

THE PURE STREGNTH PROGRAMME

4 WEEKS
Phase 1
INCREASE STRENGTH
BUILD MUSCLE



Pure Strength 4 week program

Phase 1 Session 1 Lower body



Warm Up

5 Minutes X Trainer Level 5

5 minute rotator cuff warm up CABLE EXTERNAL ROTATION

Always do a couple of warm up sets of each exercise before beginning your working sets.

	Barbbell Squats										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	5							3 mins			
2	5							3 mins			
3	5							3 mins			
4	5							3 mins			
5	5							3 mins			

	Bulgarian split squat (rear leg raised)										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	3							2 mins			
2	3							2 mins			
3	3							2 mins			

	Calf raise									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	3							2 mins		
2	3							2 mins		
3	3							2 mins		

Pure Strength 4 week program Phase 1 Session 2 Vertical PUSH/PULL



Warm Up 5 Minutes X Trainer Level 5 5 minute rotator cuff warm up CABLE EXTERNAL ROTATION

Always do a couple of warm up sets of each exercise before beginning your working sets.

	Superset									
	Standing Barbbell Press									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	5									
2	5									
3	5									
4	5									
5	5									

	Lat Pulldown										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	10							2 mins			
2	10							2 mins			
3	10							2 mins			
4	10							2 mins			
5	10							2 mins			

	Superset									
	Seated dumbbell press.									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	10									
2	10									
3	10									
4	10									
5	10									

	Seated cable row										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	4							2 mins			
2	4							2 mins			
3	4							2 mins			
4	4							2 mins			
5	4							2 mins			

Pure Strength 4 week program Phase 1 Session 3 Deadlift



Warm Up 5 Minutes X Trainer Level 5 5 minute rotator cuff warm up CABLE EXTERNAL ROTATION

Always do a couple of warm up sets of each exercise before beginning your working sets.

	Snatch grip deadlift									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	5							3 mins		
2	5							3 mins		
3	5							3 mins		
4	5							3 mins		
5	5							3 mins		

	90 degree Back Extension									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	5							1 mins		
2	5							1 mins		
3	5							1 mins		

	Hamstring curl									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	3							2 mins		
2	3							2 mins		
3	3							2 mins		



Pure Strength 4 week program Phase 1 Session 4 Horizontal PUSH/PULL

Warm Up 5 Minutes X Trainer Level 5 5 minute rotator cuff warm up CABLE EXTERNAL ROTATION

Always do a couple of warm up sets of each exercise before beginning your working sets.

	Superset									
	Flat Bench Press									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	5									
2	5									
3	5									
4	5									
5	5									

	One Arm Row									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	10							3 mins		
2	10							3 mins		
3	10							3 mins		
4	10							3 mins		
5	10							3 mins		

Superset												
Low Incline Dumbbell Press												
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest				
1	4											
2	4											
3	4											
4	4											

One Arm Row											
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	10							3 mins			
2	10							3 mins			
3	10							3 mins			
4	10							3 mins			

