

MALE 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

MALE 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.

PROGRAM.

DETAILS.

The male physique program is a 13 week program engineered exclusively for the athletic man.

PROGRAMME GOAL >> Increase lean muscle in key areas whilst at the same time building impressive strength and conditioning throughout the body.

DURATION >> 13 weeks

TRAINING DAYS PER WEEK >> 4-6

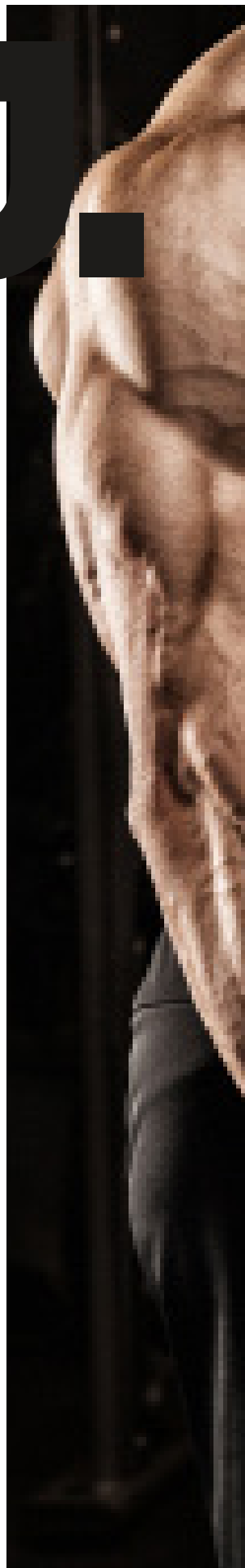
TRAINING PLAN >> This programme is intended for experienced male trainees that have 2-3 years lifting experience using a range of training implements (barbells, dumbbells, machines, bodyweight, etc.), and are familiar with a broad range of exercises.

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.

The programme is split up into two five-week training phases and one three week resensitisation phase.

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Basic Hypertrophy - It's the first mesocycle because it has enough volume to get you to grow muscle effectively. It gets harder as you go, and by the end it will be a real challenge.

Metabolite Focus - After the first phase your body will be a bit resistant to muscle growth and you'll need to pull out all the stops for you to keep progressing. Within the metabolite phase, your reps per set will go up considerably as the weights will be intentionally lighter. In addition, the rest time will shorten and supersets will be included. This kind of training raises your level of lactate and other muscle metabolic by-products. It's these by-products that play a big role in stimulating your muscle cells to grow.

Resensitisation - After those first two phases your body will be resistant to growth in the short term. The process of getting your muscles ready for growth again requires lower volumes (set numbers and rep numbers) of training, so that's just what this mesocycle will program for you. The training will be heavier than you're used to (heavy weight keeps your gains much better during periods of lower volume), but it will be fewer sets and way fewer reps.

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
CHEST (UPPER)	LEGS (QUAD FOCUSED)	REST	BACK (UPPER)	REST	LEGS GLUTE, HAM FOCUSED	SHOULDERS, ARMS

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

MALE 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.



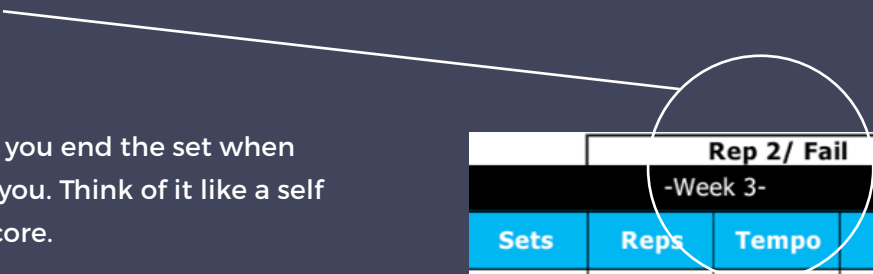
In order to get the most out of this training programme there are a number of important elements you need to understand:

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 = Dumbbell.

Name:	M1-SVK HYP
Meso. Phase	INT-5DFULL
Split	

- CHEST (UPPER) -																				
DAY (1)			- Week 1 -			- Week 2 -			- Week 3 -			- Week 4 -			- Week 5 (Deload)			EXERCISE NOTES		
Resistance Exercise / Order / Training Methods			Rep 3/ Fail			Rep 2/ Fail			Rep 3/ Fail			Rep 3/ Fail			Rep 1/ Fail					
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A	Straight Sets	Incline Dumbbell Press	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	120s	5	8-10	Mod	90s	>90s	Ensure full range, but don't drop elbows too low, press above the eyes
B	Straight Sets	Flat Dumbbell Flye	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Ensure full range, but don't drop elbows too low, maintain slight bend in elbow
C	Straight Sets	Medium Grip Bench Press	3	10-12	Mod	>90s	3	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	Take a mid grip, stay tight, ensure elbows pointed roughly 45 degrees when lowering
D	Straight Sets	Cable Upright Row	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Sit tall, maintain a neutral spine, retract shoulders back, hold for a sec in top position
E	Straight Sets	Hanging Straight Leg Raise	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Stand tall, maintain a neutral spine, pull up to upper chest, hold for a sec in top position
F	Straight Sets																		>90s	Point toes together, ensure movement is done with control, posteriorly tilting the hips

DAY (2) - QUAD FOCUSED LEGS -																			NO REST BETWEEN DAYS 1 & 2					
Resistance Exercise / Order / Training Methods																			EXERCISE NOTES					
Order	Methods	Exercise	-Week 1-				-Week 2-				-Week 3-				-Week 4-				Week 5 (Deload)					
			Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest						
A	Straight Sets	High Bar Squat	3	10-12	Mod	120s	4	10-12	Mod	120s	5	8-10	Mod	>90s	5	8-10	Mod	90s	>90s	Maintain arched spine, ribs, down, set up tight and lower until full depth				
B	Straight Sets	Leg Press	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Extend the legs but don't lock the knees, lower through a full range, feet should be low on plates				
C	Straight Sets	Single-Leg Leg Curl	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Curf all the way bringing pad to glutes, lower to full extension with control				
D	Straight Sets	Calves on Leg Press	3	10-12	Mod	>90s	4	10-12	Mod	>90s	5	8-10	Mod	>90s	5	8-10	Mod	60s	>90s	Place feet low on foot plate, point toes and hold for 2 sec in contracted position				

DAY (3)										- BACK (UPPER) -										REST 1 DAY BETWEEN DAYS 2&3																																														
Resistance Exercise / Order / Training Methods																																																																		
Order			Methods			Exercise			Sets			Reps			Tempo			Rest			Sets			Reps			Tempo			Rest			EXERCISE NOTES																																	
A			Straight Sets			Overhand Pullup			3			10-12			Mod			120s			4			10-12			Mod			>90s			5			8-10			Mod			90s			2-3			10-12			Mod			>90s			Take a mid grip, not too wide, pull up retracting shoulder blades chest to bar									
B			Straight Sets			Normal Grip Pulldown			3			10-12			Mod			>90s			4			10-12			Mod			>90s			5			8-10			Mod			60s			2-3			10-12			Mod			>90s			Take a close grip, depress scapula back and down then pull bar to just below collarbone									
C			Straight Sets			Barbell Bent Over Row			3			10-12			Mod			>90s			4			10-12			Mod			>90s			5			8-10			Mod			60s			2-3			10-12			Mod			>90s			Hinge at hip, maintain a neutral spine, retract shoulders back, hold for a sec in top position									
D			Straight Sets			Flat Dumbbell Bench Press			3			10-12			Mod			>90s			4			10-12			Mod			>90s			5			8-10			Mod			60s			2-3			10-12			Mod			>90s			Ensure full range, but don't drop elbows too low, press above the eyes									
E			Straight Sets			Dumbbell Side Lateral Raise			3			10-12			Mod			>90s			4			10-12			Mod			>90s			5			8-10			Mod			60s			2-3			10-12			Mod			>90s			Don't rest in bottom position, think pump style reps, use a full range arms straight									
F			Straight Sets			Reaching Sit-Up			3			10-12			Mod			>90s			4			10-12			Mod			>90s			5			8-10			Mod			60s			2-3			10-12			Mod			>90s			Keep abs engaged through every rep do not lose the tension									

- GLUTE/HAM FOCUSED LEGS -																				
DAY (4)		NO REST BETWEEN DAYS 3&4																		
Resistance Exercise / Order/Training Methods		Rep 3/7 Fail				Rep 3/7 Fail				Rep 2/7 Fail				Rep 1/7 Fail				EXERCISE NOTES		
Order	Methods	-Week 1-				-Week 2-				-Week 3-				-Week 4-				-Week 5 (Deload)		
		Sets	Reps	Rest	Tempo	Sets	Reps	Rest	Tempo	Sets	Reps	Rest	Tempo	Sets	Reps	Rest	Tempo			
A	Straight Sets	3	8-10	Mod	120s	4	10-12	Mod	120s	4	10-12	Mod	>90s	4	8-10	Mod	90s	>90s	Maintain a straight back, hinge from hip, feet hip width apart with an overhand grip	
B	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	60s	>90s	Lunge forward bending both knees to approximately 90 degrees, lower under control	
C	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	60s	>90s	Extend the legs but don't lock the knees, lower through a full range, feet should be high on plate	
D	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	60s	>90s	Place feet low on foot plate, point toes and hold for 2 sec in contracted position	
E	Straight Sets	6	10-12	Mod	>90s	4	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	60s	>90s		

DAY (5)		- SHOULDERS/ ARMS UPPER -										NO REST BETWEEN DAYS 4&5																			
Resistance Exercise / Order / Training Methods		-Week 1- Rep 3/ Fail					-Week 2- Rep 2/ Fail					-Week 3- Rep 2/ Fail					-Week 4- Rep 1/ Fail					Week 5 (Deload)					EXERCISE NOTES				
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	120s	4	8-10	Mod	>90s	4	8-10	Mod	90s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Ensure full range, keep elbows behind the body, squeeze at peak contraction position
B	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Lower until bicep touches forearm, extend till arms are straight, keep upperbody upright
C	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Engage abs and glutes press from chin level overhead, control the movement
D	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Maintain a neutral spine, bring shoulders towards ear, hold for 2 sec at top
E	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Place feet low on foot plate, point toes and hold for 2 sec at top
F	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Ensure full range, but don't drop elbows too low, press above the eyes
G	Straight Sets	3	10-12	Mod	>90s	4	10-12	Mod	>90s	4	8-10	Mod	>90s	4	8-10	Mod	60s	>90s	2-3	10-12	Mod	>90s	4	8-10	Mod	>90s	2-3	10-12	Mod	>90s	Keep abs engaged through every rep do not lose the tension

REST 1 DAY BETWEEN DAY 5 & NEXT WEEKS DAY 1

BASIC HYPERTROPHY



DAY (5) - SHOULDERS/ ARMS UPPER -

REST 1 DAY BETWEEN DAY 5 & NEXT WEEKS DAY 1

METABOLITE FOCUS

DAY (1)			- CHEST (UPPER) -										-Week 1-										Rep 2/ Fail										-Week 2-										Week 3 (Deload)										EXERCISE NOTES									
Resistance Exercise / Order / Training Methods																																																														
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest																												
A	Straight Sets	Incline Wide Grip Bench Press	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	Take a mid grip, stay tight, ensure elbows pointed roughly 45 degrees when lowering																											
B	Straight Sets	Medium Grip Bench Press	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	Ensure full range, but don't drop elbows too low, press above the eyes																											
C	Straight Sets	1-Arm Dumbbell Row	2	6-8	Mod	>90s	3	6-8	Mod	>90s	3	6-8	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	Maintain a neutral spine pull up to upper chest, hold for a sec in top position																											
D	Straight Sets	Barbell Upright Row	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	Row to lower chest, hold contracted position for 2 secs before slowly lowering																											
E	Straight Sets	Machine Crunch	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	2-3	10-12	Mod	>90s	Maintain a very tight core do not lose tension through the movement																											

NO REST BETWEEN DAYS 1 & 2

DAY (2)				- QUAD FOCUSED LEGS) -											
Resistance Exercise / Order / Training Methods															
Rep 2 / Fail				-Week 1-				-Week 2-				Rep 2 / Fail			
Order	Methods	Exercise		Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
A	Straight Sets	High Bar Squat		3	6-8	Mod	120s	4	6-8	Mod	120s	2-3	4-6	Mod	>90s
B	Straight Sets	Lying Leg Curl		3	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s
C	Straight Sets	Calves on Calf Machine		3	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s
EXERCISE NOTES															
Maintain arched spine, ribs, down, set up tight and lower until full depth															
Curl all the way bringing pad to glutes, lower to full extension with control															
Place feet low on foot plate, point toes and hold for 2 sec in contracted position															

REST 1 DAY BETWEEN DAYS 2&3

DAY (3)			- BACK (UPPER) -																												
Resistance Exercise / Order / Training Methods													Rep 2/ Fail			-Week 1-			-Week 2-			Week 3 (Deload)			EXERCISE NOTES						
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	
A	Straight Sets	Parallel Pullup	3	6-8	Mod	120s	4	6-8	Mod	120s	4	6-8	Mod	120s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Take a mid grip, not too wide, pull up retracting shoulder blades chest to bar
B	Straight Sets	Row to Chest	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Take a close grip, depress scapula back and down then pull bar to just below collarbone
C	Straight Sets	Medium Grip Bench Press	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Ensure full range, but don't drop elbows too low, press above the eyes
D	Straight Sets	Dumbbell Side Lateral Raise	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Don't rest in bottom position, think pump style reps, use a full range arms straight
E	Straight Sets	Reaching Sit-Up	3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Maintain a very tight core so the body moves as one unit, lower slowly with control

NO REST BETWEEN DAYS 3&4

DAY (4)				- GLUTE/ HAM FOCUSED LEGS -				-Week 1-				Rep 2/ Fail				-Week 2-				Week 3 (Deload)				EXERCISE NOTES			
Resistance Exercise / Order / Training Methods																											
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest					
A	Straight Sets	Deadlift	3	6-8	Mod	120s	4	6-8	Mod	120s	2-3	4-6	Mod	>90s	Maintain a straight back, hinge from hip, feet hip width apart with an overhand grip												
B	Straight Sets	Stiff-Legged Deadlift	3	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	Maintain a straight back, hinge from hip, feet hip width apart with an overhand grip												
C	Straight Sets	Leg Press	3	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	Extend the legs but don't lock the knees, lower through a full range, feet should be low on plate												
D	Straight Sets	Calves on Leg Press	3	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	Place feet low on foot plate, point toes and hold for 2 sec in contracted position												

NO REST BETWEEN DAYS 4&5

DAY (5)				- SHOULDERS/ ARMS UPPER -				-Week 1-				Rep 2/ Fail				-Week 2-				Week 3 (Deload)				EXERCISE NOTES			
Resistance Exercise / Order / Training Methods								Rep 2/ Fail				Rep 2/ Fail				Rep 2/ Fail											
Order	Methods	Exercise		Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest				
A	Straight Sets	EZ Curl		3	6-8	Mod	>90s	4	6-8	Mod	120s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Ensure full range, keep elbows behind the body, squeeze at peak contraction position			
B	Straight Sets	Seated EZ Bar Overhead Tricep E		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Ensure full range, keep elbowsvertical, squeeze at peak contraction position			
C	Straight Sets	Shoulder Press Machine		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Engage abs and glutes press from chin level overhead, control the movement			
D	Straight Sets	Dumbbell Shrug		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Take a close grip, depress scapula back and down then pull bar to just below collarbone			
E	Straight Sets	Normal Grip Pulldown		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Take a mid grip, not too wide, pull up retracting shoulder blades chest to bar			
F	Straight Sets	Incline Dumbbell Press		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Take a mid grip, stay tight, ensure elbows pointed roughly 45 degrees when lowering			
G	Straight Sets	Machine Crunch		3	6-8	Mod	>90s	4	6-8	Mod	>90s	4	6-8	Mod	>90s	2-3	4-6	Mod	>90s	2-3	4-6	Mod	>90s	Maintain a very tight core so the body moves as one unit, lower slowly with control			

REST 1 DAY BETWEEN DAY 5 & NEXT WEEKS DAY 1

RESENSITISATION



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