

THE
BUSY DAD
TRANSFORMATION
Club!

THE
PURE STRENGTH
PROGRAMME

4 WEEKS

Phase 2

INCREASE STRENGTH

BUILD MUSCLE





Pure Strength 4 week program
 Phase 2
 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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High Incline Barbell Bench Press								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	4							5 mins
2	3							5 mins
3	2							5 mins
4	1							5 mins

Assisted Pull Ups								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							2 mins

Seated Dumbbell Shoulder Press								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							

Seated Row								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							



Pure Strength 4 week program
Phase 2
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.

Main Session								
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Deadlift								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	5							3 mins
2	4							3 mins
3	3							3 mins
4	2							3 mins
5	1							3 mins

Farmers Walk								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	10m							3 mins
2	10m							3 mins
3	10m							3 mins
4	10m							3 mins

Romainian Deadlift								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							3 mins
2	8							3 mins
3	8							3 mins
4	8							3 mins



Pure Strength 4 week program
 Phase 2
 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								
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Flat Bench Press								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	4							5 mins
2	3							5 mins
3	2							5 mins
4	1							5 mins

Lat Pull down (same grip as above)								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							2 mins

45 degree Incline Dumbbell Press								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							

One Arm Row								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	8							2 mins
2	8							2 mins
3	8							2 mins
4	8							