



Client Name: Joe Bloggs

Week: 1

Client Objective: Gain muscle mass and lose body fat

Training Plan

IMPORTANT

Specific notes:

Training method this week:

Pre Exhaustion Method:

You are going to perform 3 sets of 12 on an isolated machine followed by 3 sets 8 reps of a free weighted exercise for the same muscle group

By isolating the muscle groups first with a pre-exhaust move, you ensure that when you rack the weight with free weights it puts more emphasis on maximizing work load for the major muscle for that exercise.

Ultimately, you're better able to ensure that the muscle you're wanting to fatigue is being worked to its maximum effort.

Example:

Isolated chest pec dec flies 3 x 12 – (30 seconds rest between sets)

Followed by

Lying dumbbell chest press 3 x 8



Training Plan

Session 1

Circuit 1

Each exercise is to be performed after each other with as little rest time as possible

Dumbbell flat Press x 20
 Cable Rows x 20
 Dumbbell squat to shoulder press x 20
 Bicep hammer curl alternate arms x 20
 Pec dec Flies x 20

REPEAT 3 TIMES (2 mins rest seconds rest between circuits)

Circuit 2

Each exercise is to be performed after each other with as little rest time as possible

Dumbbell Incline Flies x 20
 Overhead Barbell extensions x 20
 15 body weight squat jumps x 15
 Lat pull downs x 20
 Front shoulder raises x 20

REPEAT 3 TIMES (2 mins rest between circuits)

Abs

Each exercise is to be performed after each other with as little rest time as possible

Swiss Ball Crunch 3 x 20 reps (15 seconds rest between sets)

Swiss Ball crunch with twist 20 reps (15 seconds rest between sets)

Knees ups to chest 3 x 10 (15 seconds rest between sets)



Dumbbell oblique side bends 3 x 15 on each side

Cycle Crunches 5 x 30 seconds (30 second rest between sets)

Session 2

Use the training method stated at the top of your programme for ALL weight Exercises.

Chest

Incline barbell bench press
 Incline dumbbell press
 Decline bench press
 Lying flat cable flies on bench -
 Lower/decline cable lifts

Cardio

Exercise Bike

Total Time – 25 mins

0-5 mins – level 2-4 RPM – above 90

5-15 mins Level 4-7 RPM – Above 100

15-25 mins Level 5 -1 min RPM above 115

level 3 1 min RPM above 70



Nutrition Plan Week 1

Client Name: Joe Bloggs

Weight: 68.5kg

Objectives: Lean muscle mass gains and reduced body fat

Macro Structure: High Protein & Fats / Low carbohydrates

Target Macro Break down:

	Calories	1808-2110 total calories
Protein	300- 330 grams	
Carbs	125-150 grams	
Fat	60-75 grams	

Monday

Macronutrients break down

Total Calories: 1,800

Protein – 320g

Carbohydrates: 130g

Fats – 45g

6:30 – 8:30am

10:00am – 12:00pm

1:30 – 2:30pm

4:30 – 6:00pm

8:00 – 10:00pm

1 bowl of natural oats 50g
with 1 sliced banana, raisins
25g

small amount of honey

1 x piece of fruit

1 pint water

or 200ml fruit juice

50g raw chopped carrot
with peanut butter or
humus dip

50g mixed fruit & nuts

1 pint of water

Turkey /salad sandwich on
whole meal bread:

Turkey slices 160g

whole meal bread two slices
approx 56 g

salad of your choice 50g

NO MAYO

Piece of fruit

1 pint of water

Chicken with bacon and
avocado salad

chicken breast 160g

bacon 2 rashers approx 25g

1 small chopped avocado

1 table spoons of pumpkin
seeds

small hand full of water
cress and fresh lettuce

add a salad dressing of
your choice

200g Chopped Strawberries

200ml almond milk



Macro Nutrient Information

These are all TYPICAL value per 100g, but true values will vary from product to product.

Protein sources

	<u>Carbohydrates</u>	<u>Protein</u>	<u>Fat</u>
Chicken breast	0g	31g	4g
Turkey breast	0g	30g	1g
Beef steak	0g	30g	15g
Lean beef mince	0g	21g	5g
Tuna	0g	24g	3g
Salmon	0g	20g	13g
Mackerel	0g	9g	14g
Low fat cottage cheese	3g	11g	1g
Lamb	0g	25g	17g
Whole eggs	1g	13g	11g
Egg whites	1g	11g	0g
Pork chop	0g	22g	3g
Whey protein	10g	71g	6g
Casein protein	7g	79g	1g

Some of the above protein sources are higher in fat than others – lamb, some pork and oily fish notably – so remember this when basing meal around

Low GI carbohydrate sources

	<u>Carbohydrates</u>	<u>Protein</u>	<u>Fat</u>
Instant oats	71g	9g	8g
Oatbran	48g	13g	9g
Sweet potato	21g	2g	1g
Quinoa	64g	14g	6g
Lentils	60g	26g	1g
Brown rice	77g	8g	3g
Wholewheat pasta	75g	15g	1g
Sprouted grain bread	45g	12g	2g
Wheat/oat bread	48g	8g	4g
Popcorn	78g	13g	5g

Healthy fat sources

	<u>Carbohydrate (g)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>
Salmon	0	20	13
Mackerel	0	19	14
Almonds	20	21	51
Peanut butter	22	24	50
Almond butter	21	15	59
Whole Egg	1	13	11
Coconut oil	0	0	100
Olive oil	0	0	100
Flax seed oil	0	0	100
Udos Oil	0	2	97