

Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
Legs hamstrings focus, back and calves	A	Standing calf raise	8-10 10 -12 10 -12 12-15 + drops	4	2112	60	One set of 10, then a set of 12, followed by two sets of 15 reps with triple drop sets
	B	Lying leg curl	6-8 8 -10 10-12 10 -12 + Partial	4	3011	90	With lying leg curls I want you to get as short s you can for each set until the partials. So you'll do 8 reps, then 10 reps for set 2, followed by 10 reps with partials until you're toast
	C	Barbell hip extension	6 – 8 8- 10 8 – 10 12 - 15	4	2112	90	You will start with a heavy set of 6 reps, follow that then by a set of 8, a set of 10 and then a set of 15
	D	Single leg press (foot high on the plate)	10 -12 12 – 15 15 – 20 15 – 20	4	3021	90	Set one 15 reps, set 2 20 reps and then set 3 and 4 with be 20 reps with rest pause (see notes below)
	E	Dumbbell Romanian deadlift	8 – 10 10 – 12 12 – 15	3	3111	90	1 st set 8 reps, then 12 reps and follow it by a set of 15 – 20 reps
	F	Single arm dumbbell row	6 – 8 10 -12 10 – 12	3	3110	75	You will work up to a heavy set of 8 reps getting your lats as short as possible. Same with a set of 12 reps. For your third working set use a heavier weight and overload the lengthened range. So you don't have to achieve a full shortening.
	G	Wide grip lat pull down	8 -10 10 -12 10 – 12 RP	3	3101	75	First set 8 reps, followed by two sets of 10 reps. With the last set, you will rest pause (see notes) for 3 x rest pause (10 secs rest in between each rest) . Extend the set and achieve a massive burn.

Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
Chest, lateral delts and triceps	A	45 degree incline dumbbell press	6-8 8-10 10-12 10 – 12 double drop	4	3101	75	Warm up, then choose a weight that you think you can get 6 reps for. Your first set is V heavy. Second set go for something you can get 10 reps for, then 12 reps. Your 4 th set is 12 reps but a double drop set
	B	Flat dumbbell press	6-8 8-10 x3	4	3101	75	A set of 6-8 reps, then three sets of 8-10
	C	30 degree incline dumbbell flye	8-10	4	3011	75	Final set (at the end) take the dumbbells out and place them under a loaded stretch for as long as you
	D	Single arm pec dec flye	8-10 10-12 10-12	3	3111	60	Twist your body slightly towards the handle that you are about to use, this way you will be able to get your pec fully short. Perform a set of 8-10. Then 10-12 and then 10-12 reps (some of these can be partial reps)
	E	Single arm cable lateral raise (see notes)	10 – 12 for first drop	5	2111	60	Start with a load you can lift ¾ of the way up. When fatigued add 1 pin more (heavier), carry on to failure in the short range, and repeat one more time (3 drop sets)
	F	Rope triceps press down (see notes)	8 – 10	5	3010	60	Stand upright and shorten your triceps as much as you can, when completely fatigued, lean forward and fatigue the mid range (2 drop sets)

Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
Back, biceps and rear delts	A	Rope pull downs for mid / lower lat recruitment	8 -10	4	3111	75	Slightly lean forward so you can direct tension towards your lower lats.
	B	Below the knee rack pull	6 - 8 10 - 12 12 - 15	3	21X1	90	Warm up with 3 – 4 reps per set, and then focus on 3 big working sets (record your loads)
	C	Seated close grip cable row	8 -10 10 - 12 10 -12 10 - 12	4	3011	90	Pyramid up in load
	D	30 degree bench wide grip dumbbell rows (hits rear delts as well)	8 - 10 10 - 12 10 -12	3	3010	75	Keep your elbows high and direct tension to your upper back
	E	Bent over rear delt flyes	8 - 10 10 -12 12 - 15 15 - 20	4	2021	30	Warm up and then hit a heavy set of 8, then 10, 15 and perform a triple drop set on a set of 20 (high reps)
	F	Single arm preacher curl	6 - 8 10 - 12 10 -12 10 - 12 Eccentrics	4	2101	30	Last three reps finish with eccentrics

Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
Chest and delts	A	Flat barbell bench press	6 – 8 8 -10 10 -12	3	3011	90	Work up to a weight that you can perform 6 hard reps with, then change the load to hit 10 reps, and then 12 reps.
	B	High to low cable flies	8 -10 10 – 12 12 – 15 12 – 15 double drop	4	3012	90	With the last set, drop the load after 15 reps, and perform a double drop set
	C	Seated dumbbell shoulder press	6 – 8 8 -10 10 -12 10 -12	4	3010	90	You will do a heavy 6 reps, followed by 8, then 10, then another 10 reps
	D1	Standing dumbbell lateral raise to the short range (peak contraction)	8 -10	4	2111	10	With the next two supersets you will work to the peak shortened range. So this is the top of the lateral raise. After your 10 reps, drop the weights and pick up a set, which are 60% heavier. With this set, you will perform mid range laterals for as many as you can.
	D2	Standing dumbbell lateral raise (heavier load and hit the mid range)	As many as you can	4	Keep tension on	90	
	E1	Machine rear delt machine short range (peak contraction)	12 - 15	4	2112	10	Lean in to the machine, and perform 15 reps to peak contraction (all the way back). After the set of 15, add 25% more load and perform the remainder of the set in the mid to lengthened range.
E2	Machine rear delt machine lengthened range	As many as you can	4	Keep tension on	90		

Day	Order	Exercise	Reps	Sets	Tempo	Rest	Notes
Legs quads focus, triceps and calves	A	Leg extension	8 – 10 12 -15 15 – 20 15 – 20 double drop set	4	3011	75	Always work to achieve a peak contraction. Last set (4 th) perform a double drop set
	B	Hack squat	8 -10 12 – 15 15 – 20 15 RP to 30	4	3010	120	Work to full depth of the hack squat, calf must touch your hamstrings. Your last set is a Rest pause to 30 reps
	C	Leg press feet low	12 – 15 12 - 15 Cluster sets x 2	4	3010	120	Two feeder sets to get you to a weight you can do for 12 – 15 reps. Use them as working sets Then your final two sets, perform cluster sets. So start with the same weight as before, and perform 5 reps, rest 6 – 8 secs and perform 5 hard reps again, continue to do this for 6 rounds. Keep the lactic acid high, don't rest too long
	D	Short step walking lunges	8 -10 10 – 12 10 – 12 10 -12	4	2110	90	Your first set should you be heaviest. Then follow this by 3 sets of 10 reps. Keep tension deep inside your quads, and keep your steps short and torso upright.
	E	Lying dumbbell triceps extension	8 -10 8 -10 10 – 12 10 – 12 partials	5	3110	75	Two heavy sets and finish your last two sets with partials in the lengthened range.
	F	Seated calf machine	8 -10 12 – 15 12 – 15 15 – 20 double drop set	4	2111	75	Work up to a heavy set of 10 reps, and build up to your big set of 20 reps and then finish with a double drop set



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Weekly schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legs hamstrings focus, back and calves	Chest, lateral delts & triceps	See 8 week physique for intervals or steady state	Back, Biceps & rear delts	Chest and delts	Legs quads focus, triceps and calves	See 8 week physique for intervals or steady state

With this programme, I am going to focus on legs twice a week. The output you get from training legs is immense, if you want to shift fat fast get some big muscles working and put some serious effort in. You will also notice that chest, back and delts get hit twice. Now the way I do this is that one body part gets it's focus day, and then the secondary body part is tagged on at the end. Tag on doesn't mean little pumps, it just means you're able to get a muscle trained more frequently across a week. This will result in more stimulus, and for most of you even though you're dieting you'll change develop a great deal.

Understanding my programming

The main things you need to see on my programming is the reps, sets and tempos. You must also understand that when you start your first working set you must be ready. Now you should also log everything you are lifting, and the reps. So when you come to week two, you'll know exactly your weights and reps. Week one will be a feeler week, so don't worry about being a bit all over the place.

If you see:

8-10 on it's own in the reps, then this means that each set is to be focused on 8-10 reps. If you see 10 – 12 or 15 – 20 on it's own, it means exactly the same. The more you see going on in the reps box, the more complex it's going to be. You see stick to one rep range doesn't really give the muscle all the opportunity to change or adapt as we'd like. In the early days of the programming with a good chunk of you not being very experienced, you will adapt. Now with fat loss I also want to create some metabolic stress through the workout, but a lot more of that will come in the second phase.

If you see:

6/10/12/12 + drops – You will warm up by picking a set of dumbbell or barbell and performing a couple of sets. Don't choose lightweights here, warming up means you also need to get your nervous system fired up. You then choose a weight that you think you can get 6 reps for. I want you to really push yourself when it comes to the super heavy sets, but remember execution must be spot on at all time. Please watch my You Tube videos prior to getting started if you're unsure of any of the exercises. Your first set is very heavy, then your second set go for something you can get 10 reps for (but still work hard), then 12 reps for your 3rd set. For your 4th set you'll do 12 reps but you'll also do a double drop set. So lower the weight 20%, try to do 3 – 4 more reps, then pause drop the load 20% and try to get a few more reps out.

If you see:

8/10/10 + RP – This means that you perform the first set of 8 reps, then the second set for 10 reps, and the 3rd set for 10 reps, but this time you extend the set. By extending the set you work to the full 10 reps, but you leave a little in the tank. You pause for 10 – 15 seconds, and then go again and try and get as many as you can. You then rest for 10 – 15 seconds before going again. You will do this for one final time (3 total). The objective here is to be able to do more reps with the same weight but by taking small breaks in between. You'll really feel these.



Week 1 – 4
Training Programme 1

Version 2.0

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If you see:

Loaded stretch – You perform the set, and then on your last rep you lower the load and hold the stretch for as long as you can. There is always some work left in the fully loaded range, just remember this should only be done on something like dumbbells unless you have a spotter to take the load off your safely.