



MALE PROGRAMME
Week 5 – 8
 Training Programme 2



Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
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ALL OF THE EXERCISES CAN BE VIEWED ON MY YOU TUBE CHANNEL (M10 FITNESS) - <https://www.youtube.com/user/M10Fitness>

Push Upper	A	Flat dumbbell chest press	10 - 12	3	3011	60 secs	Elbows wide, and drive back into the bench
	B	Smith machine shoulder press	10 - 12	3	3010	60 secs	Bar down to eye level
	C1	30 degree incline dumbbell press	10 – 12	3	3011	10 secs	Abs tight, chest up, drive back into the pad
	C2	Cable cross over standing	10 -1 2	3	3011	45 secs	Keep shoulder blades locked down plus keep your chest up
	D1	Straight bar triceps press down	8 – 10	3	3010	10 secs	Lock elbows in to your side
	D2	Seated dumbbell lateral raise	10 – 12	3	2011	45 secs	Hold contraction at the top for one second
	E1	Lying dumbbell triceps extension	8 – 10	3	3011	10 secs	Drive shoulders back and keep elbows locked
	E2	Cable X over lateral raise (See you tube)	12 – 15	3	2011	45 secs	

NOTE - Perform this pairing at the start of every pull session - Lower trap and thoracic activation – Perform this pairing at the start of you Pull day <https://youtu.be/5RIRCJBeMFO>

Pull Upper & upper abs	A	Seated rope cable row (lean forward)	10 - 12	3	3010	60 secs	Slightly lean forward, drive elbows to hips
	B	Single arm dumbbell row	8 -10	3	3011	60 secs	Drive elbow towards hips
	C	Lat pull down (close grip)	10 – 12	3	3011	60 secs	Pull elbows wide and bar to eye level
	D1	Standing rope face pull	8 – 10	3	2011	10 secs	Keep elbows high
	D2	Single arm dumbbell preach curl		3	3010	45 secs	Drive triceps in to the pad
	E1	Bent over rear delt dumbbell flyes	10 – 12	3	2011	10 secs	Sit on the edge of a bench
	E2	Standing Ez bar curl		3	3010	45 secs	Lock elbows in to sides
	F	Ab crunch on the stability ball	10 – 12	3	2112	45 secs	Slow movement and keep tension in abs

Legs calves & lower abs	A1	Lying leg curl	10 – 12	3	3010	10 secs	Drive quads in to the pad
	A2	Leg extension	10 -12	3	3011	45 secs	Pull hips down in to the seat pad
	C1	Leg press feet low on the platform and narrow	12 – 15	3	3010	10 secs	Pull glutes down in to the seat pad
	C2	45 degree hip extension (hamstrings)	10 -12	3	3011	45 secs	Drive quads in to the pad
	D1	Split squat (use a 4 inch elevated box or step)	8 – 10	3	3010	10 secs	Keep chest up, drive off forward leg
	D2	Seated leg curl	8 -10	3	3011	45 secs	Pause in the contracted position
	E1	Standing calf raise	10 – 12	3	2012	10 secs	Pause at the top for two seconds
	E2	Lower ab raise on a small decline bench	10 – 12	3	2011	45 secs	Drive lower back in to the bench



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WEIGHTS PLAN

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Legs	Push	REST	Pull	Legs	REST	REST
6	Legs	Push	REST	Pull	Legs	REST	REST
7	Legs	Push	REST	Pull	Legs	REST	REST
8	Legs	Push	REST	Pull	Legs	REST	REST

CARDIO PLAN

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	20 minutes of cardio post workout	20 minutes of cardio post workout		20 minutes of cardio post workout			
6	20 minutes of cardio post workout	20 minutes of cardio post workout		20 minutes of cardio post workout			
7	20 minutes of cardio post workout	20 minutes of cardio post workout		20 minutes of cardio post workout		35 Minute walk in the morning	
8	20 minutes of cardio post workout	20 minutes of cardio post workout		20 minutes of cardio post workout		35 minute walk in the morning	

EVERY WEEK YOUR GOAL SHOULD BE TO PUSH HARDER IN YOUR WEIGHTS SESSIONS. RESPECT THE REST THAT I HAVE SET OUT, TIME YOURSELF IF YOU NEED TO. I HAVE ALSO PROVIDED YOU WITH A RECORD SHEET FOR YOUR WEIGHTS. THE STRONGER YOU ARE, THE MORE MUSCLE YOU WILL GAIN. THE MORE MUSCLE YOU HAVE, THE FAT YOU WILL LOSE. MOST OF YOU WILL BE LOWER IN MUSCLE MASS, WHICH IS WHY THIS PROGRAMME IS SO EFFECTIVE.

BUILD MUSCLE, BURN BODY FAT = YOUR BEST BODY SHAPE YET