

Olympia Prep 2017- Week 1

MONDAY- AM TRAINING

Fasted workout

Fasted walk

Duration

60 mins

Additional notes

Low intensity

MONDAY- PM TRAINING- BACK

Exercise

Wide Grip Pull Up

Sets

2 warm up sets
3 working sets
1 triple drop set

Reps

20
10- 12.
1 x 10 >> 1 x 10 >> 1 x 10

Additional notes

No rest between drop

Hyper Extension

2 warm up sets
3 working sets

20
12-15.

Own bodyweight
Weighted. Increase weight with each set

Overhand Machine Row

3 working sets
1 triple drop set

12-15.
1 x 10 >> 1 x 10 >> 1 x 10

No rest between drop

Underhand Bent Over Row

4 working sets

10-12.

Increase weight with each set

Wide Grip Lat Pull Down

4 working sets
1 triple drop set

10-12.
1 x 10 >> 1 x 10 >> 1 x 10

No rest between drop

Seated Closed Grip Row

4 working sets

1 triple drop set

1 x 15
1 x 12
1 x 10
1 x 8
1 x 6 >> 1 x 6 >> 1 x 6

Increase weight each set

No rest between drop

Olympia Prep 2017- Week 1

TUESDAY- AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
Bike	20 mins	Low intensity on all cardio machines
Treadmill	20 mins	
Arc	20 mins	

TUESDAY- PM TRAINING- SHOULDERS

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Dumbbell Press	2 Warm up sets 4 working sets	20 2 x 15 1 x 12 1 x 10	Increase weight with each set
Side Lateral Raise (machine)	1 warm up set 3 working sets	15-18 10-12.	
Reverse Fly (pec dec)	3 working sets 1 Triple drop set	10-12. 1 x 10>> 1x 10>> 1 x 10	NO rest
Smith Machine Shrug	4 working sets 1 triple drop set	12-15. 1 x 12>> 1 x 10>> 1 x 8	
Dumbbell Front Raise SUPERSET WITH Dumbbell Lateral Raise	4 working sets 4 working sets	12-15. 12-15.	NO rest between superset

Olympia Prep 2017- Week 1

WEDNESDAY- AM TRAINING

Fasted workout

Fasted Walk

Duration

60 mins

Additional notes

Low intensity

WEDNESDAY- PM TRAINING- LEGS

Exercise

Lying Hamstring Curl

Sets

2 warm up sets
4 working sets

Reps

20
2 x 15
2 x 10

Additional notes

Increase weight with each set

Standing Hamstring Curl

1 warm up set
4 working sets

20
2 x 15
1 x 12
1 x 10

Increase weight with each set

Leg Press

1 Warm up set
4 Working sets

25
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
4 working sets

20
2 x 15
2 x 10

Increase wight with each set

1 triple drop set

1 x 8 >> 1 x 8 >> 1 x 8

No rest between drop

Abductors
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
1 triple drop set

10-12.
1 x 8 >> 1 x 8 >> 1 x 8

Increase weight with each set
No rest between drop

Olympia Prep 2017- Week 1

THURSDAY- AM TRAINING-

Fasted workout

Swimming- 30 laps Front crawl
Swimming- 30 laps Breast Stroke

Duration

30 mins
30 mins

Additional notes

THURSDAY- PM TRAINING- ARMS

Exercise

Tricep Dips

Sets

2 warm up sets
3 working sets

Reps

To failure
15

Additional notes

Increase weight with each set

Closed Grip EZ Bar Cable (Pushdown)

3 working sets

15

Increase weight with each set

Wide Grip EZ Bar Cable (Pushdown)

3 working sets

15

Increase weight with each set

Seated Tricep Extension

4 working sets

3 x 12-15

1 x 10-12

1 triple drop set

1 x 10 >> 1 x 8 >> 1 x 6

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 Dumbell Curl

4 working sets (on each arm)

8 - 10.

EZ Barbell Curl

4 working sets

10-12.

Olympia Prep 2017- Week 1

FRIDAY- AM TRAINING- ABS & CARDIO

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
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 working sets- 1 minute each	
Bike	10 mins	
Treadmill	10 mins	
Rowing Machine	10 mins	

FRIDAY- PM TRAINING- CHEST

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
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 1 x 12 1 x 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

Olympia Prep 2017- Week 1

SATURDAY- AM TRAINING

Fasted workout

Fasted Walk

Duration

60 mins

Additional notes

Low intensity

SATURDAY- PM TRAINING- REST DAY

Olympia Prep 2017- Week 1

SUNDAY- AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
Stepper	30 mins	
Bike	30 mins	

SUNDAY- PM TRAINING- ARMS

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Single Arm Cable Pushdown (Underhand)	3 working sets	10-12.	On each arm
Single Arm Cable Pushdown (Overhand)	3 working sets	10-12.	On each arm
Cable Overhead Tricep Extension	1 warm up set 2 working sets 1 drop set	15 1 x 12 1 x 10 1 x 8 > 1 x 8	Increase weight with each set No rest between drop
Skull Crushers	3 working sets 2 triple drop sets	10- 12. 1 x 10 >> 1 x 10>> 1 x 10	Increase weight with each set No rest between drops
Rope Cable Pushdown	4 working sets 1 drop set	8 - 10. 1 x 8 > 1 x 8	Increase weight with each set No rest between drop
Dumbell 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

Olympia Prep 2017- Week 2

MONDAY- AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
Fasted Walk	60 mins	Low intensity

MONDAY- PM TRAINING- BACK

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Deadlift	1 Warm up set 4 working sets	18-20 8-10.	Use bar without weights Weighted- increase weight with each set
Bent Over Barbell Row (underhand)	1 warm up set 4 working sets	15-20. 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 Pulldown	3 working sets 1 drop set	15-20. 1 x 10 > 1 x 10	Increase weight with each set No rest between drop
One Arm Dumbell Row	4 working sets	10 -12.	On each arm. Increase wight with set
Standing V-Bar Row	5 working sets	8- 10.	Increase weight with each set.
Hyper Extension	6 working sets	2 x 20 2 x 15 2 x 10	Own Bodyeight Weighted Weighted
Cable Lat Pullover	3 working sets	18- 20.	Increase weight with each set

Olympia Prep 2017- Week 2

TUESDAY - AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
ARC	30 mins	
Bike	15 mins	
Rowing Machine	15 mins	

TUESDAY- PM TRAINING- SHOULDERS

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Machine Shoulder Press	1 Warm up set 4 working sets	20 12-15.	Increase weight with each set
Dumbbell Front Raise	4 working sets 1 drop set	12-15. 1 x 8 > 1 x 8	Increase weight with each set No rest between drop
Pec Dec Rear Fly	4 working sets	15-20.	Increase weight with each set
Cable Lateral Raise	4 working sets 1 drop set	2 x 20 2 x 10 1 x 10 > 1 x 10	Increase weight No rest between drop
Smith Machine Shrugs	4 working sets 1 triple drop set	15-20. 1 x 8 > 1 x 8 > 1 x 8	Increase weight with each set No rest between drops
Dumbbell Press	3 working sets	12- 15.	Increase weight with each set
SUPERSET WITH Plate Front Raise	3 working sets	10-12.	Remain using same plate for each set

Olympia Prep 2017- Week 2

WEDNESDAY- AM TRAINING

Fasted workout

Fasted Walk

Duration

60 mins

Additional notes

Low intensity

WEDNESDAY- PM TRAINING- LEGS

Exercise

Smith Machine Squat

Sets

1 warm up set (normal stance)
2 working sets (normal stance)
2 working sets (feet apart 'sumo' stance)
2 working sets (feet together)

Reps

20
15-20
15-20
15-20

Additional notes

No weight- use the weight of the bar alone to warm up
Increase weight slightly with each set
Increase weight slightly with each set
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
1 drop set

12-15.
1 x 8 >1 x 8

Increase weight with each set
No rest between drop.

Leg Press

3 working sets

15-18.

SUPERSET WITH

Dumbbell straight leg Deadlift

3 working sets

15-18.

Seated calve raise

4 working sets

15-20.

Increase weight with each set

SUPERSET WITH

Standing Calve Raise

4 working sets

15-20.

Increase wight with each set

Olympia Prep 2017- Week 2

THURSDAY - AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
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 TRAINING- ARMS

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Cable Rope Pushdown	2 warm up sets 3 working sets 1 drop set	18-20. 10-12. 1 x 10 > 1 x 10	Increase weight with each set
Wide Grip Cable Pushdown	4 working sets	10-12.	Increase weight with each set
Barbell Tricep Press	4 working sets	12-15.	Increase weight with each set
EZ Barbell Curl	1 warm up set 4 working sets	18-20. 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	4 working sets	15.	
SUPERSET WITH Rope Cable Curl	4 working sets	15	

Olympia Prep 2017- Week 2

FRIDAY - AM TRAINING

Fasted workout

Breast Stroke
Front Crawl
Running lengths

Duration

30 laps
15 laps
15 laps

Additional notes

Run against the water from one side of the pool to the other.

FRIDAY- PM TRAINING- CHEST

Exercise

Incline Barbell Press

Sets

2 warm up sets
3 working sets

Reps

18-20
10-12.

Additional notes

Increase weight with each set

Flat Dumbbell Press

4 working sets

3 x 10-12.
1 x 6-8

Increase weight with each set

Pec Dec Fly

3 working sets
1 tripe drop set

10-12.
1 x 8 >> 1 x 10 >> 1 x 12

Increase weight with each set
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

Olympia Prep 2017- Week 2

SATURDAY - AM TRAINING

Fasted workout

Fasted Walk

Duration

60 mins

Additional notes

Low intensity

SATURDAY- PM TRAINING- REST DAY

Olympia Prep 2017- Week 2

SUNDAY- AM TRAINING

Fasted workout

Bike
Stairmaster

Duration

40 mins
20 mins

Additional notes

Low intensity

SUNDAY- PM TRAINING- ARMS

Exercise

Bicep Machine Curl

Single Arm Cable Curl

Cable Rope Hammer Curl

EZ Bar Cable Curl
SUPERSET WITH

EZ Bar Cable Pushdown

Machine Tricep Extension

Dumbbell Skull Crush

Overhead EZ Bar Cable Extension

Sets

2 warm up sets
3 working sets

4 working sets

4 working sets

3 working sets

3 working sets

4 working sets

3 working sets
1 triple drop set

4 working sets

Reps

18-20
12-15.

10-12.

10-12.

16-18.

16-18.

8-10.

10-12.
1 x 8 >> 1 x 10 >> 1 x 12

12-15.

Additional notes

Increase weight with each set

Increase weight with each set.

Increase weight with each set

No rest between superset

No rest between superset

Increase weight with each set.

Decrease weight within drop sets. No rest between

Increase weight with each set.

Olympia Prep 2017- Week 2

1.

Olympia Prep 2017- Week 3

MONDAY- AM TRAINING

Fasted workout

ARC

Duration

60 mins

Additional notes

MONDAY- PM TRAINING- BACK

Exercise

Rope Lat Pulldown

Sets

2 warm up sets
4 working sets

Reps

18-20.
12-15.

Additional notes

Increase weight with each set

Seated Cable Row (V Bar)

4 working sets
1 triple drop set

12-15.
1 x 8 >> 1 x 8 >> 1 x 8

Increase weight with each set.
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

4 working sets

10-12.

SUPERSET WITH

Bent Over Barbell Row (underhand)

4 working sets

12-15.

Increase weight with eah set.

Olympia Prep 2017- Week 3

TUESDAY- AM TRAINING

Fasted workout

Breast stroke AND Front Crawl

Duration

60 mins

Additional notes

60 mins total. Alter breast stroke and front crawl as desired.

TUESDAY- PM TRAINING- SHOULDERS

Exercise

Military Press

Sets

1 warm up set
4 working sets

Reps

18-20.
12-15.

Additional notes

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
1 drop set

12-15.
1 x10 > 1 x 10

Increase weight with each set.
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.

Olympia Prep 2017- Week 3

WEDNESDAY- AM TRAINING

Fasted workout

Fasted walk

Duration

60 mins

Additional notes

WEDNESDAY- PM TRAINING- LEGS

Exercise

Lying Hamstring Curl

Sets

1 warm up set
4 working sets

Reps

18-20.
12-15.

Additional notes

Squats (free standing squat rack)

1 warm up set
4 working sets

15-20.
12-15.

Use the weight of the bar- NO added plates
Increase weight with each set

Seated Hamstring Curl

4 working sets

12-15.

Increase weight with each set.

Leg extension

4 working sets
1 triple drop set

10-12.
1 x 6 >> 1 x 8 >> 1 x 10

Increase weight with each set.
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
1 triple drop set

12-14.
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

Olympia Prep 2017- Week 3

THURSDAY- AM TRAINING

Fasted workout

Stairmaster
Treadmill

Duration

20 mins
40 mins

Additional notes

Low intensity

THURSDAY- PM TRAINING- ARMS

Exercise

Hammer Curl

Sets

1 warm up set
4 working sets

Reps

15-20.
12-15.

Additional notes

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
1 triple drop set

15-18.
1 x 10 >> 1 x 8 >> 1 x 6

Increase weight with each set
No rest between drops.

Single Cable Pushdown

3 working sets
1 drop set

12-15.
1 x 10 > 1 x 10

Increase weight with each set
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
3 working sets

15-20
15-20

Olympia Prep 2017- Week 3

FRIDAY- AM TRAINING

Fasted workout

Fasted Walk

Duration

60 mins

Additional notes

FRIDAY- PM TRAINING- CHEST

Exercise

Incline Cable Fly

Sets

1 warm up set
3 working sets

Reps

15-20
12-15.

Additional notes

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
1 drop set

10-12.
1 x 8 > 1 x 8

Increase weight with each set
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.

Olympia Prep 2017- Week 3

SATURDAY- AM TRAINING

Fasted workout

Rowing Machine
ARC
Bike

Duration

10 mins
30 mins
20 mins

Additional notes

SATURDAY- PM TRAINING- REST DAY

Exercise

Hanging Leg Raise

Sets

1 warm up set
3 working sets

Reps

10-12.
2 x 10
1 x 8

Additional notes

Weighted Cable Crunch

4 working sets

10-12.

Increase weight with each set

Machine Assisted Oblique Twist

4 working sets

12-15 (on each oblique)

Increase weight with each set

Weighted Sit Ups

4 working sets

12-15.

You can choose to hold a plate at your chest or a weighted ball above your head.

Twisted Knee Raises

3 working sets

10-12.

On each oblique.

TRX Machine Crunches

4 working sets

12-15.

Olympia Prep 2017- Week 3

SUNDAY- AM TRAINING

Fasted workout

Cross Trainer
Treadmill

Duration

30 mins
30 mins

Additional notes

SUNDAY- PM TRAINING- ARMS

Exercise

Closed Grip Tricep Smith Machine Press

Sets

2 warm up sets
3 working sets
1 drop set

Reps

15-20.
12-15.
1 x 8 > 1 x 8

Additional notes

Increase weight with each set.
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
1 triple drop set

12-15.
1 x 10 >> 1 x 8 >> 1 x 6

Increase weight with each set.
No rest between drops.

Closed Grip Pull Up

3 working sets

3 x to failure

Seated Dumbell Curl

3 working sets
1 drop set

15-20
1 x 10 > 1 x 10

Work both arms together. Increase weight with each set
No rest between drop.

Smith Machine Drag Curl
SUPERSET WITH
Overhead Cable Extension

4 working sets
4 working sets

12-15.
12-15.

Increase weight with each set.
Increase weight with each set.

Olympia Prep 2017- Week 4

MONDAY- AM TRAINING

Fasted workout

ARC
Treadmill

Duration

40 mins
20 mins

Additional notes

MONDAY- PM TRAINING- BACK

Exercise

Wide Grip Pull Up

Sets

2 warm up sets
3 working sets

Reps

12-15.
10-12.

Additional notes

Own bodyweight
Own bodyweight

Closed Grip Pull up

3 working sets

12-15.

Own bodyweight

Underhand Machine Row

4 working sets
1 drop set

12-15.
1 x 8 > 1 x 10

Increase weight with each set
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
1 triple drop set

12-15.
1 x 6 >> 1 x 8 >> 1 x 10-12

Increase weight with each set
Decrease weight with drop. No rest between.

Cable Rope Pull Over

4 working sets
1 rest pause set

10-12.
1 x 10 > 1 x 10

Increase weight with each set
Stick to same weight. 10 second break between sets

Olympia Prep 2017- Week

TUESDAY- AM TRAINING

Fasted workout

Power Walk

Duration

60 mins

Additional notes

TUESDAY- PM TRAINING- SHOULDERS

Exercise

Smith Machine Press

Single Dumbbell Press

Standing Cable Front Raise

Standing Dumbbell Lateral Raise

Standing Machine Shrugs

SUPERSET WITH

Seated Fly Pec Dec

Sets

1 warm up set

4 working set (time under tension)

4 working sets

4 working sets

1 working set

3 drop sets

3 triple drop sets

3 working sets

Reps

18-20

12..

8 reps each arm followed by 5 reps together

8 reps each arm followed by 6 reps together

15-18

1 x6 > 1 x 8

1 x 6 >> 1 x 6 >> 1 x 6

10-12.

Additional notes

Tempo of reps- 6 x 2 secs concentric, 2 secs eccentric & 6 x 2 secs concentric, 4 secs eccentric

If possible, increase weight each set, keeping good form.

If possible, increase weight each set, keeping good form.

Decrease weight with drop. No rest between.

Decrease weight with drop. No rest between

Olympia Prep 2017- Week 4

WEDNESDAY- AM TRAINING

Fasted workout

Rowing Machine
Incline Treadmill
Stairmaster

Duration

15 mins
30 mins
15 mins

Additional notes

WEDNESDAY- PM TRAINING- LEGS

Exercise

Hack Squat

Sets

2 warm up sets
2 working sets
2 time under tension sets

Reps

15-20
12-15.
12

Additional notes

No weight
Increase weight with each set
Tempo of reps- 6 x 2 secs ecentric, 2 secs concentric & 6 x 4 secs ecentric, 2 secs concentric

Leg Extension

5 ascending working sets

20

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
1 drop set

10 (on each leg)
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

3 working sets

20 metres (total)

Increase weight with each set if desired.

Weighted Sled Push

3 working sets

20 metres (total)

Increase weight with each set if desired.

Olympia Prep 2017- Week 4

THURSDAY- AM TRAINING- ABS

<u>Fasted workout</u>	<u>Duration/ Sets</u>	<u>Reps</u>
Bike	30 mins	
Hanging Leg Raise SUPERSET WITH Plank	4 working sets 4 working sets	To failure 1 min each
Cable Rope Ab Crunches SUPERSET WITH Lying Bench Leg Raise	4 working sets 4 working sets	18-20 reps 18-20 reps
Dumbell Oblique Twist SUPERSET WITH GHD Sit-Ups	4 working sets 4 working sets	10 reps (on each oblique) 18-20 reps

THURSDAY- PM TRAINING- ARMS

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Weighted Tricep Dips	1 warm up set 2 working sets 1 drop set	To failure 10-12. 1 x 10 > 1 x failure	Own bodyweight Increase weight with each set Weighted and then drop to own bodyweight.
Tricep Smith Machine Press	4 working sets (time under tension)	12	Tempo of reps= 6 x 2 secs concentric , 2 secs ecentric & 6 x 2 secs concentric, 4 secs ecentric
Rope Pushdown SUPERSET WITH Machine Tricep Dips	4 working sets 4 working sets	12-14. 6-8.	Keep heavy load on tricep dips
Bicep Dumbell Curl	1 warm up set 4 working sets	12 2 x 8-10 2 x 6-8	12 reps on each arm 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 ecentric & 6 x 2 secs concentric, 4 secs ecentric
Rope Hammer Curl SUPERSET WITH EZ Barbell Curl	3 working sets 3 working sets	10-12. 30	Change grip after every 10 reps- 10x wide grip, 10 x shoulder width grip & 10x close grip.

Olympia Prep 2017- Week 4

FRIDAY- AM TRAINING

Fasted workout

20 mins treadmill
20 mins cross trainer
20 mins rower

Duration

60 mins in total

Additional notes

Low Intensity state

FRIDAY- PM TRAINING- CHEST

Exercise

Single Dumbbell Flat Press

Incline Dumbbell Press

Cable Fly

Seated Single Pec Dec

Seated Pec Dec Fly

Dumbbell Pullover

Plate Loaded Seated Press

Sets

1 warm up set
4 working sets

4 working sets

4 working sets
1 drop set

3 working sets

3 working sets

3 working sets

3 working sets

Reps

12-14.
8-10.

10-12.

10-12.
1 x 10 > 1 x 10

8-10.

2 x 8-10
1 x 6-8

12-15.

12-15.

Additional notes

12-14 reps on each pec
Increase weight with each set if possible

Increase weight with each set if possible

Increase weight with each set if possible. Focus on contracting and feeling the squeeze of the movement.
No rest between drop

8-10 reps on each pec.

Increase weight with each set if possible

Increase weight with each set if possible

Olympia Prep 2017- Week 4

SATURDAY- AM TRAINING

<u>Fasted workout</u>	<u>Duration</u>	<u>Additional notes</u>
Stairmaster	30 mins	
Inclined Treadmill	30 mins	

SATURDAY- ABS and calves

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Additional notes</u>
Plate Loaded Seated Calf Raise	4 working sets	2 x 18-20 3 x 10-12	Increase weight with each set if possible
Single Leg Calf Raise	4 working sets	6-8.	6 - 8 reps on each leg
Standing Smith Machine Calf Raise	3 working sets 1 drop set	10-12. 1 x 6 > 1 x 6	Increase weight with each set if possible No rest between drop. Remove weight with drop.
Calf Extension Leg Press	3 working sets 1 drop set	12-15. 1 x 8 > 1 x 6	Remove weight with drop. No rest between
Sit Ups	4 working sets	50	Own bodyweight
Weighted Crunch	5 working sets	20	
Plank	4 working sets	1 minute each	
Dumbbell Oblique Twist	3 working sets	20	10 reps on each oblique
Hanging Leg Raise	3 working sets	Maximum reps- failure	

Olympia Prep 2017- Week 4

SUNDAY- AM TRAINING

Fasted workout

Swim
Walk

Duration

30 mins
15 mins

Additional notes

Combine any strokes to equal 30 mins

SUNDAY- PM TRAINING- ARMS

Exercise

Cable Rope Pulldown

Single Arm Dumbell Skull Crush

Own Bodyweight Bench Dips

EZ Bar Cable Curl

Dumbell Curls

Smith Machine Drag Curl

Tricep Dumbell Kickbacks
SUPERSET WITH

Dumbell Hammer Curl

Sets

1 warm up set
4 working sets
1 drop set

4 working sets

4 working sets

4 working sets
1 drop set

4 working sets

4 working sets

3 working sets

3 working sets

Reps

15-20.
12-15.
1 x 8 > 1 x 6

10-12.

15-18

15-20.
1 x 8 > 1 x 6

10 reps straight into 5 reps both together = 15 rep total

12-15.

8-10.

8-10.

Additional notes

Increase weight with each set
Decrease weight with drop. No rest between.

10-12 on each arm. Increase weight with each set if possible.

Slow and controlled. Tempo of reps- 4 sec up & 4 secs down

Increase weight with each set if possible
Decrease weight with drop. No rest between.

Last 5 reps are partial reps.

Increase weight with each set if possible

Increase weight with each set if possible

Increase weight with each set if possible