

YOUR TRAINING GUIDE

TRAIN LIKE A PRO

How to get big... quick!

TRAIN HARD / TRAIN INTENSE / TRAIN TO FAILURE

Your training split

01	Quads
02	Chest & triceps
REST	Rest day
03	Hamstrings
04	Back
05	Shoulders & biceps
REST	Rest day

How to train

Every set is to failure. No ifs, no buts. Full range of motion, perfect form.

Perform 1-2 warm-up sets before starting your 3 failure sets. This increases the overall volume of the workout and prepares you for the movement coming up.

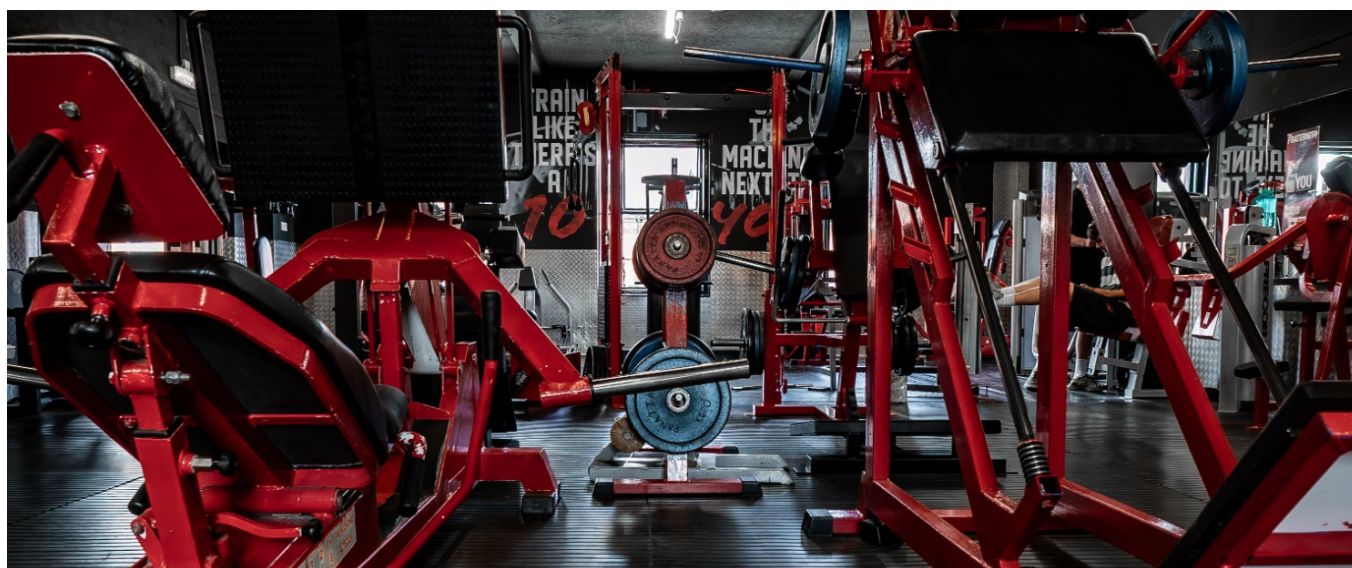
DB = dumbbell | SS = superset

SESSION 01

Quads

Follow the exercises in the order shown.

EXERCISE	SETS	REPS
Leg Extension 3rd set: rest pause into double drop set	3	6-8
Hack Squat	3	6-8
Single Leg Press	3	6-8
Leg Press SS Leg Extensions Superset	3	12 & 12

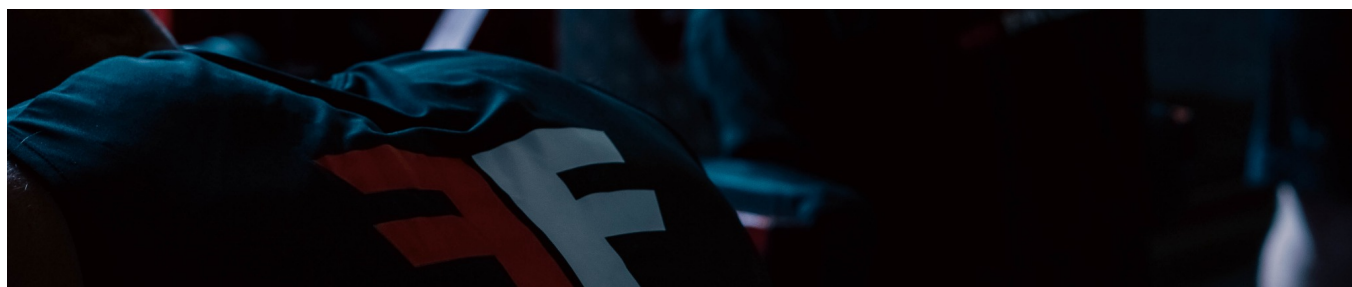


SESSION 02

Chest & Triceps

Follow the exercises in the order shown.

EXERCISE	SETS	REPS
Incline DB Press 3rd set: drop set	3	4-6
Seated Cable Fly 3rd set: drop set	3	4-6
Incline Plate Loaded Press 3rd set: rest pause	3	4-6
Standing Cable Fly	3	12-15
Plate Loaded Dips	3	6-8
E-Z Bar Push Downs	3	15-20

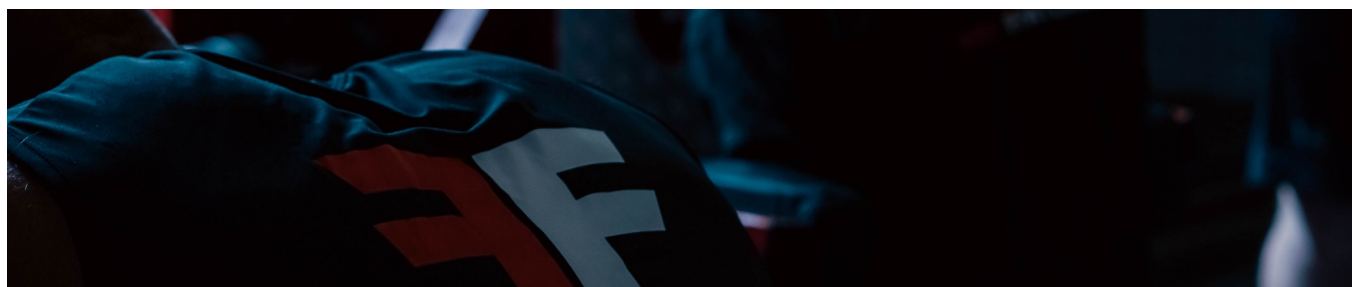


SESSION 03

Hamstrings

Follow the exercises in the order shown.

EXERCISE	SETS	REPS
Lying Leg Curl	3	4-6
Stiff Leg Deadlifts	3	4-6
Seated Hamstring Curl	3	4-6
3rd set: rest pause into double drop set		
Abductor Machine	3	20
Adductor Machine	3	20
Hip Thrusts	3	10-12

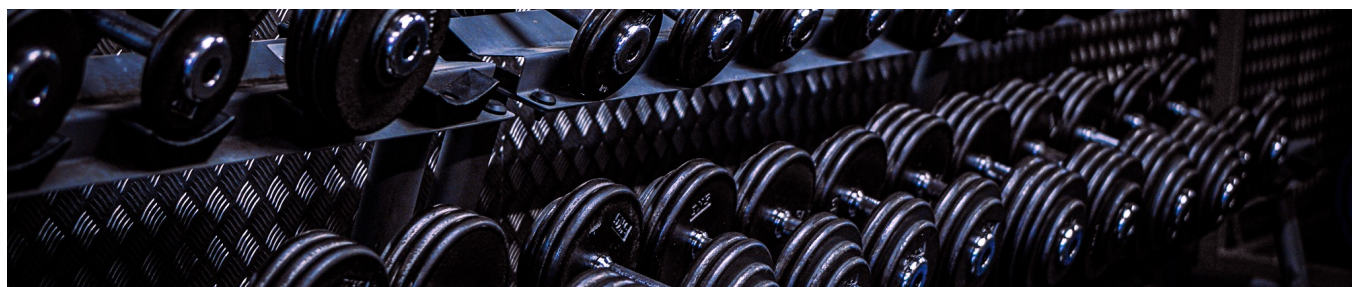


SESSION 04

Back

Follow the exercises in the order shown.

EXERCISE	SETS	REPS
Life Fitness Row 3rd set: rest pause	3	6-8
Bent Over DB Rows	3	6-8
Seated Cable Row (narrow grip) 3rd set: rest pause	3	6-8
1-Arm Plate Loaded Row	2	4-6
Gym 80 1-Arm Pull Down	3	6-8
Cybex Overhand Row	3	10-12



SESSION 05

Shoulders & Biceps

Follow the exercises in the order shown.

EXERCISE	SETS	REPS
Reverse Cable Fly	3	20
DB Shoulder Press	3	4-6
1-Arm Cable Side Raises 3rd set: go back to starting arm and repeat until failure	3	6-8
DB Side Raises Up the rack, down the rack x 1	-	-
Life Fitness Shoulder Press SS Side Raise Machine Superset	3	20 & 20
One Arm Cable Front Raise	2	12
DB Bicep Curls	3	4-6
E-Z Bar Cable Curls	3	20

DB = dumbbell | SS = superset

THE TRAINING BLOCK

Duration & recovery

4-8 weeks

This programme is designed for an intense training block of 4-8 weeks.

Lower the volume and intensity when you can no longer recover from your training. If training to your maximum, this will usually be within 8 weeks.

AFTER THE BLOCK

Follow with a period of 2-4 weeks where you are not training to failure every workout.



Got questions?

WhatsApp 07891 341128 for a voice note back.