

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

**MFR180**  
**MUSCLE FIBRE RECRUITMENT**

**8 WEEKS**  
**BURN FAT**  
**BUILD MUSCLE**

**MFR180**  
**MUSCLE FIBRE RECRUITMENT**

MFR180

Phase 1  
Session 1

**Introduction**

Weeks 1 to 4 (Weight Management)

MFR180 (Muscle Fibre Recruitment) is a training system working both your type 1 and 2 muscle fibres through high and low reps. You will complete 180 reps per set ensuring you hit maximum intensity. Record the weight you lifted for each set in the white boxes, this is to monitor progression each week.

**REMEMBER 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**

Weeks 1 to 4 (Weight Management)

Monday – Chest and Triceps

**Flat Bench**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Overhead Extension**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Dumbbell Flys**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Cable Tricep Extension

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Cool down

Complete a FULL body stretch

MFR180  
Phase 1  
Session 2

Tuesday – HIIT (High Intensity Interval Training) and Abs  
X-Trainer and Battle Rope

Warm Up

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

X-Trainer

Time	Week1	Week 2	Week 3	Week 4
20 Mins total	Levels	Levels	Levels	Levels
2 Min Moderate				
1 Min Maximum				

Battlerope

Exercise	Maximum	Recovery
Quick Hands	30 secs	30 secs
Repeat x4		
Slams	30 secs	30 secs
Repeat x4		
Circles	30 secs	30 secs
Repeat x4		
Plyometric Slams	30 secs	30 secs
Repeat x4		

Abs Circuit  
Ab Circuit 1

Exercise	Time
Crunches	30 secs
Crunch and twist	30 secs
Left foot V sit	30 secs
Right foot V sit	30 secs
Repeat X4	

MFR180  
Phase 1  
Session 3

### Introduction

Weeks 1 to 4 (Weight Management)

MFR180 (Muscle Fibre Recruitment) is a training system working both your type 1 and 2 muscle fibres through high and low reps. You will complete 180 reps per set ensuring you hit maximum intensity. Record the weight you lifted for each set in the white boxes, this is to monitor progression each week.

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### 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

Weeks 1 to 4 (Weight Management)

Wednesday– Shoulders and Traps

### Dumbbell Shoulder Press

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Dumbbell/Hex Bar Shrugs

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Lateral raise

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Upright Rows

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Cool down

Complete a FULL body stretch

MFR180  
Phase 1  
Session 4

Thursday  
Cardio and Abs  
X-Trainer and Battle Rope  
Warm Up

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

X-Trainer

Time	Intensity	Speed
5 minutes	Low	5-8kph

X-Trainer

Time	Week1	Week 2	Week 3	Week 4
20 Mins total	Levels	Levels	Levels	Levels
2 Min Moderate				
1 Min Maximum				

Battlerope

Exercise	Maximum	Recovery
Quick Hands	30 secs	30 secs
Repeat x4		
Slams	30 secs	30 secs
Repeat x4		
Circles	30 secs	30 secs
Repeat x4		
Plyometric Slams	30 secs	30 secs
Repeat x4		

Abs Circuit Exercise	Time
Reverse Curls	30 secs
Hip raises	30 secs
Supported V sit	30 secs
Flutter kicks	30 secs
Repeat x 4	

MFR180  
Phase 1  
Session 5

### Introduction

Weeks 1 to 4 (Weight Management)

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### 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

Weeks 1 to 4 (Weight Management)

### Friday – Legs

Squats (Body Weight is ok for the higher reps)

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Leg Curl

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Leg Extension

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins



**Calf Raise**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch

### Introduction

Weeks 1 to 4 (Weight Management)

MFR180 (Muscle Fibre Recruitment) is a training system working both your type 1 and 2 muscle fibres through high and low reps. You will complete 180 reps per set ensuring you hit maximum intensity. Record the weight you lifted for each set in the white boxes, this is to monitor progression each week.

**REMEMBER 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

Weeks 1 to 4 (Weight Management)

Saturday – Back and Biceps

### Lat Pull down

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Flat bar isolation curl

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

### Seated Row

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cable Hammer Curl**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch

**SUNDAY REST**

MFR180  
Phase 2  
Session 1 am

**Weeks 5-8 (Time to start Training!)**

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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

**Main Session**

Weeks 5 to 8 (Pushing your boundaries)

Monday AM - (High Intensity Interval Training) and Lower Abs

**Battlerope**

Exercise	Maximum	Recovery
Quick Hands	30 secs	30 secs
Repeat x4		
Full circle	30 secs	30 secs
Repeat x4		
Figure of 8	30 secs	30 secs
Repeat x4		
Plyometric Slams	30 secs	30 secs
Repeat x4		

**Ab Circuit 3 (Lower Ab Superset) or Ab circuit 1**

Exercise	Time
Oblique Curl left	30 secs
Side Plank reps right	30 secs
Oblique Curl Rigjt	30 secs
Side plank reps left	30 secs

**Cool down**

Complete a FULL body stretch

MFR180  
Phase 2  
Session 2 pm

**Weeks 5-8 (Time to start Training!)**

Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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**

Weeks 5 to 8 (Pushing your boundaries)

Monday PM - Chest and Triceps

**Incline Bench**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Overhead cable Tricep Extension**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cable Fly's**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cable Extension**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch

MFR180  
Phase 2  
Session 3

### Weeks 5-8 (Time to start Training!)

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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

Weeks 5 to 8 (Pushing your boundaries)

Tuesday - Shoulders and Traps

#### Barbell Press

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Shrugs

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Posterior Deltoid curl

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Upright Rows

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Cool down

Complete a FULL body stretch



MFR180  
Phase 2  
Session 4 am

### Weeks 5-8 (Time to start Training!)

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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

Weeks 5 to 8 (Pushing your boundaries)

Wednesday AM –(High Intensity Interval Training) and Abs  
X-Trainer and Battle Rope.

#### X-Trainer

	Week 5	Week 6	Week 7	Week 8
20 Mins	Levels	Levels	Levels	Levels
1 Min Moderate				
1 Min Maximum				

#### Circuit 4 (Isometric holds) or Ab circuit 2

Exercise	Time
Plank	30 secs
High Plank	30 secs
Side Plank Right	30 secs each
Side Plank Left	30 secs each
Repeat x4	

MFR180  
Phase 2  
Session 5 pm

### Weeks 5-8 (Time to start Training!)

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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

Weeks 5 to 8 (Pushing your boundaries)

Wednesday PM – Legs

#### Leg Press

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Leg curl

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Leg extension

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Calf Raise**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch

MFR180  
Phase 2  
Session 6 pm

### Weeks 5-8 (Time to start Training!)

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

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#### 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

Weeks 5 to 8 (Pushing your boundaries)

Thursday– Back and Bicep

Close grip Lat Pull down

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Z bar preacher curl

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Wide grip seated row

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Bicep cable curls**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch

MFR180  
Phase 2  
Session 7 am

**Weeks 5-8 (Time to start Training!)**

You've now completed Weeks 1-4 well done, but that was the easy part. Keep recording your progress and hitting your maximum with every rep and set. Use Friday and Saturday to work on your weaker areas.

**REMEMBER 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**

**Weeks 5 to 8 (Pushing your boundaries)**

**Friday AM –(High Intensity Interval Training) and Abs**

**X-Trainer and Battle Rope.**

**X-Trainer**

**Battlerope**

Exercise	Maximum	Recovery
Quick Hands	30 secs	30 secs
Repeat x4		
Full circle	30 secs	30 secs
Repeat x4		
Figure of 8	30 secs	30 secs
Repeat x4		
Plyometric Slams	30 secs	30 secs
Repeat x4		

**Abs Circuit 5 – Full abdominal circuit**

Exercise	Time
Crunches	30 secs
Reverse Curls	30 secs
Hip Raises	30 secs
Plank	30 secs
Repeat x 4	

MFR180  
Phase 2  
Session 8 pm

### Weeks 5-8 (Time to start Training!)

We all have areas that we would like to improve on calfs tend to be a BIG area of improvement for many. Use this session to put some extra time into those areas so that you are doubling up on the intensity your are placing upon these areas each week as this will encourage growth. Record the weight and the exercises in the area below.

**REMEMBER 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

Weeks 5 to 8 (Pushing your boundaries)

Friday PM: Working on weaker areas

#### Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

#### Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Exercise:**

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

**Cool down**

Complete a FULL body stretch



MFR180  
Phase 2  
Session 9 pm

Weeks 5-8 (You can skip this if you wish)

We all have areas that we would like to improve on calfs tend to be a BIG area of improvement for many. Use this session to put some extra time into those areas so that you are doubling up on the intensity your are placing upon these areas each week as this will encourage growth. Record the weight and the exercises in the area below.

**REMEMBER 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

Weeks 5 to 8 (Pushing your boundaries)

Saturday: Working on weaker areas

Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Exercise:

Reps	Week 1 weight	Week 2 weight	Week 3 weight	Week 4 weight	Rest
50					20 sec
10					2 mins
40					20 sec
10					2 mins
30					20 sec
10					2 mins
20					20 sec
10					2 mins

Cool down

Complete a FULL body stretch

SUNDAY – REST DAY