

The PURE STRENGTH

programme.

12 WEEKS BUILD STRENGTH BUILD MUSCLE



Pure Strength 4 week program



Phase 1 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.

	Barbbell Squats										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	5							3 mins			
2	5							3 mins			
3	5							3 mins			
4	5							3 mins			
5	5							3 mins			

	Bulgarian split squat (rear leg raised)									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	3							2 mins		
2	3							2 mins		
3	3							2 mins		

	Calf raise									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	3							2 mins		
2	3							2 mins		
3	3							2 mins		



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.

	Superset									
	Standing Barbbell 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 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.

	Snatch grip deadlift										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	5							3 mins			
2	5							3 mins			
3	5							3 mins			
4	5							3 mins			
5	5							3 mins			

	90 degree Back Extension									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	5							1 mins		
2	5							1 mins		
3	5							1 mins		

	Hamstring curl									
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest		
1	3							2 mins		
2	3							2 mins		
3	3							2 mins		



Pure Strength 4 week program Phase 1 Session 4 Horizontal PUSH/PULL

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.

	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 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.

	Barbbell Squats											
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				

	Walking Lunges										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	20							3 mins			
2	20							3 mins			
3	20							3 mins			
4	20							3 mins			

	Calf Raise										
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			



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.

	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.

	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			



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.

	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									



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.

	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										



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.

	Strict Miliary Press										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	3							5 mins			
2	1							5 mins			
3	3							5 mins			
4	1							5 mins			

	Flat Dumbbell Pause press (pause at thetop and bottom)										
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			

	One Arm Row (pause at top and bottom)										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	4							3 mins			
2	4							3 mins			
3	4							3 mins			
4	4							3 mins			

	Rope face pull to neck										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	5							3 mins			
2	5							3 mins			
3	5							3 mins			
4	5							3 mins			



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.

	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			

	45 degree back extension										
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Rest			
1	12							2 mins			
2	12							2 mins			
3	12							2 mins			
4	12							2 mins			



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.

	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										

