

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

**THE**  
**LEAN GAIN**  
PROGRAMME

12 WEEKS  
BUILD MUSCLE  
INCREASE STRENGTH  
BURN FAT





## Lean Gain!

### Medium Rep week Session 1

#### Introduction

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

#### 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

##### High Incline Bench Press 45°

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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 Dumbbell Press

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

##### Heel Raised Squats (1-inch raise)

Shorten the width of your stance slightly to that of a normal squat.

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	12-15					1:30 min
2	12-15					1:30 min
3	12-15					1:30 min
4	12-15					1:30 min
5	12-15					1:30 min



**Superset**

**Negative Flat Bench Press to Press Ups**

Control the negative phase of the movement for a 4 second decent.

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

**Press Ups**

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	30 secs					1:30 min
2	30 secs					1:30 min
3	30 secs					1:30 min
4	30 secs					1:30 min
5	30 secs					1:30 min

**Superset**

**Battle Rope Slams to Hanging Leg Raises**

Sets	Exercise	Time
5	Battle Rope Slams	30 secs

**Hanging Leg Raises**

Sets	Exercise	Time
5	Hanging leg raises	30 secs

**Cool down**

Complete a FULL body stretch



**Lean Gain!**  
**Medium Rep week**  
**Session 2**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Lat Pulldown**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

**Seated Row**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

**1 inch deficit Deadlift**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	10					2 min
2	10					2 min
3	10					2 min
4	10					2 min
5	10					2 min



**Superset**  
**Pull Ups to Standing Lat Pulldown**  
**Pull Ups**

Assisted Pull Ups can also be used to achieve the rep range.

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

**Standing Lat Pulldown**

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	12-15					1:30 min
2	12-15					1:30 min
3	12-15					1:30 min
4	12-15					1:30 min
5	12-15					1:30 min

**Core Circuit**

Exercise	Time
Reverse Curls	30 seconds
Hip Raises	30 seconds
Crunch	30 seconds
Side Plank Left	30 seconds
Side Plank Right	30 seconds

Repeat x4.

**10 minute FAT BURN!**  
**Incline treadmill walk**

Time	Incline	Speed	Intensity
10 minutes	5-8°		Moderate

Complete a FULL body stretch



**Lean Gain!**  
**Medium Rep week**  
**Session 3**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**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**

**Standing Military Press**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

**Dumbbell Shoulder Press**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

**Clean and Press**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	10					1:30 min
2	10					1:30 min
3	10					1:30 min
4	10					1:30 min
5	10					1:30 min



**Superset**  
**Single Arm Lateral Raise to Double Arm Lateral Raise**

**Single Arm Lateral Raise**

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

**Double Arm Lateral Raise**

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	10					1:30 min
2	10					1:30 min
3	10					1:30 min
4	10					1:30 min
5	10					1:30 min

**Superset**  
**Upright Row to Dumbbell Shrug**  
**Upright Row wide grip (bring to your chin)**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	12-15					1:30 min
2	12-15					1:30 min
3	12-15					1:30 min
4	12-15					1:30 min
5	12-15					1:30 min

**Dumbbell Shrug**

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	12-15					1:30 min
2	12-15					1:30 min
3	12-15					1:30 min
4	12-15					1:30 min
5	12-15					1:30 min

**Superset**  
**Battle Rope Slams to Hanging Leg Raises**

Sets	Exercise	Time
5	Battle Rope Slams	30 secs

**Hanging Leg Raises**

Sets	Exercise	Time
5	Hanging leg raises	30 secs



Complete a FULL body stretch

**Lean Gain!**  
**Medium Rep week**  
**Session 4**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Normal Squats**

Feet shoulder width apart and flat to the floor.

Sets	Reps	Week 1	Week 4	Week 7	Week 10	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

**Lungee Walk**

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	20 steps					1:30 min
2	20 steps					1:30 min
3	20 steps					1:30 min
4	20 steps					1:30 min
5	20 steps					1:30 min

**Hack Squat**

If you are not able to do a Hack Squat then replace with a 1 inch Heel Raised Squat

Sets	Reps	Week 1	Week 4	Week 7	Week 10	Rest
1	12-15					1:30 min
2	12-15					1:30 min
3	12-15					1:30 min
4	12-15					1:30 min
5	12-15					1:30 min





**Superset**  
**Leg Press to Extension**  
**Leg Press**

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

**Leg Curl**

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	30 secs					1:30 min
2	30 secs					1:30 min
3	30 secs					1:30 min
4	30 secs					1:30 min
5	30 secs					1:30 min

**Calf Raise**

Control the decent on each rep.

Sets	Time	Week 1	Week 4	Week 7	Week 10	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

**Core Circuit**

Exercise	Time
Reverse Curls	30 seconds
Hip Raises	30 seconds
Crunch	30 seconds
Side Plank Left	30 seconds
Side Plank Right	30 seconds

Repeat x4.

**10 minute FAT BURN!**  
**Incline treadmill walk**

Time	Incline	Speed	Intensity
10 minutes	5-8°		Moderate

**Cool down**

Complete a FULL body stretch



## Lean Gain!

### Medium Rep week Session 5

#### Introduction

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

#### Warm Up

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

#### Main Session

##### Superset

##### Flat Bar Bicep Curl

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

##### Tricep Extension

Sets	Time	Week 1	Week 4	Week 7	Week 10	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

##### Superset

##### Cable Hammer Curl

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				



### Hanging Tricep Dips

Sets	Time	Week 1	Week 4	Week 7	Week 10	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

### Superset EZ Bar Curl

Sets	Reps	Week 1	Week 4	Week 7	Week 10
1	12-15				
2	12-15				
3	12-15				
4	12-15				
5	12-15				

### Skull Crushers

Sets	Time	Week 1	Week 4	Week 7	Week 10	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

### Tricep Dips

Sets	Time	Week 1	Week 4	Week 7	Week 10	Rest
1	10-12					1 min
2	10-12					1 min
3	10-12					1 min
4	10-12					1 min
5	10-12					1 min

### Core Circuit

Exercise	Time
Reverse Curls	30 seconds
Hip Raises	30 seconds
Crunch	30 seconds
Side Plank Left	30 seconds
Side Plank Right	30 seconds

Repeat x4.



Complete a FULL body stretch

Lean Gain!  
Low Rep week  
Session 1

### Introduction

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

### Warm Up

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

### Main Session

#### Flat Dumbbell Chest Press

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

#### 45° High Incline Bench Press

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

#### 25° Slight Incline Dumbbell Press

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min



### Flat Bench Press

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

### Cable Flys

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min
5	15					1 min

### Superset Cable crunches

Sets	Exercise	Reps
5	Cable crunches	15 reps

### Hanging Leg Raises

Sets	Exercise	Time
5	Hanging leg raises	20 reps

Complete a FULL body stretch



**Lean Gain!**  
**Low Rep week**  
**Session 2**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Pull Ups**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Seated Row**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Deadlift**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min



### Lat Pulldown

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

### Reverse Flys

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					1 min
2	8					1 min
3	8					1 min
4	8					1 min
5	8					1 min

### Superset

#### Battle Rope Slams to Hanging Leg Raises

Sets	Exercise	Time
5	Battle Rope Slams	30 secs

#### Hanging Leg Raises

Sets	Exercise	Time
5	Hanging leg raises	30 secs

### Cool down

Complete a FULL body stretch



Lean Gain!  
Low Rep week  
Session 3

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Standing Shoulder Press**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**½ Rep cable Lateral Raise**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Clean and Press**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min





### Assisted Upright Row

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

### Shrugs with 3 second hold

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					1 min
2	8					1 min
3	8					1 min
4	8					1 min
5	8					1 min

### Core Circuit

Exercise	Time
Reverse Curls	30 seconds
Hip Raises	30 seconds
Crunch	30 seconds
Side Plank Left	30 seconds
Side Plank Right	30 seconds

Repeat x4.

### 10 minute FAT BURN!

Incline treadmill walk

Time	Incline	Speed	Intensity
10 minutes	5-8°		Moderate

Complete a FULL body stretch



**Lean Gain!**  
**Low Rep week**  
**Session 4**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**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**

**Normal Squats**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Leg Press**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Glute bridge with 5 second hold after each rep.**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min



**Leg Extension with 3 second negative**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

**Leg Curl with 3 second negative**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					1 min
2	8					1 min
3	8					1 min
4	8					1 min
5	8					1 min

**Calf Raise with 3 second hold**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	10					2 min
3	10					2 min
4	10					2 min
5	10					2 min

**Superset  
Cable crunches**

Sets	Exercise	Reps
5	Cable crunches	15 reps

**Hanging Leg Raises**

Sets	Exercise	Time
5	Hanging leg raises	20 reps

**10 minute FAT BURN!  
Incline treadmill walk**

Time	Incline	Speed	Intensity
10 minutes	5-8°		Moderate

Complete a FULL body stretch



**Lean Gain!**  
**Low Rep week**  
**Session 5**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

**PROGRESSION IS THE KEY TO SUCCESS!**

**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 Bar Bicep Curl with 2 second negative**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**Hanging Tricep Dips**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	10					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min

**EZ Bar Curl with 2 second negative**

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	5-8					2 min
2	5-8					2 min
3	5-8					2 min
4	5					2 min
5	5					2 min



### Close grip Bench Press

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

### Cable Hammer curl with 3 second negative

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					1 min
2	8					1 min
3	8					1 min
4	8					1 min
5	8					1 min

### Rear Facing Tricep extension

Sets	Reps	Week 2	Week 5	Week 8	Week 11	Rest
1	8					2 min
2	8					2 min
3	8					2 min
4	8					2 min
5	8					2 min

### Superset

#### Battle Rope Slams to Hanging Leg Raises

Sets	Exercise	Time
5	Battle Rope Slams	30 secs

#### Hanging Leg Raises

Sets	Exercise	Time
5	Hanging leg raises	30 secs

### Cool down

Complete a FULL body stretch (



**Lean Gain!**  
**High Rep week**  
**Session 1**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week. **Ensure you hit failure on each set.**

**PROGRESSION IS THE KEY TO SUCCESS!**

**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**

**Superset**

**Flat Bench Press to Press Ups**

**Flat Bench Press**

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	20				
2	20				
3	20				
4	20				
5	20				

**Press Ups**

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min
5	20					1 min

**Leg Press**

Sets	Reps	Week 1	Week 6	Week 9	Week 12	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min
5	20					1 min



**Superset**  
**45° Incline Dumbbell Press to Dumbbell Fly**  
**45° Incline Dumbbell Press**

Sets	Reps	Week 6	Week 4	Week 9	Week 12
1	20				
2	20				
3	20				
4	20				
5	20				

**Dumbbell Fly**

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15-18					1 min
2	15-18					1 min
3	15-18					1 min
4	15-18					1 min
5	15-18					1 min

**Iso Chest Press**

Sets	Reps	Week 3	Week 6	Week 7	Week 12	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min
5	20					1 min

**Core Circuit**

Exercise	Time
Snap Crunch	30 seconds
Full body crunch	30 seconds
Oblique crunch left	30 seconds
Oblique crunch right	30 seconds
Plank hold	30 seconds

Repeat x4.

Complete a FULL body stretch



**Lean Gain!**  
**High Rep week**  
**Session 2**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week. **Ensure you hit failure on each set.**

**PROGRESSION IS THE KEY TO SUCCESS!**

**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**

**Superset**

**Pull Ups to Lat Pulldown**

**Pull Ups**

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	10				
2	10				
3	10				
4	10				
5	10				

**Lat Pulldown**

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min
5	20					1 min

**Superset**

**Seated Row to T-Bar Row**

**Seated Row**

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	20				
2	20				
3	20				
4	20				
5	20				





### T-Bar Row

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min
5	10					1 min

### Superset

90° Back Extension to Deadlift

90° Back Extension

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	20				
2	20				
3	20				
4	20				
5	20				

### Deadlift

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min
5	10					1 min

### Superset

Battle Rope Slams to Hanging Leg Raises

Sets	Exercise	Time
5	Battle Rope Slams	30 secs

### Hanging Leg Raises

Sets	Exercise	Time
5	Hanging leg raises	30 secs

Complete a FULL body stretch



**Lean Gain!**  
**High Rep week**  
**Session 3**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week. **Ensure you hit failure on each set.**

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Superset**

**Seated Shoulder Press to Hand Clean Press**

**Seated Shoulder Press**

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	20				
2	20				
3	20				
4	20				
5	20				

**Hand Clean Press**

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min
5	10					1 min

**Superset**

**Dumbbell Lateral Raise to Dumbbell Front Raise**

**Dumbbell Lateral Raise**

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	18				
2	18				
3	18				
4	18				
5	18				



### Dumbbell Front Raise

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min
5	10					1 min

### Superset

#### Standing Military Press to Reverse Flys

#### Standing Military Press

Sets	Reps	Week 3	Week 6	Week 9	Week 12
1	18				
2	18				
3	18				
4	18				
5	18				

### Reverse Flys

Sets	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min
5	10					1 min

### Core Circuit

Exercise	Time
Snap Crunch	30 seconds
Full body crunch	30 seconds
Oblique crunch left	30 seconds
Oblique crunch right	30 seconds
Plank hold	30 seconds

Repeat x4.

Complete a FULL body stretch



**Lean Gain!**  
**High Rep week**  
**Session 4**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week. **Ensure you hit failure on each set.**

**PROGRESSION IS THE KEY TO SUCCESS!**

**Warm Up**

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

Compete a FULL 90° Rotator Cuff warm up

**Main Session**

**Lower body circuit**

Exercise	Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
Barbell Squats	1	15					0
Lunge walk	1	20 steps					0
Leg Extension	1	20					0
Leg Curl	1	20					2 min
Exercise	Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
Barbell Squats	2	15					0
Lunge walk	2	20 steps					0
Leg Extension	2	20					0
Leg Curl	2	20					2 min
Exercise	Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
Barbell Squats	3	15					0
Lunge walk	3	20 steps					0
Leg Extension	3	20					0
Leg Curl	3	20					2 min
Exercise	Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
Barbell Squats	4	15					0
Lunge walk	4	20 steps					0
Leg Extension	4	20					0
Leg Curl	4	20					2 min

**Drop Set Leg Press**

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					0



1	10					0
1	10					0
1	10					0

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
2	20					0
2	10					0
2	10					0
2	10					0

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
3	20					2 min
3	10					2 min
3	10					2 min
3	10					2 min

Drop set Calf Raise

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					0
1	10					0
1	10					0
1	10					0

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
2	20					0
2	10					0
2	10					0
2	10					0

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
3	20					2 min
3	10					2 min
3	10					2 min
3	10					2 min

Complete a FULL body stretch



**Lean Gain!**  
**High Rep week**  
**Session 5**

**Introduction**

Your first week is your test week, it is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week. **Ensure you hit failure on each set.**

**PROGRESSION IS THE KEY TO SUCCESS!**

**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 Triset**

Complete 1 set of each exercise before you have a 2-minute rest.

**Flat bar Bicep Curl to Hammer Curl to Reverse Curl**

**Flat bar Bicep Curl**

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0
2	15					0
3	15					0
4	15					2 min

**Hammer Curl**

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0
2	15					0
3	15					0
4	15					2 min

**Reverse Curl**

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0
2	15					0
3	15					0
4	15					2 min

**Tricep Triset**

Complete 1 set of each exercise before you have a 2-minute rest.

**Skull Crusher to Tricep Extension to Tricep Dip**

**Skull Crusher**

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0



2	15					0
3	15					0
4	15					2 min

Tricep Extension

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0
2	15					0
3	15					0
4	15					2 min

Tricep Dip

Set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	15					0
2	15					0
3	15					0
4	15					2 min

Drop set cable Bicep curl.

Drop set Calf Raise

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					0
1	10					0
1	10					0
1	10					2 min

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
2	20					0
2	10					0
2	10					0
2	10					2 min

Drop set Tricep Extension

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
1	20					0
1	10					0
1	10					0
1	10					2 min

Drop set	Reps	Week 3	Week 6	Week 9	Week 12	Rest
2	20					0
2	10					0
2	10					0
2	10					2 min

10 minute FAT BURN!



Incline treadmill walk

<b>Time</b>	<b>Incline</b>	<b>Speed</b>	<b>Intensity</b>
<b>10 minutes</b>	<b>5-8°</b>		<b>Moderate</b>

Complete a FULL body stretch