

Coach Kelsi's generic training schedule 2026

FOCUS: Build muscle, strength & fitness

Cardio: 15min incline walk or 10min stairs after sessions

Workout 1 – Lower Body

Leg press - 4 sets, 12,10,8,6 reps, increase weight as reps decrease, rest 90 seconds

Barbell Romanian deadlift - 3 sets, 10 reps, rest 90 seconds

Leg extension - 3 sets, 12 reps, rest 60 seconds

Seated/lying leg curl – 3 sets, 12 reps, rest 60 seconds

Walking lunges – 2 sets, 10 reps each leg, rest 60 seconds

Standing calf raises – 3 sets, 12-15 reps, rest 45 seconds

Workout 2 – Upper Body

Lat pulldown – 4 sets, 12, 10, 8, 6 reps, increase weight as reps decrease, rest 90 seconds

Seated cable row – 3 sets, 10-12 reps, rest 60 seconds

Machine chest press – 3 sets, 10-12 reps, rest 90 seconds

Seated shoulder press – 3 sets, 10 reps, rest 60 seconds

Dumbbell bicep curls – 2-3 sets, 12 reps, rest 60 seconds

Cable tricep pushdowns – 2-3 sets, 12 reps, rest 60 seconds

Workout 3 – Full Body

Heels elevated goblet squat – 3 sets, 10-12 reps, rest 90 seconds

Dumbbell Romanian deadlift – 3 sets, 10-12 reps, rest 90 seconds

Incline dumbbell chest press – 3 sets, 10-12 reps, rest 60 seconds

Kneeling single arm lat pull down – 3 sets, 12 reps each side, rest 60 seconds

Plank – 2-3 sets, 30-45 second hold, rest 45 seconds

Workout 4 – Circuit

Complete each exercise back-to-back for reps stated, rest for recommended time after last exercise, 60-90 seconds. Repeat circuit 3-4 times.

Dumbbell hang snatch – 8 reps each side

Goblet squat – 10 reps

Dumbbell push press – 10 reps

Reverse lunges – 10 reps each side, alternating

Bike or rower – 45 seconds

Rest 60-90 seconds, and repeat.

Please remember:

- ✓ Warm up and cool down properly
- ✓ Adjust exercises where needed
- ✓ If you have injuries or limitations, avoid movements that aggravate them
- ✓ Train smart and focus on good technique

Suggested Training Schedule:

Workout 1

Workout 2

Active rest day – 20-30min walk treadmill or outside

Workout 3

Workout 4

Rest

Rest

