



Programme card one: Week 1-3

Building a foundation

Stage goals:	The first 3 weeks of the programme are dedicated to building a solid foundation. This includes a lot of high repetition exercises with low weights, in order to work on muscular endurance. It will also give you the opportunity to work out how heavy your weights should be for later weeks.
Additional Information:	<ul style="list-style-type: none">• Three gym-based workouts per week, focusing on both upper and lower body (60 minutes per session). Repeat for 3 weeks.• Leave at least a day between each gym session.• Ideally, cardio should be performed twice per week. Recommendations will be included in the plan but these can be done at any point, either during the days when you don't attend the gym, or at the end of a session.• This plan doesn't include any nutrition recommendations. It is important to bear in mind that nutrition will play an essential role in the programme's success. You should try to eat a healthy balanced diet throughout the programme, aiming for a slight calorie deficit (around 500 kcals) per day if your goal is to lose weight, and a slight calorie surplus if your goal is to gain weight.• Working out how heavy your weights should be will take you a few goes. You should aim to complete each recommended repetition, but it shouldn't be easy. Record what weight you are using in the box provided, so you will know for subsequent weeks.

My goal:	
Height/ weight:	
BMI:	



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T&Cs relating to the programme can be found at www.split-fitness.co.uk.
Contact info@split-fitness.co.uk



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Workout one: Shoulders, arms and legs

Exercise	Sets	Weight
Dumbbell or barbell shoulder press	3 sets of 15 repetitions (1 minute break in between sets)	
Dumbbell lateral raises	3 sets of 15 repetitions (1 minute break in between sets)	
Dumbbell bicep curl + tricep cable pushdown	3 sets: 15 bicep curls immediately followed by 15 tricep pushdowns (2 minute break between sets)	
Barbell squat	3 sets of 15 repetitions (1 minute rest between sets)	
Bodyweight Bulgarian split squat + bodyweight sumo squat + bodyweight glute bridge	3 sets: 10 reps each leg (Bulgarian split squat), immediately followed by 15 reps sumo squat, and 15 glute bridges (2 minute break between sets)	
Leg press	3 sets of 15 reps (1 minute break between sets)	

Notes:



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Workout two: Chest, glutes and core

Exercise	Sets	Weight
Dumbbell or barbell chest press	3 sets of 15 repetitions (1 minute break in between sets)	
Dumbbell flys	3 sets of 12 repetitions (1 minute break in between sets)	
Press ups	3 sets until failure (2 minute break between sets). Change your position to make sure you are getting to at least 15 reps. Box/ $\frac{3}{4}$ or full press ups	
Hip thrust	3 sets of 20 repetitions (1 minute rest between sets)	
Dumbbell or barbell walking lunges	1 minute on, 1 minute off. Repeat for four sets	
Romanian deadlift (barbell)	3 sets of 15 reps (1 minute break between sets). Bend to knee height and drive up, squeezing your glutes at the top	
Plank	1 minute on, 1 minute off. Repeat for 3 sets	

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Workout three: Back, legs and core

Exercise	Sets	Weight
Lateral pulldown	3 sets of 15 repetitions (1 minute break in between sets)	
Seated cable row	3 sets of 15 repetitions (1 minute break in between sets)	
Upright row	3 sets of 15 repetitions (1 minute break in between sets)	
Leg extension	3 sets until failure (2 minute break between sets) – aim for 15-20 reps	
Leg curl	3 sets until failure (1 minute break in between sets) – aim for 15-20 reps	
Leg press + standing bodyweight calf raise	3 sets: 15 reps leg press machine immediately followed by 20 reps calf raise each leg – or until failure (use the leg press machine to balance)	
Plank	1 minute on, 1 minute off. Repeat for 3 sets	

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Recommended cardio sessions

Cardio session	Details	Speed
Interval training	<p>Warm up for 5 minutes: Start at a walking pace and progress to a pace you feel comfortable walking or jogging at (you should just about be able to hold a conversation). Perform a 12 minute interval training session: For one minute increase your speed to a pace that is challenging (one that you can maintain for a minute), then reduce the speed to your comfortable jogging pace for a minute. Repeat six times. Slowly reduce your pace for 2 minutes at the end, until you are walking.</p> <p>This can also be performed on a bike or rowing machine, using the same principles as above.</p>	<p><i>(Use this section to note down the speeds you are using for reference)</i></p>
Continuous training	<p>Warm up for 5 minutes: Start at a walking pace and progress to a pace you feel comfortable walking or jogging at (you should just about be able to hold a conversation). Maintain the pace for 20 minutes. If you would like to make the workout more challenging, increase your pace or, if you are on a treadmill, increase the incline of the machine. Slowly reduce your pace for 2 minutes at the end, until you are walking.</p> <p>This workout can be performed outside, on a bike or a rowing machine, using the same principles as above.</p>	



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