Follow this 5-day training programme for the next 12 weeks. You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. If you can’t do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

**Circuit:** Complete each exercise directly after the previous with no rest in between until all exercises have been completed. This is one set. Rest 1 - 2 minutes between each set.

**SuperSet:** Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed that counts as one set of the SuperSet.

**Tri Set:** Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

**High Intensity Interval Training** is a style of cardiovascular training whereby repeated bouts of short duration, high intensity exercise is combined with periods of low intensity intervals used as active recovery.

“STRIVE FOR PROGRESS, NOT PERFECTION.”
**TRAINING PROGRAMME FOR WOMEN**

**MONDAY**

- **BOX JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **PRISONER SQUAT**
  - Sets: 3
  - Reps: 15
  - Rest: 0

- **TUCK JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **BURPEES**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **WALKING LUNGE**
  - Sets: 3
  - Reps: 10 per leg
  - Rest: 0

- **SPLIT JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 5 per leg
  - Rest: 0

**HIIT**

- **SINGLE LEG HIP RAISES**
  - Sets: 3
  - Reps: 10 per leg
  - Rest: 120s

- **SWISS BALL CRUNCHES**
  - Sets: 5
  - Reps: 25
  - Rest: 30s-60s

**HIIT CARDIO:**

- 15 min
- 4 min warm up,
- 2 min cool down,
- 1 min intervals

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**TRAINING PROGRAMME FOR WOMEN**

**MONDAY**

- **BOX JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **PRISONER SQUAT**
  - Sets: 3
  - Reps: 15
  - Rest: 0

- **TUCK JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **BURPEES**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **WALKING LUNGE**
  - Sets: 3
  - Reps: 10 per leg
  - Rest: 0

- **SPLIT JUMP / 30s JUMP ROPE**
  - Sets: 3
  - Reps: 5 per leg
  - Rest: 0

**HIIT**

- **SINGLE LEG HIP RAISES**
  - Sets: 3
  - Reps: 10 per leg
  - Rest: 120s

- **SWISS BALL CRUNCHES**
  - Sets: 5
  - Reps: 25
  - Rest: 30s-60s

**HIIT CARDIO:**

- 15 min
- 4 min warm up,
- 2 min cool down,
- 1 min intervals
**TRAINING PROGRAMME FOR WOMEN**

**TUESDAY**

**LAT PULL DOWN WIDE GRIP**
- Sets: 3
- Reps: 10
- Rest: 0

**TRICEP PUSHDOWN**
- Sets: 3
- Reps: 10-12
- Rest: 60s-120s

**SEATED ROW**
- Sets: 3
- Reps: 10-12
- Rest: 0

**TRICEP KICKBACK**
- Sets: 3
- Reps: 10-12 per arm
- Rest: 60s-120s

**BARBELL BENTOVER ROW**
- Sets: 3
- Reps: 8-12
- Rest: 0

**BENCH DIPS**
- Sets: 3
- Reps: Failure
- Rest: 60s-120s

**HIIT CARDIO:**
- 15 min
- 4 min Warm Up
- 2 min Cool Down
- 1 min Intervals

**HIIT**

**SEATED CALF RAISE**
- Sets: 3
- Reps: 10-12
- Rest: 0

**STANDING CALF RAISE (BODY WEIGHT)**
- Sets: 3
- Reps: 25
- Rest: 60s-90s
**TRAINING PROGRAMME FOR WOMEN**

**WEDNESDAY**

**LEG RAISES**
- Sets: 5
- Reps: 25
- Rest: 30s-60s

**DUMBBELL BENCH PRESS**
- Sets: 3
- Reps: 8-12
- Rest: 0

**DUMBBELL BICEP CURL**
- Sets: 3
- Reps: 10-12
- Rest: 60s-120s

**DUMBBELL INCLINE PRESS**
- Sets: 3
- Reps: 10-12
- Rest: 0

**DUMBBELL HAMMER CURLS**
- Sets: 3
- Reps: 8-12
- Rest: 60s-120s

**WIDE PUSH UPS**
- Sets: 3
- Reps: Failure
- Rest: 0

**CONCENTRATION CURLS**
- Sets: 3
- Reps: 6-8
- Rest: 60s-120s

**DUMBBELL BICEP CURL**
- Sets: 3
- Reps: 10-12
- Rest: 60s-120s

**DUMBBELL INCLINE PRESS**
- Sets: 3
- Reps: 10-12
- Rest: 0

**HIIT CARDIO**
- 15 Min
- 4 Min Warm Up
- 2 Min Cool Down
- 1 Min Intervals

“EXCUSES DON’T BURN CALORIES!”
# Training Programme for Women - Thursday

## Arnold Press
- Sets: 3
- Reps: 8-10
- Rest: 0

## Plank
- Sets: 3
- Reps: 60s
- Rest: 60s-120s

## Lateral Raises
- Sets: 3
- Reps: 10-12
- Rest: 0

## Reverse Flyes
- Sets: 3
- Reps: 10-12
- Rest: 60s-120s

## Front Raises
- Sets: 3
- Reps: 10-12
- Rest: 0

## Dumbbell Shoulder Press
- Sets: 3
- Reps: 6-8
- Rest: 0

## HIIT
- **HIIT Cardio:**
  - 15 min
  - 4 min Warm Up,
  - 2 min Cool Down
  - 1 min Intervals

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"If it doesn’t challenge you, it doesn’t change you."
TRAINING PROGRAMME FOR WOMEN

FRIDAY

WALKING LUNGE
SETS: 3 | REPS: 8-12 | REST: 0

BARBELL SQUAT
SETS: 3 | REPS: 6-10 | REST: 60-120s

STIFF LEG DEADLIFT
SETS: 3 | REPS: 10-12 | REST: 60-120s

DEADLIFT
SETS: 3 | REPS: 8-12 | REST: 60-120s

LEG EXTENSION
SETS: 3 | REPS: 10 PER LEG | REST: 0

LEG CURL
SETS: 3 | REPS: 10-15 | REST: 60-120s

HIIT CARDIO:
15 MIN
4 MIN WARM UP,
2 MIN COOL DOWN
1 MIN INTERVALS

HIIT

RUSSIAN TWIST
SETS: 5 | REPS: 25 | REST: 30-60s

“YOU’RE ONE WORKOUT AWAY FROM A GOOD MOOD.”
LEAN MUSCLE GAIN

TRAINING PROGRAMME FOR MEN

Follow this 5-day training programme for the next 12 weeks. You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. If you can’t do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

SS

SuperSet: Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed that counts as one set of the SuperSet.

TS

Tri Set: Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

HIIT

High Intensity Interval Training is a style of cardiovascular training whereby repeated bouts of short duration, high intensity exercise is combined with periods of low intensity intervals used as active recovery.

“GREAT ACHIEVEMENT ALWAYS REQUIRES GREAT SACRIFICE.”
MONDAY

BARBELL BENCH PRESS
SETS: 3 | REPS: 6-10 | REST: 60s-90s

SEATED CHEST PRESS
SETS: 3 | REPS: 8-12 | REST: 0

PUSH UPS
SETS: 3 | REPS: FAILURE | REST: 60s-90s

SEATED DUMBBELL CURL
SETS: 3 | REPS: 8-12 | REST: 0

STANDING EZ BAR CURL
SETS: 3 | REPS: 8-12 | REST: 0

INCLINE DUMBBELL CURLS
SETS: 3 | REPS: 8-12 | REST: 60s-90s

CABLE CROSS OVERS
SETS: 3 | REPS: 8-12 | REST: 60s-90s

SWISS BALL CRUNCHES
SETS: 5 | REPS: 25 | REST: 30s-60s

HIIT CARDIO:
15 MIN
4 MIN WARM UP
2 MIN COOL DOWN
1 MIN INTERVALS
TRAINING PROGRAMME FOR MEN

TUESDAY

**BARBELL SQUAT**
Sets: 3  |  Reps: 6-10  |  Rest: 60s-90s

**DUMBBELL LUNGES**
Sets: 3  |  Reps: 8-12  |  Rest: 0

**BOX JUMPS/TUCK JUMPS**
Sets: 3  |  Reps: 10  |  Rest: 60s-90s

**LEG EXTENSIONS**
Sets: 3  |  Reps: 8-12  |  Rest: 0

**LEG CURL**
Sets: 3  |  Reps: 8-12  |  Rest: 60s-90s

**BARBELL DEADLIFT**
Sets: 3  |  Reps: 6-10  |  Rest: 60s-90s

**SEATED CALF RAISE**
Sets: 3  |  Reps: 8-12  |  Rest: 0

**STANDING CALF RAISE** (Body Weight)
Sets: 3  |  Reps: 25  |  Rest: 60s-90s

**HIIT CARDIO:**
15 MIN
4 MIN WARM UP
2 MIN COOL DOWN
1 MIN INTERVALS
CARDIO:
45 - 60 MIN STEADY PACE
EASY PACED CARDIO (RUN, CYCLE, ROW)

“REST AND RECOVERY TRAINING ARE IMPORTANT ASPECTS IN THE MUSCLE DEVELOPMENT PROCESS.”

JACQUES FAGAN
FITNESS MODEL
**THURSDAY**

**TRAINING PROGRAMME FOR MEN**

**LEG RAISES**
- Sets: 5
- Reps: 25
- Rest: 30s-60s

**DUMBBELL SHOULDER PRESS**
- Sets: 3
- Reps: 6-10
- Rest: 60s-90s

**DUMBBELL LATERAL RAISE**
- Sets: 3
- Reps: 8-12
- Rest: 0

**BARBELL UPRIGHT ROW**
- Sets: 3
- Reps: 8-12
- Rest: 60s-90s

**HIIT CARDIO**
- Duration: 15 min
- Warmup: 4 min
- Cool Down: 2 min
- Intervals: 1 min

**SEATED TRICEP EXTENSION**
- Sets: 3
- Reps: 8-12
- Rest: 0

**TRICEP PUSH DOWN**
- Sets: 3
- Reps: 8-12
- Rest: 0

**DIPS**
- Sets: 3
- Reps: Failure
- Rest: 60s-90s

**DUMBBELL LATERAL RAISE**

**DUMBBELL SHOULDER PRESS**

**BARBELL UPRIGHT ROW**

**SEATED TRICEP EXTENSION**

**TRICEP PUSH DOWN**

**DIPS**

**HIIT**

“**I CAN AND I WILL.**”
FRIDAY

LAT PULL DOWN BACK
SETS: 3 | REPS: 6-10 | REST: 60s-90s

CLOSE GRIP PULL DOWN
SETS: 3 | REPS: 8-12 | REST: 0

OVERHAND PULL UPS
SETS: 3
REPS: FAILURE | REST: 60s-90s

SEATED ROW
SETS: 3 | REPS: 8-12 | REST: 0

BENT OVER BARBELL ROW
SETS: 3 | REPS: 8-12 | REST: 60s-90s

RUSSIAN TWIST
SETS: 5 | REPS: 25 PER SIDE | REST: 30s-60s

HIIT CARDIO:
15 MIN
4 MIN WARM UP,
2 MIN COOL DOWN
1 MIN INTERVALS

“WHEN YOU FEEL LIKE QUITTING, THINK ABOUT WHY YOU STARTED.”