

THE
BUSY DAD
TRANSFORMATION
Club!

The PURE STRENGTH
programme.

12 WEEKS
BUILD 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

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 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							

Pure Strength 4 week program
 Phase 3
 Session 1
 Lower Body



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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Back Squat weeks 1+3								
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

Front Squat weeks 2+4								
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

Farmers walk								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	20m							3 mins
2	20m							3 mins
3	20m							3 mins
4	20m							3 mins

Bulgarian Split squat								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	5 per leg							2 mins
2	5 per leg							2 mins
3	5 per leg							2 mins
4	5 per leg							

Pure Strength 4 week program
 Phase 3
 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	3							3 mins
2	1							3 mins
3	3							3 mins
4	1							3 mins

Seated Dumbbell Shoulder Press (pause at top and botom)								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	6							2 mins
2	6							2 mins
3	6							2 mins
4	6							2 mins

Seated Row (Each Arm)								
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest
1	6							2 mins
2	6							2 mins
3	6							2 mins
4	6							

