

FEMALE PHYSIQUE

TRANSFORMATION BY DESIGN

MAKE YOUR
IMPACT TODAY
WITH...

COACH
PHIL GRAHAM

**FOR THE EVERYDAY
ATHLETE**

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DiabeticTM

M U S C L E & F I T N E S S

FEMALE PHYSIQUE PROGRAMME

INTERMEDIATE >> ADVANCED

A FOUNDATION FOR EFFECTIVE TRAINING WITH DIABETES.

W O R K O U T



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LISTEN FOLKS...



A HERO IS AN
ORDINARY
INDIVIDUAL WHO
FINDS THE STRENGTH
TO PERSEVERE AND
ENDURE IN SPITE OF
OVERWHELMING
OBSTACLES ...

INTRO



ABOUT

I've spoken alongside the biggest names in the Health and Fitness Industry, contributed to every major fitness publication, successfully transformed the lives of many people, coached professional athletes on nutrition across a variety of sports and stepped onto the Mr Universe stage as a competitive bodybuilder from a very young age all whilst overcoming type 1 diabetes.

TRUST ME, IVE BEEN THERE...

EVER SINCE BEING DIAGNOSED WITH TYPE 1 DIABETES AT 16 YEARS OF AGE IVE COMMITTED EVERYDAY OF MY LIFE TO LEARNING ALL THERE IS TO KNOW ABOUT OVERCOMING DIABETES THROUGH LIFESTYLE, DIET AND EXERCISE.

The knowledge i aquired helped me build a career as one of the uk's leading fitness and nutrition educators. What i am about to reveal could be the key to totally transform how you approach your diabetic training.

For the first time ever i've logged everything i know on building muscle and losing fat into the first highly practical, trackable, evidence based fitness platform for both type 1 and type 2 diabetics. I believe that exercise has it's benefits, science tell's us the same. But why is it that we are still in an epidemic of poor health?

Is it through the confusion to exercising? Are we just misinformed? Or lacking direction and staying power to ride the course in pursuit of our goals? Whatever it is, it's a very individual thing, but not one thing that cannot be overcome and conquered for the better. Im here to help you change the outlook. For good.



"THE BETTER YOUR CONTROL,
THE BETTER THE RESULTS!"

Instead of starting a conversation about how terrible diabetes is, focus on the blessings it's brought you. The amazing people. The way it can make you appreciate things others take for granted. Most importantly it teaches us to keep moving forward.

ATTITUDE IS EVERYTHING.

- PHIL GRAHAM

DIABETIC MUSCLE & FITNESS

2017

YOUR PHYSIQUE AND PERFORMANCE ARE THE RESULT OF THE TYPE OF EXERCISE YOU DO ON AVERAGE.

I don't need to elaborate on the fact exercise has been proven time and time again to be good for us. There is a substantial amount of evidence to support the role of regular weight training and cardiovascular exercise in protecting against many major health problems. To get the most out of exercise, people living with diabetes must make strategic adjustments to their diet, lifestyle, medication and exercise.

MY OBJECTIVE

To build a tribe of healthier, strong(er), self empowered diabetics.

GOALS YOU DESERVE

Health from the inside out.

Investing in yourself, especially your health and wellbeing will save you a lot of time, money and hassle in the long run. Take control, own your outcome make an impact and be the best you can be. Everyday.

MORE THAN JUST DOING A WORKOUT...

TRAINING IS MUCH MUCH MORE THAN SHOWING UP AT THE GYM. THAT'S JUST THE FIRST STEP. WE HAVE TO TRAIN SMART WITH INTENT.

SOLUTIONS TO YOUR PHYSIQUE GOALS

WHAT ARE THE BENEFITS?

There are a number of key benefits associated with increasing muscle mass in people with diabetes. These include increased physical strength, improved metabolic rate, decreased risk of injury, greater energy, improved performance, stronger bones, improved self confidence and decreased risk of disease.

AUTO REGULATE YOUR TRAINING

You won't feel like training everyday. It's important to listen to your body and train or rest accordingly. Life throws all kinds of emotional and physical stress our way. Sometimes it can get in the way interfering with training performance. Be mindful of this and ask yourself are you willing to train with 100% effort and focus every time you step foot in the gym.

6 RULES OF EFFECTIVE LIFTING

Keep these rules in mind if you want to get the most out of your training efforts in the gym:

1. If it looks bad or feels wrong, Stop. Change exercises or rest.
2. Rest properly between sets. Not too little, not too long.
3. Get a training partner who will keep you accountable.
4. Train your muscles not your mobile phone!
5. Record your training look for trends.
6. Get stronger from week to week on one or more primary exercises.

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PRINCIPLES



UNDERSTAND THERE IS NO SUCH THING AS A "PERFECT EXERCISE". INSTEAD, CONSIDER THE PERSPECTIVE THAT THE HUMAN BODY FOLLOWS COMMON PATTERNS OF DIRECTION AND SUBSEQUENT MOVEMENT. YOU INTUITIVELY ALREADY KNOW THIS.-

Progressive overload is essential to improving strength and gaining mass. As you gradually increase stress on the body during movement and weight training, you create a state of progressive overload on your muscles. This principle for improving strength and building muscle requires that you force your muscles and body to overcome and adapt to stress or tension that exceeds what it is used to. This means pushing yourself further every time you workout. You should never walk away from an exercise thinking "that was easy".



EXERCISE IS INFORMATION

- EXERCISE HELPS AVOID LONG TERM COMPLICATIONS & IMPROVES GLUCOSE CONTROL.
- TYPE, DURATION, FREQUENCY QUALITY DETERMINE EFFECT OF EXERCISE.
- BENEFITS TO EXERCISE ARE UNMATCHED.

THE ONLY PLACE SUCCESS COMES BEFORE WORK, IS IN THE DICTIONARY!!

EXERCISE REQUIRES CONCENTRATED EFFORTS AND PERIODS OF RECOVERY. IT IS FRUGAL TO IGNORE YOUR BODY WHEN IT SHOWS SIGNS OF EXHAUSTION AND STRESS.

—

Yes, you need to work hard. But, you must also recover. You must respect how you recover on a day to day basis and learn to balance training stress with outside life stress. Not everyday will be perfect therefore you must adjust your training based on how you feel. If you cant bring high quality effort into the gym, it's important to step back, identify the problem and do something about it. No one is going to thank you for pushing through pain, and neither will your most prized possession - your body.



STRENGTH FIRST

- EVERYTHING GETS BETTER WITH STRENGTH.
- **LACK OF STRENGTH AFFECTS PERFORMANCE AND QUALITY OF LIFE.**
- STRENGTH IS THE MOTHER OF ALL QUALITIES.

Strength is the platform for more muscle mass. Don't build your house on sand.



MOVE WELL

- MOVE MORE.
- **MOVEMENT IS LIFE. ASPIRE TO MOVE WELL.**
- TRAINING SHOULD ALLOW YOU TO MOVE.

Stay fit, stay active, stay injury free.



PERIODIZE TRAINING

- PLANNED PROGRESSIVE TRAINING WILL PRODUCE SUPERIOR RESULTS
- **ALLOW FOR RECOVERY & SUPERCOMPENSATION WITH TRAINING.**
- BE CONSISTENT & TRAIN WITH FOCUS & INTENT.

Organise your training for superior results. Be better than the rest.

PROG.

DETAILS.

The female physique program is a 12 week program designed exclusively for the athletic female.

PROGRAMME GOAL >> Increase lean muscle in the areas that matter, torch bodyfat and improve whole body conditioning and strength.

DURATION >> 12 weeks

TRAINING DAYS PER WEEK >> 4-6

TRAINING PLAN >> This programme is intended for experienced trainees that have 2-3 years lifting experience using a range of training implements (barbells, dumbbells, machines, bodyweight, etc.), and are familiar with a broad range of exercises.

It's important to know your 1 rep max for all the major lifts. If you don't know this already, take one day to test your 1rm across all the exercises noted in the program with a %RM target.

Some of the workouts are high volume, and will likely take about 75 minutes to complete. Others are shorter, and can be completed in less than 1 hour.

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The programme is split up into two six - week training phases:

Female Physique Meso 1 - A foundation of conditioning is built through targeted training for key areas of the female physique. You'll use a range of basic exercises targeting glutes, legs, triceps, back, abdominals and shoulders using progressively shorter rest periods. In week 2 onwards, higher intensity methods will be used.

Fat Loss Meso 2 - Introduces greater load (intensity) and a more concentrated stimulus of high volume strength training techniques. This programme will challenge your work capacity and create new hypertrophy throughout your body torching body fat effectively.

If you'd like to, you can add in cardio 2-3x a week. Strength training will be your first priority in firming up and defining your physique but if cardio is something you enjoy add a little in just not too much at the expense of recovering.

Look after your body and train with intent, focus and quality.

MAKE AN IMPACT!

DON'T FORGET YOUR GOALS AND PURPOSE...

This maybe obvious to many, but even the most advanced gym goers sometimes forget what their goals are. Whatever your goal you need to be diligent with all of your training. Direct it toward that goal. You need to make sure you perform all the guided repetition ranges. Perform all the sets, and make sure this is executed with the correct tempo

and technique. The training will be uncomfortable, i know this. But you need to stay motivated to get through all the exercises that are programmed to make sure you continually progress. You should always be aware of everything that you are doing in the gym, and certainly be open minded for any critique or help that is provided. Train smart.

PROGRAM

TEMPLATES.

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SCHEDULE*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LEGS	CHEST, TRICEPS, SHOULDERS	REST	BACK, BICEPS	REST	LEGS, BACK	CHEST, TRICEPS, SHOULDERS

*RUN SCHEDULE OVER 8 DAY PERIOD, RESTING ON DAY 8.

FEMALE PHYSIQUE

WARM UP
—

BEFORE EVERY TRAINING
SESSION PERFORM:

- 5-10 minutes of moderate intensity cardio
- Dynamic stretches for 2-3 sets of 15-20 reps

BEFORE THE FIRST EXERCISE FOR
EACH BODYPART:

- Pyramid up in weight with 1-2 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each body part.



TERMINOLOGY.



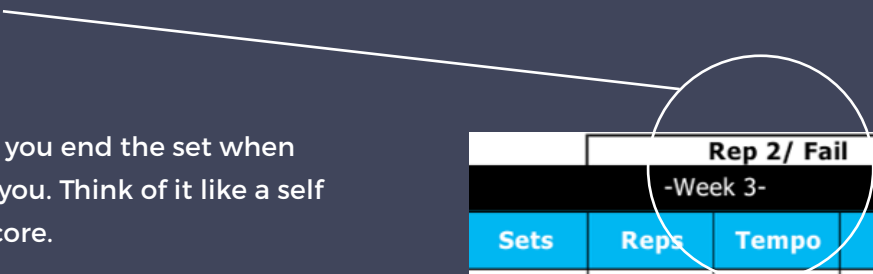
In order to get the most out of this training programme there are a number of important elements you need to understand:

Rep/1/2/3 Fail:

What does it mean?

All this basically means is you end the set when you have 1/2/3 reps left in you. Think of it like a self perceived performance score.

For example, if the instruction is 1/fail, that means that you should be lifting until you only have one rep at most left in the tank, with good technique. 1/fail is very close to all you have to give and is going to feel like a near maximal effort. 2/fail is where straining and shaking may occur and is going to feel very tough. Typically, 3/fail will see a significant slowdown in bar speed towards the end of the set, but is not usually perceived as very difficult to crank out. When your exercise form/technique begins to break down due to fatigue this denotes failure. Good form/technique should always be used for safety purposes and effectiveness.



Rep 2/ Fail			
-Week 3-			
Sets	Reps	Tempo	Rest
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30

KEY TERMS:



CV: Cardio Vascular. Any exercise or activity where the heart, lungs and muscles are challenged in the context of exercise. This can be done with oxygen via aerobic work (I.e jogging or cycling) or anaerobically (Without oxygen, i.e. weightlifting for example)

VOLUME: The amount of work that is performed, estimated using sets x repetitions or more commonly sets x repetitions x resistance (weight) used.

SETS: How many total sets of desired repetitions performed i.e 3x12 = Three sets of twelve repetitions. The repetitions are repeated three times.

REST: The time period between sets and exercises in a workout or between workouts.

MOD: Refers to moderate tempo i.e 2 seconds lowering, 1 second pause, 1 second lift/rep, 1 second pause and repeat for desired reps.

REPS: The number of times a movement is repeated within a single exercise set.

RM: Repetition maximum. The amount of resistance (external force) that allows a person to perform only a given number of repetitions in an exercise movement. (e.g., 1rm is the amount of resistance that allows an individual to perform only one repetition)

EL/EA/ES: EL = Each leg, EA = Each arm, ES = Each side.

EMOM: Refers to the target exercise(s) performed on the minute every minute.

BW/BB/DB: BW = Body Weight, BB = Barbell, DB = Dumbell.

FEMALE PHYSIQUE MESO//01

Name:	
Meso. Phase	M1-6WK pHYS.
Split	INT-5D-SPLIT

[illegible]

DAY (2)		- GUEST TRICES / SHOULDERS -										NO REST BETWEEN DAYS 1 & 2									
Resistance Exercise / Order / Training Methods		Rep 2 / Fail -Week 1-			Rep 2 / Fail -Week 2-			Rep 1 / Fail -Week 3-			Rep 1 / Fail -Week 4-			Rep 1 / Fail -Week 5			Exercise Notes				
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest			
A	Straplift Sets	Bench press (feet up)	3@60%	10-12	Mod	>90s	3@65%	10-12	Mod	>90s	10-12	Mod	>60s	3@70%	10-12	Mod	>60s	>60s			
B	Straplift Sets	Chest Press (Machine)	3	10	Mod	>90s	3	10	Mod	>95s	4	10	Mod	>45s	4	10	Mod	>45s			
C1	Superset	DB Lateral Raises	3	10	Mod	>90s	3	10	Mod	>95s	4	10	Mod	>45s	4	10	Mod	>45s			
D2	Superset	DB Front Raises	3	10	Mod	>90s	3	10	Mod	>95s	3	10	Mod	>45s	3	10	Mod	>45s			
D1	Superset	DB Triceps	3	10	Mod	>90s	3	10	Mod	>95s	3	10	Mod	>45s	3	10	Mod	>45s			
D2	Superset	Trieg Pushdowns	3	10	Mod	>90s	3	10	Mod	>95s	3	10	Mod	>45s	3	10	Mod	>45s			
D3	Trii Set	Facepulls	3	10	Mod	>90s	3	10	Mod	>95s	3	10	Mod	>45s	3	10	Mod	>45s			
Use moderate width, lower to chest																					
Low incline, raise up keeping weight through first half of movement																					
Maintain slight bend in elbow, don't go to deep just enough to stay																					
Ensure full range and good stability (ball braced chest level)																					
Phase full range and good stability in bottom position																					
Maintain a parallel torso to the floor, raise db to shoulder level																					

[illegible][illegible]

DAY 5																							NO REST BETWEEN DAYS 5 & 6												
Resistance Exercise / Order Training Methods																																			
Rep 2 / Fail						Rep 2 / Fail						Rep 1 / Fail						Rep 1 / Fail						Rep 1 / Fail											
-Week 1-						-Week 2-						-Week 3-						-Week 4-						-Week 5						-Week 6 Debut-					
Order	Methods	Exercise		Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest												
A	Strapht Sats	Incline Bench		3	10	10-12	Mod	>90s																											
B	Strapht Sats	Cable Coss		3	10	Mod	>90s																												
C	Strapht Sats	DB Bench (Neutral grip)		3	10	Mod	>90s																												
D	Strapht Sats	DB Military Press		3	10	Mod	>90s																												
E	Strapht Sats	Patte Raise (Front)		3	10	Mod	>90s																												
F	Strapht Sats	DB Rear Lateral Raise (Seated)		3	10	Mod	>90s																												
																							lower to chest under control, wide grip position												
																							Low incline, place up keeping under first half of movement												
																							Maintain slight bend in elbow, don't go deep just enough to start												
																							Keep elbow higher than torso hip height, keep tension on cable												
																							Step opposite leg forward in stance, support with other hand												
																							Raise db to just above shoulder lvl, engage core and glutes												

ONE DAY REST BETWEEN DAYS 6 & 1 OF NEXT WEEK

FEMALE PHYSIQUE MESO//02

Name: Meso: Phase: Split:	K2-6WK PHYS. WT-50-SPLIT
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DAY (1) - LESS -											
Resistance Exercise / Order / Training Methods											
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-		
			Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Tempo
A	Straight sets	High Bar Squat	10	Mod	>90s	3@75%	8	Mod	>90s	3@80%	6
B1	Super-set	DB Bench press	3	10	Mod	3	10	Mod	>45s	3	10
B2	Super-set	Goblet Squat	3	10	Mod	3	10	Mod	>45s	3	10
C	Straight sets	Step Ups	3	10	Mod	3	10	Mod	>45s	3	10
D	Straight sets	Reverse Lunges	3	10	Mod	3	10	Mod	>45s	3	10
E	Straight sets	Sumo RDL	3	10	Mod	3	10	Mod	>45s	3	10
F	Straight sets	Calf Raises	4	15	Mod	4	15	Mod	>45s	4	15
Exercise Notes											
Full depth, 1 sec pause at bottom range											
Hold db close to chest or at arms length for greater core work											
Step up fully until leg fully extended, lower with control											
Full range, back knee approaches 90 degrees 1 inch from floor											
After stance to really hit glute ham tie in											
>45s											
Squeeze glutes hard at top of movement (full plantar flexion)											

DAY (2) - -OHST/ TRICEPS/ SHOULDERS -											
Resistance Exercise / Order / Training Methods											
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-		
			Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Tempo
A	Straight sets	Bench Press Feet Up	3@73%	10-12	Mod	3@75%	8	Mod	>90s	3@80%	6
B1	Super-set	DB Incline Bench	3	10	Mod	3	10	Mod	>45s	4	10
B2	Super-set	DB Bench press	3	10	Mod	3	10	Mod	>45s	4	10
C	Straight sets	DB Incline Flies	3	10	Mod	3	10	Mod	>45s	3	10
D	Straight sets	Decline Pushups	3	10	Mod	3	10	Mod	>45s	3	10
E	Straight sets	DB Shoulder Press	3	10	Mod	3	10	Mod	>45s	3	10
F	Straight sets	DB Skullcrushers	3	10	Mod	3	10	Mod	>45s	3	10
G	Straight sets	Bent over DB lateral Raises	3	10	Mod	3	10	Mod	>45s	3	10
Exercise Notes											
Use moderate width, lower to chest											
Raise up using through first half of movement											
Maintain slight bend in elbows, don't go too deep into stretch											
>45s											
Place only to chest height, lead movement with elbows											
>45s											
Place feet up on bench or stability ball, hands chest level											
>45s											
Ensure full range and good stretch in bottom position											
>45s											
Maintain a parallel torso to the floor, raise db to shoulder level											

DAY (3) - -BACK/ BICEPS -											
Resistance Exercise / Order / Training Methods											
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-		
			Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Tempo
A	Straight sets	Rack pulls from below knee	3@73%	10-12	Mod	3@75%	8	Mod	>90s	3@80%	6
B	Straight sets	Close grip pulldowns	3	10	Mod	3	10	Mod	>45s	4	10
C	Straight sets	DB Rows	4	10	Mod	4	10	Mod	>45s	4	10
D	Straight sets	Pullups or Inverted rows	3	10,10,8	Mod	3	10,10,8	Mod	>45s	4	12,10,8,6
E	Straight sets	Back Raises	3	10	Mod	3	10	Mod	>45s	4	10
F	Straight sets	DB 21'S	3	7,7,7	Mod	3	7,7,7	Mod	>45s	4	7,7,7
G	Straight sets	Decline sit ups	4	15	Mod	4	15	Mod	>45s	4	15
Exercise Notes											
Maintain a strong core, set shoulders and lats before lift, use straps											
Pull to collarbone, maintain alignment of wrist and elbow drive											
Pull in slight arc toward hip, focus on retraction											
>45s											
Ensure full rom chest to bar, lower fully to full extension											
>45s											
Hold top position for 1-2 sec before lowering under control											
>45s											
Use a different weight in each position start med, heavy, lighter											
>45s											
Raise up only far enough to engage abs. Keep tensed throughout											

DAY (4) - LESS/ BACK -											
Resistance Exercise / Order / Training Methods											
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-		
			Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Tempo
A	Straight sets	Front Squat	3@73%	10-12	Mod	3@75%	8	Mod	>90s	3@80%	6
B	Straight sets	Hack Squat	3	10	Mod	3	10	Mod	>45s	4	10
C	Straight sets	Walking Lunges	3	20 steps	Mod	3	20 steps	Mod	>45s	4	20 steps
D	Straight sets	Single leg glute bridges	3	10	Mod	3	10	Mod	>45s	4	10
E	Straight sets	Landmine rows	3	10	Mod	3	10	Mod	>45s	4	10
F	Straight sets	Calf raises	4	15	Mod	4	15	Mod	>45s	4	15
Exercise Notes											
Full depth, 1 sec pause at bottom range											
Play with foot placement depending on development needs											
>45s											
Maintain upright posture, add weight if necessary											
>45s											
Ensure a strong glute contraction and full hip extension											
>45s											
Maintain a tight core, work through as full a range as possible											
>45s											
Squeeze glutes hard at top of movement (full plantar flexion)											

DAY (5) - -OHST/ TRICEPS/ SHOULDERS -											
Resistance Exercise / Order / Training Methods											
Order	Methods	Exercise	-Week 1-			-Week 2-			-Week 3-		
			Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Tempo
A	Straight sets	Incline Bench	3@73%	10-12	Mod	3@75%	8	Mod	>90s	3@80%	6
B1	Super-set	DB Bench press	3	10	Mod	3	10	Mod	>45s	4	10
B2	Super-set	DB Bench press	3	10	Mod	3	10	Mod	>45s	4	10
C	Straight sets	Tricep Neck's Cable	3	10	Mod	3	10	Mod	>45s	4	10
D	Straight sets	Single Arm DB Press	3	10	Mod	3	10	Mod	>45s	4	10
E	Straight sets	DB front raise	3	10	Mod	3	10	Mod	>45s	4	10
F	Straight sets	DB reverse flies	3	10	Mod	3	10	Mod	>45s	4	10
Exercise Notes											
High incline, raise up above the eyes											
>45s											
Hold incline, raise up keeping wide through first half of movement											
>45s											
Keep glutes higher than torso, hip height, keep tension on abs											
>45s											
Straopposite leg forward in stance, support with other hand											
>45s											
Raise db to just above shoulder w/et, engage core and glutes											
>45s											
Maintain torso parallel to floor, raise db to shoulder level											

ONE DAY REST BETWEEN DAYS 6 & 1 OF NEXT WEEK





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