

THE  
**BUSY DAD**  
**TRANSFORMATION**  
*Club!*

# The Physique

PROGRAMME

12 WEEKS  
INCREASE STRENGTH  
BUILD MUSCLE  
BURN FAT

**The Physique**

**The Physique Programme.**

**Phase 1.**

**Session 1: Chest.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Flat Dumbbell Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Flat Cable Fly**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12						1 min
2	12						1 min
3	12						1 min
4	12						1 min
5	12						1 min

**45 ° Incline Dumbbell Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**45 ° Incline Cable Fly**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12						1 min
2	12						1 min
3	12						1 min
4	12						1 min
5	12						1 min

**45 ° Decline Dumbbell Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**45 ° Decline Cable Fly**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12						1 min
2	12						1 min
3	12						1 min
4	12						1 min
5	12						1 min

**Battle Rope Circuit**

<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>

**FULL BODY STRETCH.**

**The Physique Programme.**

**Phase 1**

**Session 2: Back.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Deadlift**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	5-8						1 min

**Pull Ups (Assisted Pull Up Machine)**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Rack Pulls**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	12						1 min
6	12						1 min

**Seated Row**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Lat Pulldown**

**(Start each new exercise with a 15 rep warm up set before starting)**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Weighted Hanging Leg Raises**

**(Start each new exercise with a 15 rep warm up set before starting)**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	10						1 min
2	10						1 min
3	10						1 min
4	10						1 min
5	10						1 min
6	10						1 min

**FULL BODY STRETCH.**

**The Physique Programme.**

**Phase 1.**

**Session 3: Shoulders.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Dumbbell Shoulder Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Upright Row**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

**Bench Assisted Lateral Raise DROP SET**

**Drop Set 1**

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

**Drop Set 2**

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

### Drop Set 3

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

### Military Press

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

### Single Arm Cable Lateral Raise from the rear.

Set	Reps (per arm)	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	10						1 min
2	10						1 min
3	10						1 min
4	10						1 min
5	10						1 min

### Airbike Sprints

Sets	Intensity	Time	Rest
10	Maximum	30 seconds	30 seconds

### FULL BODY STRETCH

**The Physique Programme.**

**Phase 1.**

**Session 4: Arms.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Bicep Preacher Curl**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Hanging Tricep Drip**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Seated Dumbbell Hammer Curls**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Cable Skull Crushers**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min



**Superset**  
**Bicep Cable Curl to Cable Trciep Extension**

**Bicep Cable Curl**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	8-10					
2	8-10					
3	8-10					
4	8-10					

**Tricep Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min

**Abdominal Cable Crunch.**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min
6	15						1 min

**FULL BODY STRETCH**

**The Physique Programme.**

**Phase 1.**

**Session 5: Legs.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Leg Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Hack Squat**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Hip Thrust**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Walking Lunge**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	24 steps						1 min
2	24 steps						1 min
3	24 steps						1 min
4	24 steps						1 min
5	24 steps						1 min
6	24 steps						1 min

**Superset  
Leg Extension to Leg Curl**

**Leg Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	15					
2	15					
3	15					
4	15					
5	15					

**Tricep Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min

**Calf Raise**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min
6	15						1 min

**Battle Rope Circuit**

<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>

**FULL BODY STRETCH.**

**The Physique Programme.**  
**Phase 2**  
**Session 1: Chest and Back.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Flat Dumbbell Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min

**Flat Cable Fly**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min

**Flat Bench Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5						1 min
2	5						1 min
3	5						1 min
4	5						1 min
5	5						1 min

**Lat Pulldown**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min

### Deadlift

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						2 min
2	5-8						2 min
3	5-8						2 min
4	5-8						2 min
5	5-8						2 min

### Superset

#### Seated Row to FacePulls.

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	12					
2	12					
3	12					
4	12					
5	12					

### Facepulls

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12						1 min
2	12						1 min
3	12						1 min
4	12						1 min
5	12						1 min

### Battle Rope Circuit

<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>

**FULL BODY STRETCH.**

**The Physique Programme.**

**Phase 2.**

**Session 2: Shoulders.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Dumbbell Shoulder Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min
6	12-15						1 min

**Upright Row**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min
6	12-15						1 min

**Bench Assisted Lateral Raise DROP SET**

**Drop Set 1**

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

**Drop Set 2**

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

**Drop Set 3**

Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
10						0
Best Effort						0
Best Effort						2 min

### Military Press

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						1 min
2	5-8						1 min
3	5-8						1 min
4	5-8						1 min
5	15						1 min
6	15						1 min

### Single Arm Cable Lateral Raise from the rear.

Set	Reps (per arm)	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	10						1 min
2	10						1 min
3	10						1 min
4	10						1 min
5	10						1 min

### Airbike Sprints

Sets	Intensity	Time	Rest
10	Maximum	30 seconds	30 seconds

### FULL BODY STRETCH

**The Physique Programme.**

**Phase 2.**

**Session 3: Legs.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Leg Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Hack Squat**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Hip Thrust**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	15						1 min
6	15						1 min

**Walking Lunge**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	24 steps						1 min
2	24 steps						1 min
3	24 steps						1 min
4	24 steps						1 min
5	24 steps						1 min
6	24 steps						1 min



**Superset  
Leg Extension to Leg Curl**

**Leg Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	15					
2	15					
3	15					
4	15					
5	15					

**Tricep Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min

**Calf Raise**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min
6	15						1 min

**Battle Rope Circuit**

<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>

**FULL BODY STRETCH.**

**The Physique Programme.**  
**Phase 2.**  
**Session 4: Chest and Back.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Incline Dumbbell Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min

**Incline Cable Fly**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min

**Incline Bench Press**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5						1 min
2	5						1 min
3	5						1 min
4	5						1 min
5	5						1 min

**Pull Ups**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12-15						1 min
2	12-15						1 min
3	12-15						1 min
4	12-15						1 min
5	12-15						1 min

**Rack Pulls**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	5-8						2 min
2	5-8						2 min
3	5-8						2 min
4	5-8						2 min
5	5-8						2 min

**Superset**

**Seated Row to FacePulls.**

**Seated Row**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	12					
2	12					
3	12					
4	12					
5	12					

**Facepulls**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	12						1 min
2	12						1 min
3	12						1 min
4	12						1 min
5	12						1 min

**Battle Rope Circuit**

<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Quick Hands</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Battle Slams</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>
Rest for 30 seconds	
<b>Circles</b>	<b>30 seconds</b>

**FULL BODY STRETCH.**

**The Physique Programme.**

**Phase 2.**

**Session 5: Arms.**

**Warm Up**

Always ensure you complete a FULL warm up before your workout begins.

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

Complete a FULL 90° Rotator Cuff warm up.

**Main Session**

**Bicep Preacher Curl**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Hanging Tricep Drip**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Seated Dumbbell Hammer Curls**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Cable Skull Crushers**

(Start each new exercise with a 15 rep warm up set before starting)

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min
5	8-10						1 min
6	8-10						1 min

**Superset**  
**Bicep Cable Curl to Cable Trciep Extension**

**Bicep Cable Curl**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5
1	8-10					
2	8-10					
3	8-10					
4	8-10					

**Tricep Extension**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	8-10						1 min
2	8-10						1 min
3	8-10						1 min
4	8-10						1 min

**Abdominal Cable Crunch.**

Set	Reps	Week 1	Week 2	Wee 3	Week 4	Week 5	Rest
1	15						1 min
2	15						1 min
3	15						1 min
4	15						1 min
5	15						1 min
6	15						1 min

**FULL BODY STRETCH**

**The Physique Programme**  
**Phase 3.**  
**Session 1: Push Supersets**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up**

**Incline Dumbbell Chest Press to Press Ups**

**Incline Dumbbell Chest Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**COMPLETE 20 PRESS UPS AFTER EVERY SET!**

**Dumbbell Shoulder Press to Dumbbell front raise**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Dumbbell front raise**

Sets	Reps (per arm)	Week 1	Week 2	Week 3	Week 4	Rest
1	10					2 min
2	10					2 min
3	10					2 min
4	10					2 min
5	10					2 min

**Leg Press to 2 inch heal raised goblet squat**

**Leg Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	20				
2	20				
3	20				
4	20				
5	20				

**2 inch heal raised gablet squat (with kettlebell)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					2 min
2	15					2 min
3	15					2 min
4	15					2 min
5	15					2 min

**Trcicep Extension to Tricep Dip**

**Tricep Extension**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	12				
3	12				
4	12				
5	12				

**Tricep Dip of the bench**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					2 min
2	15					2 min
3	15					2 min
4	15					2 min
5	15					2 min

**Hanging Leg Raises (add weight off a belt if you can)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min
5	15					1 min
6	15					1 min
8	15					1 min
9	15					1 min
10	15					1 min

**15 MINUTE INCLINCE WALK TO FINISH.**

**The Physique Programme**  
**Phase 3.**  
**Session 2: METCON 1**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

<b>Time</b>	<b>Intensity</b>	<b>Speed</b>
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up**

**Circuit 1**

**(40 seconds per exercise)**

**Squat Jumps**

**Burpees**

**Press Ups**

**Lunges**

**Plank Press Ups**

**REST FOR 2 MINUTES/ REPEAT X3**

**Circuit 2**

**Battle to Rope to Press Ups**

**(40 seconds per exercise)**

**Battle rope slams**

**Press Ups**

**Battle rope circles**

**Press Ups**

**Battle rope quick hands**

**Press Ups**

**Battle Rows**

**Press Ups**

**REST FOR 2 MINUTES/REPEAT X2**

**CIRCUIT 3**

**ROWER**

**100m SPRINT/ 1 MINUTE REST**

**200m SPRINT/ 2 MINUTE REST**

**300m SPRINT/ 2 MINUTE REST**

**400m SPRINT/ 2 MINUTE REST**

**500m SPRINT/ 2 MINUTE REST**

**CIRCUIT 4**

**CORE (lay on a bench for this and hold onto the back)**

**(40 seconds each)**

**Reverse Curl**

**Hip Raise**

**Scissor Kicks**

**Reverse Curl**

**Hip Raise**

**Scissor Kicks**

**REST FOR 2 MINUTES/ REPEAT X3**



**COOL DOWN AND STRETCH OUT.**

**The Physique Programme**  
**Phase 3.**  
**Session 3: PULL Supersets**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up**

**Main Session**

**Pull Ups to Lat Pulldown**

**Pulls Ups (weighted if required)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Lat Pulldown**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					2 min
2	15					2 min
3	15					2 min
4	15					2 min
5	15					2 min

**Romanian Deadlift to Hamstring Curl**

**RDL**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Hamstring Curl**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

**Seated Row to Cable Face Pulls**

**Seated Rows**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Cable face pulls**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					2 min
2	12					2 min
3	12					2 min
4	12					2 min
5	12					2 min

**Seated Bicep Dumbbell Curl to Flat Bar cable curl**

**Seated Bicep Dumbbell Curl**

Sets	Reps (per arm)	Week 1	Week 2	Week 3	Week 4
1	10				
2	10				
3	8				
4	8				
5	8				

**Flat bar cable curl**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					2 min
2	12					2 min
3	12					2 min
4	12					2 min
5	12					2 min

**Hanging Leg Raises (add weight off a belt if you can)**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min
5	15					1 min
6	15					1 min
8	15					1 min
9	15					1 min
10	15					1 min

**The Physique Programme.  
Phase 3,  
Session 4: METCON 2**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

<b>Time</b>	<b>Intensity</b>	<b>Speed</b>
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up**

**CIRCUIT 1**

**(40 Seconds per exercise)**

**Mountain Climbers**

**Press Ups**

**Geckos**

**Plank Press Ups**

**Plank hold**

**REST FOR 2 MINUTES/REPEAT X4**

**CIRCUIT 2**

**(40 seconds per exercise)**

**Jump Squats**

**Plyometric squats**

**Sissy Squats**

**Lunges**

**REST FOR 2 MINUTES/ REPEAT X4**

**CIRCUIT 3**

**(40 seconds per exercise)**

**Seal Jumps**

**High Knees**

**Sprint on the spot**

**Ski jumps**

**REST FOR 2 MINUTES/REPEAT X4**

**TREADMIL SPRINTS**

**(The treadmill must be fully inclined and turned off while in movement, you power with your legs)**

**30 seconds of movement followed by 30 seconds of rest**

**REPEAT X5**

**COOL DOWN**

**The Physique Programme.**  
**Phase 3.**  
**Session 5: LEGS Supersets**

**Warm Up**

**Always ensure you complete a FULL warm up before your workout begins.**

**X-Trainer**

Time	Intensity	Speed
5 minutes	Low	5-8kph

**Complete a FULL 90° Rotator Cuff warm up**

**Barbell Squats to Kettlebell Goblet Squat**

**Barbell Squat**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Goblet Squat with kettlebell**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					2 min
2	10					2 min
3	10					2 min
4	10					2 min
5	10					2 min

**Leg Press to Leg Extension**

**Leg Press**

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	10				
3	8				
4	8				
5	8				

**Leg Extension**

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					2 min
2	15					2 min
3	15					2 min
4	15					2 min
5	15					2 min

### Hip Thrust to Lungee Walk

#### Hip Thrust (hold for 10 seconds on the last rep of each set)

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				
4	15				
5	15				

#### Lunge Walk

Sets	Distance	Week 1	Week 2	Week 3	Week 4	Rest
1	30m					2 min
2	30m					2 min
3	30m					2 min
4	30m					2 min
5	30m					2 min

#### Hanging Leg Raises (add weight off a belt if you can)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min
5	15					1 min
6	15					1 min
8	15					1 min
9	15					1 min
10	15					1 min

**15 MINUTE INCLINE WALK.**