

### **How to use this program:**

In this program, I will give you options on exercises you should perform. Perform these exercises using the sets and rep schemes I give you. Sets, as in how many rounds you will perform the exercise, and reps, meaning how many times you will do that movement during that round.

\*One note I will add is to make sure you're mixing up which exercises you select on the different upper and lower days. For example, if you do barbell bench press one day, do dumbbell bench press the next upper body day. In other words, have some variation in the exercise options you choose. On the training template, I have ordered the exercise options from the most difficult to the least difficult. So, if you're a complete beginner, it would be in your best interest to choose the options at the bottom. These will help you build confidence to do the more coordinated lifts. Another thing to consider in the arm accessory option is to choose an exercise for both triceps and biceps.\*

### **Training principles:**

There is a range of reps you should hit for each exercise instead of an exact amount, meaning you won't have to hit an exact amount of reps, but rather be within the given rep range. Now, you may be wondering how to apply these rep schemes within your own training. The goal is to hit the top end of the reps with every set. If you don't hit the top end of the rep range but are within the given range, the goal will be to stay at that same weight for the following sets and progress to reach the top end of the rep range.

Ex: If I have squats but the rep scheme is 3 sets of 6-8 reps, and my last and heaviest set is 185 lbs for 8 reps. Then next week I'll try and add more weight, ie, 8 reps for 190 lbs. But let's say when I add 5 pounds, I get 6 reps of 190lbs. And then the next week I will try and get that for 7-8 reps.

So in essence, the goal of this program is to teach you how to lift with intent and push yourself in a controlled manner. When you are progressing, it is very important to know that you should normally go up in increments of 5-20 pounds. When increasing weight, I want you to be conservative in the amount of weight you progress by each set. This is crucial to preventing injury. Try out this program for a month and feel free to share your results. I have also included mobility exercises to work on before each lift to limit the amount of stiffness you feel afterward. These mobility exercises, paired with lifting with a full range of motion, will help tremendously. If you have more questions on mobility or any other training goals you may have, and how to implement them, please feel free to reach out to me, and I will provide contact info for your questions.

**Nutrition:** When implementing this program or any other program, nutrition is, in fact, vital. One of the main tenets of dieting is the calories-in, calories-out principle. Whether you want to gain, maintain, or lose weight, this is something you have to be aware of. The first thing you need to understand is how to calculate how many calories you're burning at the moment, aka your total energy expenditure per day. To calculate this, you first have to find your BMR, which is what you burn at rest. An easy way to do this is using macro calculator online

<https://www.calculator.net/macro-calculator.html>. What you want to do is fill out the info, and after you hit calculate, click on the low-fat category. This will set you up for success, but if you have any other questions, feel free to reach out. I'd be happy to help.

Other considerations would be why you're eating. If you feel like you're going to indulge, ask yourself why you're doing it. Is it stress, anxiety, boredom, or sadness? Before you break your diet and eat something you shouldn't. You should ask yourself this question. Trust me, it helps more than you think.

Also, if you do break your diet, don't think you have to punish yourself or start over. Just pick up where you left off. The key is not to break your diet or indulge for two days in a row or more. Also, I look at diet from an 80/20 rule. This means that 80% of your diet is healthy and doing the tracking necessary. The other 20% is indulgence. If you're a beginner, I would probably do 10% at first.

### 3-4 day upper lower split

#### Upper 1

Exercise	Sets × Reps	Plane	Notes / ROM
Horizontal press Dumbbell Bench... ▾	4×6-8	Sagittal	Full chest stretch
Vertical pull Pull up ▾	3×8-10	Sagittal	Full overhead extension
Vertical press Barbell shoulder... ▾	3×8-10	Sagittal	Controlled, full ROM
Horizontal pull machine chest s... ▾	3×10-12	Frontal	Raise to shoulder height, full control

Exercise	Sets × Reps	Plane	Notes / ROM
Shoulders Lateral raise ▾	3×10-12	Frontal	Pull to eyes, full scapular retraction, increases shoulder mobility
Shoulders Front raise ▾			
Core Full range of mo... ▾	3×10/side	Transvere	Anti-rotation core stability

### Lower 1

Exercise	Sets × Reps	Plane	Notes / ROM
Main pull movement: Legs Deadlift ▾	4×6-8	Sagittal	Full hip hinge, bar close
Single leg pressing single leg, leg press ▾	3×8-10	Sagittal	Drive through heel, full hip extension
Leg isolation Leg extensions ▾	3×10-12	Sagittal	Full hamstring contraction
Hip isolation hip lifts for abduction ▾	3×10-12	Frontal	Full hip drop & lift
Lower mobility accessories cossack squats ▾	3×10-12 /leg	Frontal	Step laterally fully, controlled stretch at the bottom
Core Full range of motion c... ▾	3×10-12	Transvere	Full torso twist

### Upper 2

Exercise	Sets × Reps	Plane	Notes / ROM
----------	-------------	-------	-------------

Horizontal pull Barbell row (underh... ▾	4×6-8	Sagittal	Full scapula retraction & stretch
Vertical press Barbell shoulder press ▾	3×8-10	Sagittal	Full arm extension overhead
Vertical pull Pull up ▾	3×8-10	Transvere	Full extension & contraction
arms Bicep curls machine ▾	3×10-12	Frontal	Controlled, full shoulder movement
arms Bicep curls machine ▾	3×10-12	Sagittal	Full elbow extension

## Lower 2

Exercise	Sets × Reps	Notes / ROM	Week 1	Week 2	Week 3
Lower press Barbell back sq... ▾	4×6-8	Squat below parallel if possible			
Lower body mobility cossack squats ▾	3×6-8 /leg	Step wide, deep hip crease			
Lower body pull Deadlift ▾	3×8-10	Drive through heel, full hip extension			
Lower body isolation pulling muscles Lying leg curl ▾	3×12-15	Full stretch & contraction			
core Full range of mo... ▾	3×10-12	Full rotation control			

Full Body Split: 2-3 days (this program will be split into 2 different full body days. You can choose to either do it 2 times a week or 3 times a week.)

For your full-body exercise days, if you choose this program, warm up to your heavy sets. This means that before you start the exercise, do a couple of sets of the movement with a lighter weight to prepare the body for your working sets.

An example:

Barbell back squat 2x5-8 reps

How to warm up warm-up sets - 4 reps of 115, 3 reps of 155, 1-2 reps of 165

Then get into your working sets

If this doesn't make sense, please don't hesitate to reach out.

Full body 1

Exercise	Sets × Reps	Week 1	Week 2	Week 3
Squat Barbell fro... ▾	2 x 5-8 reps			
Horizontal press Barbell Be... ▾	2 x 5-8 reps			
Vertical pull Pull up ▾	2 x 5-8 reps			
Lower pull Deadlift ▾	2 x 5-8 reps			
Vertical press Barbell sh... ▾	2 x 5-8 reps			
Lower press (single leg) Dumbbell ... ▾	2 x 5-8 reps			
Leg isolation quad Leg exten... ▾	2 x 5-8 reps			
Leg isolation hamstring Lying leg c... ▾	2 x 5-8 reps			

