



Use a logbook to track every workout, progress each week by adding 1 rep from the previous session then every 4th week add more weight and drop to original rep range and repeat the cycle.
 Change workout programme every 12 weeks to continue progression. - Use youtube to research and learn how to perform the exercises prescribed CORRECTLY and SAFELY.

| | Monday Lower Body A1 | Tuesday Upper Body A2 | Wednesday Rest | Thursday Lower Body B1 | Friday Upper Body B2 | Saturday Rest | Sunday Rest |
|---------------|-------------------------|----------------------------|-------------------|---------------------------|-------------------------|---|----------------|
| Lower Body A1 | Exercise | Sets | Reps | Rest | Notes | | |
| | 1 | Barbell Back Squat | 3 | 10-12 | 90 seconds | Get 90 degree angle depth, keep weight in heels | |
| | 2 | Leg Extensions | 3 | 10-12 | 60 seconds | Squeeze at the top hard, slow eccentric, dead stop at bottom | |
| | 3 | Seated Leg Curl | 3 | 10-12 | 60 seconds | Squeeze hard at bottom, slow eccentric | |
| | 4 | Lunges | 3 | 12-15 each leg | 90 seconds | Drive through heel, keep back upright | |
| | 5 | Straight Leg Raises | 3 | 12-15 | 45 seconds | Lower legs slowly back to floor, keep feet an inch off the ground | |
| | 6 | Plank | 2 | 1 minute | 45 seconds | Hold plank position for 1 minute | |
| Upper Body A2 | 1 | Incline Dumbbell Press | 3 | 12-15 | 60 seconds | Do not lock out elbows at the top, slowly down on eccentric | |
| | 2 | Dumbbell Shoulder Press | 3 | 12-15 | 60 seconds | 90 degree angle start position, no locking elbows at top! | |
| | 3 | Barbell Bent Over Row | 3 | 8-10 | 90 seconds | Keep elbows close to side, drive up from elbow lower slowly | |
| | 4 | Seated DB Side Raise | 3 | 12-15 | 60 seconds | Up to 90 degree angle, pause at top slowly lower down | |
| | 5 | Cable Tricep Extension | 3 | 12-15 | 60 seconds | Do not sway elbows keep pinned by side | |
| Lower Body B1 | 1 | Leg Press | 3 | 10-12 | As long as needed | Drive through heel, get a good depth, do not lock out knees! | |
| | 2 | Single Leg Split Squats | 2 | 12-15 each leg | 60 seconds | One foot on a bench other foot on floor, holding dumbbells | |
| | 3 | Dumbbell Romanian Deadlift | 3 | 10-12 | 90 seconds | Feel a big stretch in hamstrings before coming back up | |
| | 4 | Barbell Hip Thrusts | 3 | 10-12 | 90 seconds | Squeeze glutes hard at top, hold for 1 second and lower slow | |
| | 5 | Leg Extensions | 3 | 12-15 | 90 seconds | Squeeze hard at top and lower down slowly | |
| | 6 | Abdominal Crunch | 3 | 25-30 | 45 seconds | Crunch abdominals hard | |
| | 7 | Flutter Kicks | 3 | 30 - 45 seconds | 45 seconds | Keep legs super straight no bend in the knee | |
| Upper Body B2 | 1 | Lat Pulldown | 3 | 10-12 | 90 seconds | Stretch back at the top, keep body still don't sway | |
| | 2 | Single Arm Dumbbell Rows | 3 | 8-10 each side | 90 seconds | Drive up from elbow, pull elbow towards hip keep it close to side | |
| | 3 | Shoulder Press Machine | 3 | 12-15 | as long as needed | Do not lock elbows at top, do not come lower than 90 degree | |
| | 4 | Tricep Dips On Bench | 3 | 8-10 | as long as needed | Keep hands close to side on bench, squeeze tricep at top | |
| | 5 | Dumbbell Bicep Curl | 3 | 12-15 | 90 seconds | Keep elbow pinned by side, standing, alternate left + right | |

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