working sets	12-15.	

12 WEEK TRAINING PLAN

WEEK 9

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SKIPPING	10 mins	1 minute on, 1 minute off- repeat 10 times
ROWING MACHINE	10 mins	
BIKE	10 mins	
BOXING	30 mins	

WEDNESDAY PM - ON NEXT PAGE

12 WEEK TRAINING PLAN
WEEK 9

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL 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
LYING HAMSTRING CURL	2 warm up sets	20	
	4 working sets	2 x 15 2 x 10	Increase weight with each set
STANDING HAMSTRING CURL	1 warm up set	20	
	4 working sets	2 x 15 1 x 12 1 x 10	Increase weight with each set
LEG PRESS	1 Warm up set	25	
	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	Decrease weight with drop. No rest between
LEG EXTENSION	1 warm up set	20	
	4 working sets	2 x 15 2 x 10	Increase weight with each set
	1 triple drop set	1 x 8 >> 1 x 8 >> 1 x 8	Decrease weight with drop. No rest between
ADDUCTOR SUPERSET WITH ABDUCTORS	4 working sets	15-18.	
	4 working sets	15-18.	
STANDING CALF RAISE	4 working sets	12-15.	Increase weight with each set
SEATED CALF RAISE	4 working sets	10-12.	Increase weight with each set
	1 triple drop set	1 x 8 >> 1 x 8 >> 1 x 8	Decrease weight with drop. No rest between

12 WEEK TRAINING PLAN
WEEK 9

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	30 mins	
HANGING LEG RAISE SUPERSET WITH PLANK	4 working sets	To failure
	4 working sets	1 min each
CABLE ROPE AB CRUNCHES SUPERSET WITH LYING BENCH LEG RAISE	4 working sets	18-20 reps
	4 working sets	18-20 reps
DUMBBELL OBLIQUE TWIST SUPERSET WITH GHD SIT-UPS	4 working sets	10 reps (on each oblique)
	4 working sets	18-20 reps

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
HAMMER CURL	1 warm up set	15-20.	
	4 working sets	12-15.	Increase weight with each set
WEIGHTED TRICEP DIP	4 working sets	12-15.	Increase weight with each set
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.
SINGLE CABLE PUSH DOWN	3 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop.
ISOLATION CURL	4 working sets	12-15.	On each arm. Increase weight with each set
MACHINE TRICEP EXTENSION	3 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.
DUMBBELL CURL SUPERSET WITH TRICEP SMITH MACHINE PRESS	4 working sets	15	First 10 reps- keeps palms facing upwards. Last 5 reps- turn palms downwards. Increase weight with each set.
	4 working sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric , 2 secs eccentric & 6 x 2 secs concentric, 4 secs eccentric

12 WEEK TRAINING PLAN
WEEK 9

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	20 mins	
STAIRMASTER	10 mins	
TREADMILL	30 mins	Inclined

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	2 warm up sets	18-20	Use a lighter weight for warming up
	3 working sets	12-15.	Increase weight with each set
FLAT DUMBBELL PRESS	5 working sets	3 x 12-15	Increase weight with each set
		2 x 10-12	
PEC DEC FLY	3 working sets	12-15.	Increase weight with each set
	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 DUMBBELL PRESS	5 working sets	10-12.	Increase weight with each set
CABLE FLY	3 working sets	18-20.	Increase weight with each set
	2 drop sets	1 x 8 > 1 x 6	Decrease weight with drop. No rest between.
CHEST DIPS SUPERSET WITH PUSHUPS	3 working sets	6-10.	Allow your elbows to flare out when dipping
	3 working sets	6-10.	

12 WEEK TRAINING PLAN
WEEK 9

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
TREADMILL	50 mins	Inclined
SKIPPING	10 mins	one minute on, one minute off

SATURDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LEG EXTENSION	3 working sets	20	For all exercises be sure to 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	
DUMBBELL SIDE LATERAL RAISE	3 working sets	20	
FLAT BARBELL PRESS	3 working sets	20	
CABLE FLY	3 working sets	20	
DUMBBELL CURL	3 working sets	20	
MACHINE PREACHER CURL	3 working sets	20	
TRICEP DIPS	3 working sets	20	Use own bodyweight for these
ROPE CABLE PUSH DOWN	3 working sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20	
HANGING LEG RAISE	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 9

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
STAIRMASTER	30 mins	
TREADMILL	30 mins	

SUNDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SIT UPS	4 working sets	25	
DUMBBELL TWIST	4 working sets	20 -On EACH oblique	
ASSISTED STANDING MACHINE CRUNCH	4 working sets	15-20.	
SIDE PLANK	3 working sets	1 minute on EACH side	On each side. One elbow resting for support and the other raised in the air.
CLOSED GRIP TRICEP SMITH MACHINE PRESS	4 working sets	12-15.	Increase weight with each set.
	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
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	Decrease weight with drop. No rest between.
CLOSED GRIP PULL UP	4 working sets	To failure	
SEATED DUMBBELL CURL	4 working sets	15-20	Work both arms together. Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	Decrease weight with drop. No rest between.
SMITH MACHINE DRAG CURL SUPERSET WITH OVERHEAD CABLE EXTENSION	4 working sets	12-15.	Increase weight with each set.
	4 working sets	12-15.	Increase weight with each set.

12 WEEK TRAINING PLAN
WEEK 10

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
ARC	30 mins	
ROWING	15 mins	
SKIPPING	15 mins	one minute on, one minute off

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP PULL UP	1 warm up set	20	
	4 working sets	12-15.	Increase weight where possible
	1 triple drop set	1 x 10 >> 1 x 10 >> 1 x 10	Decrease weight with drop. No rest between.
HYPER EXTENSION	5 working sets	1 x 20	Own bodyweight
		4 x 12-15.	Weighted. Use plate or kettlebell.
OVERHAND MACHINE ROW	4 working sets	15-18.	
	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
WIDE GRIP LAT PULL DOWN	4 working sets	15-20.	Increase weight where possible.
	1 triple drop set	1 x 10 >> 1 x 10 >> 1 x 10	Decrease weight with drop. No rest between.
SEATED CLOSED GRIP ROW	4 working sets	1 x 20 1 x 15 1 x 12 1 x 10	Increase weight each set
	1 triple drop set	1 x 6 >> 1 x 6 >> 1 x 6	Decrease weight with drop. No rest between.
CABLE ROPE PULLOVER SUPERSET WITH BENT OVER BARBELL ROW (UNDERHAND)	4 working sets	10-12.	Increase weight where possible.
	4 working sets	10-12.	Increase weight where possible.

12 WEEK TRAINING PLAN
WEEK 10

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED JOG	60 mins	

TUESDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
MILITARY PRESS	1 warm up set	20	
	4 working sets	2 x 15 1 x 12 1 x 10	Increase weight where possible
SIDE LATERAL RAISE (MACHINE)	5 working sets	12-15.	Increase weight where possible.
REVERSE FLY (PEC DEC)	4 working sets	10-12.	
	1 Triple drop set	1 x 10>> 1 x 10>> 1 x 10	Decrease weight with drop. No rest between.
SMITH MACHINE SHRUG	4 working sets	15-20	
	1 triple drop set	1 x 12>> 1 x 10>> 1 x 8	Decrease weight with drop. No rest between
SINGLE DUMBBELL 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	
DUMBBELL FRONT RAISE SUPERSET WITH DUMBBELL LATERAL RAISE	4 working sets	12-15.	
	4 working sets	12-15.	

12 WEEK TRAINING PLAN
WEEK 10

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	30 mins	Add good resistance to bike
BOXING	30 mins	

WEDNESDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SEATED CALF PRESS	4 working sets	15-20.	
	1 drop set	1 x 8 > 1 x 8	
PLATE LOADED SEATED CALF RAISE	4 working sets	15-20.	
	1 drop set	1 x 8 > 1 x 8	
LUNGES SUPERSET WITH SLED PUSH	4 working sets	2 x 15 metres	
	4 working sets	2 x 15 metres	
SINGLE STANDING HAMSTRING CURL	4 working sets	15 (on EACH leg)	
	1 drop set	1 x 6 > 1 x 8 (on each leg)	
LEG PRESS	4 working sets	15-20.	
LYING HAMSTRING CURL	5 working sets	15-18.	
SINGLE LEG EXTENSION	4 working sets	12 (on each leg)	
ADDUCTOR SUPERSET WITH ABDUCTORS	3 working sets	15	
	3 working sets	15	

12 WEEK TRAINING PLAN
WEEK 10

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
CROSS TRAINER	60 mins	Add a high incline and good resistance

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
EZ BAR SKULL CRUSH	1 warm up set	20-25	
	4 working sets	15-18.	
EZ BAR UNDERHAND CABLE PULL DOWN SUPERSET WITH TRICEP SQUEEZE AND CONTRACTION	2 working sets	12-15.	
	2 working sets	15 second squeeze	
EZ BAR OVERHAND CABLE PULL DOWN SUPERSET WITH TRICEP SQUEEZE AND CONTRACTION	2 working sets	12-15.	
	2 working sets	15 second squeeze	
CABLE ROPE PULL DOWN	3 working sets	12-15.	
CONCENTRATION DUMBBELL CURLS	5 working sets	15 (on each arm)	
PREACHER DUMBBELL HAMMER CURLS	5 working sets	10-12 (on each arm)	
EZ BAR PREACHER CURLS	4 working sets	8-10.	
EZ BAR DRAG CURL SUPERSET WITH CABLE ROPE CURL	4 working sets	12	
	4 working sets	8-10.	

12 WEEK TRAINING PLAN
WEEK 10

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SKIPPING	10 mins	One minute on, one minute off
ARC	50 mins	

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL 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 concentric, 4 secs eccentric
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 DUMBBELL 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 DUMBBELL PRESS	3 working sets	10-12.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 8	No rest between drop.
FLAT MACHINE PRESS SUPERSET WITH BICEP SQUEEZE AND CONTRACTION	4 working sets	12-15.	Increase weight with each set
	3 working sets	15 seconds	
STAIRMASTER (FINISHER)	20 minutes		

12 WEEK TRAINING PLAN
WEEK 10

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	

SATURDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LEG EXTENSION	3 working sets	20	For all exercises be sure to 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	
DUMBBELL SIDE LATERAL RAISE	3 working sets	20	
FLAT BARBELL PRESS	3 working sets	20	
CABLE FLY	3 working sets	20	
DUMBBELL CURL	3 working sets	20	
MACHINE PREACHER CURL	3 working sets	20	
TRICEP DIPS	3 working sets	20	Use own bodyweight for these
ROPE CABLE PUSH DOWN	3 working sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20	
HANGING LEG RAISE	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 10

SUNDAY AM - ABS & CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
SIT UPS	4 sets of 25 reps	
DUMBBELL TWIST	4 sets of 20 reps	On EACH oblique
ASSISTED STANDING MACHINE CRUNCH	4 sets of 15-20 reps	
SIDE PLANK	3 x 1 min (each side)	On each side. One elbow resting for support and the other raised in the air.
FASTED WORKOUT	Duration	Additional notes
TREADMILL	30 mins	Inclined

SUNDAY PM - ON NEXT PAGE

12 WEEK TRAINING PLAN
WEEK 10

SUNDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
SEATED TRICEP EXTENSION MACHINE	2 warm up sets	18-20	
	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
LYING SINGLE ARM DUMBBELL SKULL CRUSH	4 working sets	10 on each arm	Increase weight where possible
SEATED DUMBBELL SKULL CRUSH	4 working sets	8-10.	Increase weight where possible
OVERHEAD ROPE CABLE EXTENSION SUPERSET WITH SEATED MACHINE DIPS	3 working sets	10-12.	
	3 working sets	10-12.	
OVERHAND BARBELL CURL	5 working sets	18-20.	
CABLE CURL FACE PULLS	3 working sets	12-15.	Hold the squeeze on each bicep contraction
SINGLE ARM CABLE CURL FACE PULLS	3 working sets	8-10 (on each arm)	
PLATE HAMMER CURLS SUPERSET WITH BICEP SQUEEZE AND CONTRACTION	3 working sets	15	
	3 working sets	15 seconds	
STAIRMASTER (FINISHER)	20 minutes		

12 WEEK TRAINING PLAN
WEEK 11

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

MONDAY PM - BACK

EXERCISE	SETS	REPS	ADDITIONAL NOTES
WIDE GRIP PULL UP	1 warm up set	15-20.	Own bodyweight
	4 working sets	10-12.	Add weight where possible
CLOSED GRIP PULL UP	4 working sets	12-15.	Increase weight where possible
UNDERHAND MACHINE ROW	4 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 8 > 1 x 10	Decrease weight with drop. No rest between
V BAR SEATED ROW	5 working sets	2 x 20 1 x 15 1 x 10 1 x 8	Increase weight with each set
SEATED MACHINE HYPER EXTENSION	4 working sets	12-15.	Increase weight with each set.
OVERHAND MACHINE ROW	3 working sets	12-15.	Increase weight with each set
	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 SUPERSET WITH ISO-LATERAL LOW ROW	4 working sets	8-10.	
	4 working sets	8-10.	

12 WEEK TRAINING PLAN
WEEK 11

TUESDAY AM - ABS & CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL 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	
BIKE	15-20 mins	Low intensity

TUESDAY PM - SHOULDERS

EXERCISE	SETS	REPS	ADDITIONAL 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.
DUMBBELL SIDE LATERAL RAISE	4 working sets	2 x 15 2 x 10	Concentrate on slow movements with good form.
	1 triple drop set	1 x 4 >> 1 x 6 >> 1 x 8	Decrease weight with drop. No rest between.
SMITH MACHINE PRESS	3 working sets	1 x 12 1 x 10 1 x 8	Increase weight where possible.
	1 time under tension set	4	4 secs concentric, 4 secs eccentric
SMITH MACHINE REVERSE SHRUG SUPERSET WITH CABLE ROPE FACE PULL	4 working sets	10-12.	
	4 working sets	10-12.	

12 WEEK TRAINING PLAN
WEEK 11

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
TREADMILL	60 mins	Low intensity

WEDNESDAY PM - LEGS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
STANDING SMITH MACHINE CALF RAISE	5 working sets	14-16	increase weight with each set
SEATED CALF MACHINE RAISE	3 working sets	12-14.	Decrease weight with each set. No rest between drops
	1 triple drop set	1x8 >> 1x8 >> 1x8	
SINGLE CALF RAISE OWN BODY WEIGHT	3 working sets	10-12.	on each calf
LYING HAMSTRING CURL	5 working sets	12-15.	Increase weight where possible
SQUATS (FREE STANDING SQUAT RACK)	1 warm up set	15-20.	Use the weight of the bar- NO added plates
	4 working sets	12-15.	Increase weight with each set
SEATED HAMSTRING CURL	4 working sets	12-15.	Increase weight with each set.
LEG EXTENSION	3 working sets	12-15.	Increase weight with each set.
	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.
ADDUCTOR SUPERSET WITH ABDUCTORS	3 working sets	8-10.	
	3 working sets	8-10.	

12 WEEK TRAINING PLAN
WEEK 11

THURSDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

THURSDAY PM - ARMS

EXERCISE	SETS	REPS	ADDITIONAL NOTES
HAMMER CURL	1 warm up set	15-20.	
	4 working sets	12-15.	Increase weight with each set
WEIGHTED TRICEP DIP	4 working sets	12-15.	Increase weight with each set
STRAIGHT BAR CABLE CURL	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.
SINGLE CABLE PUSH DOWN	3 working sets	12-15.	Increase weight with each set
	1 drop set	1 x 10 > 1 x 10	No rest between drop.
ISOLATION CURL	4 working sets	12-15 (on each arm)	Increase weight with each set
SINGLE ARM DUMBBELL SKULL CRUSH	4 working sets	12-15 (on each arm)	Increase weight with each set.
BENCH DIPS SUPERSET WITH TRICEP SQUEEZE AND CONTRACTION	3 working sets	15-20	
	3 working sets	20 seconds	

12 WEEK TRAINING PLAN
WEEK 11

FRIDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
BIKE	60 mins	Low intensity

FRIDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
INCLINE DUMBBELL PRESS	1 warm up set	20	Increase weight with each set if possible.
	4 working sets	15-20	
SEATED PLATE LOADED CHEST PRESS	5 working sets	4 x 10-12. 1 x 12-15	Increase weight with each set if possible.
PEC DEC	4 working sets	2 x 10-12 2 x 8-10	Tempo of reps- secs concentric, 4 secs eccentric
	1 drop set	1 x 6 > 1 x 8	
DUMBBELL 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 SUPERSET WITH CHEST CONTRACTION	3 working sets	18-20.	Tempo of reps- 3 secs concentric, 3 secs eccentric.
	3 working sets	1 min each	Tense the chest for one minute.

12 WEEK TRAINING PLAN
WEEK 11

SATURDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

SATURDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
Leg Extension	3 working sets	20	For all exercises be sure to 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	
Dumbbell Side Lateral Raise	3 working sets	20	
Flat Barbell Press	3 working sets	20	
Cable Fly	3 working sets	20	
Dumbbell Curl	3 working sets	20	
Machine Preacher Curl	3 working sets	20	
Tricep Dips	3 working sets	20	Use own bodyweight for these
Rope Cable Push down	3 working sets	20	
Abdominal Weighted Crunch	3 working sets	20	
Hanging Leg Raise	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 11

SUNDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
TREADMILL	60 mins	Low intensity

SUNDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
CLOSED GRIP TRICEP SMITH MACHINE PRESS	1 warm up set	15-20.	
	4 working sets	12-15.	Increase weight with each set.
	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 if possible
EZ BARBELL SKULL CRUSHERS	3 working sets	12-15.	Increase weight with each set if possible.
	1 triple drop set	1 x 10 >> 1 x 8 >> 1 x 6	Decrease weight with drop. No rest between.
SINGLE ARM CABLE CURLS	5 working sets	10-12 (on each arm)	Increase weight where possible
TRICEP DUMBBELL KICKBACKS	3 working sets	3 x to failure (on each arm)	
SEATED DUMBBELL CURL	4 working sets	15-20	Work both arms together. Increase weight with each set if possible
	1 drop set	1 x 10 > 1 x 10	Decrease weight with drop. No rest between.
SMITH MACHINE DRAG CURL SUPERSET WITH OVERHEAD CABLE EXTENSION	4 working sets	12-15.	
	4 working sets	12-15.	

12 WEEK TRAINING PLAN
WEEK 12

MONDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

MONDAY PM - FULL BODY CIRCUIT

EXERCISE	SETS	REPS	ADDITIONAL NOTES
Leg Extension	3 working sets	20	For all exercises be sure to 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	
Dumbbell Side Lateral Raise	3 working sets	20	
Flat Barbell Press	3 working sets	20	
Cable Fly	3 working sets	20	
Dumbbell Curl	3 working sets	20	
Machine Preacher Curl	3 working sets	20	
Tricep Dips	3 working sets	20	
Rope Cable Push down	3 working sets	20	
Abdominal Weighted Crunch	3 working sets	20	
Hanging Leg Raise	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 12

TUESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

TUESDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LEG EXTENSION	3 working sets	20	For all exercises be sure to 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	
DUMBBELL SIDE LATERAL RAISE	3 working sets	20	
FLAT BARBELL PRESS	3 working sets	20	
CABLE FLY	3 working sets	20	
DUMBBELL CURL	3 working sets	20	
MACHINE PREACHER CURL	3 working sets	20	
TRICEP DIPS	3 working sets	20	Use own bodyweight for these
ROPE CABLE PUSH DOWN	3 working sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20	
HANGING LEG RAISE	3 working sets	20	

12 WEEK TRAINING PLAN
WEEK 12

WEDNESDAY AM - CARDIO

FASTED WORKOUT	DURATION	ADDITIONAL NOTES
FASTED WALK	60 mins	Low intensity

WEDNESDAY PM - CHEST

EXERCISE	SETS	REPS	ADDITIONAL NOTES
LEG EXTENSION	3 working sets	20	For all exercises be sure to 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	
DUMBBELL SIDE LATERAL RAISE	3 working sets	20	
FLAT BARBELL PRESS	3 working sets	20	
CABLE FLY	3 working sets	20	
DUMBBELL CURL	3 working sets	20	
MACHINE PREACHER CURL	3 working sets	20	
TRICEP DIPS	3 working sets	20	
ROPE CABLE PUSH DOWN	3 working sets	20	
ABDOMINAL WEIGHTED CRUNCH	3 working sets	20	
HANGING LEG RAISE	3 working sets	20	

FAQ'S



THE BELOW ARE A FEW QUESTIONS THAT I SEEMED TO HAVE BEEN ASKED MOST BY PEOPLE WHEN THEY ARE 'CUTTING' OR PREPPING FOR A SHOW. I HOPE THEY GIVE YOU A SMALL INSIGHT INTO HOW I PERSONALLY DEAL WITH DIETING AND PREP.

Q Why do you do all of your cardio first thing in the morning as opposed to the evening time?

A I prefer low intensity cardio first thing in a morning before breakfast over high intensity. I've tried both methods on my competition prep and I found if I performed hiit cardio over a few weeks my metabolism increased that much that I started to lose weight very quickly and I struggled to assess/ keep track of what I was burning i.e. fat or muscle. So I found the better method for me was low intensity over a longer period of time, this way I could monitor my fat loss a bit more specifically and controlled. If you are carrying a lot of stored fats and would like to shift it quickly, high intensity in a morning or after weight training would be great as it will kick start your metabolism and raise it to burn at a higher rate throughout the rest of the day. The basic idea behind fasted cardio first thing in a morning is that your body is more likely to use stored fats for fuel instead of the food you just consumed. Whilst you are sleeping at night your growth hormone levels will be a lot higher, Your GH levels will start to decrease as it nears morning time. This will be an ideal time of the day to do your cardio fasted, growth hormone is highly catabolic to fat cells which means breaking down fat stores. The other factor you need to consider is your insulin levels, in order to burn fat as energy your insulin levels need to be lower as fat cannot be mobilised in the presence of high insulin levels. First thing in a morning because you have been sleeping for over 8 hours your insulin levels will be at its lowest before you eat your breakfast so this is an ideal time.

Q Do you tend to cut carbs at all through your diet?

A This is the question that I tend to get asked most and the answer is NO. This always seems to surprise everyone that asks. People tend to generally think that to cut fat, you have to loose the carbs. I honestly think that this depends on the person but for me personally (and as you will have seen throughout my diet plans) I tend to keep the carbs at the same sort of level throughout my prep. In order to train, you NEED energy and I find that I get this best from my carbs. Some people will react differently and find that the carbs make them feel bloated. If this is the case for you, I suggest bringing the carbs down but then upping your fats (try avocado or nuts for example). Either way, you need the energy so if you decide to cut the carbs then be sure to substitute them elsewhere with essential fats.

Q How do you stay motivated when your energy levels start to dip?

A Whether you are male or female, do not think that for one moment there are not times that you will feel slightly less motivated and all-in-all VERY tired- especially if you are prepping for competition. We have all been there and all handle things in different ways. Whenever I start to feel like this, I focus on my goals. 'Are five more reps on this leg press worth that Arnold Classic title?'- ABSOLUTELY! 'Am I going to get on that stage and think I could have done more?'- Definitely not!

I like to set my goal right at the beginning of my diet and that is what I concentrate on throughout every minute of my 12 week prep. You may be someone that is dieting but not for a competition?! Great, set yourself another goal...arrange a photoshoot, buy yourself a dress a size smaller for your friend's wedding, picture yourself strutting down that beach feeling the BEST you have ever felt. Whatever motivates you and whatever makes you want to work the hardest you possibly can! As long as you have a goal to work towards, I can promise you that this makes dieting so much more worthwhile.



THANK YOU

A HUGE THANK YOU TO ALL OF MY FRIENDS, FOLLOWERS AND SUPPORTERS THAT HAVE HAD MY BACK OVER THE LAST 8 YEARS OF COMPETING. 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 also 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. In the meantime keep your eyes peeled for the next ebook that I am currently working on...BULKING!

Stay safe guys and HAPPY SHREDDING!

Ryan

Facebook: Ryan Terry

Instagram: RyanJTerry

Twitter: @ryanjerry

If you are interested in working with me one on one then email me at coaching@ryanterryfit.com for all the details'