

THE
BUSY DAD
TRANSFORMATION
Club!

THE
PURE STRENGTH
PROGRAMME

4 WEEKS

Phase 1

INCREASE STRENGTH

BUILD MUSCLE



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.

Main Session								
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Superset								
Standing Barbell 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 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.

Main Session

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

