



Programme card two: Week 4-6

Beginning your build

Stage goals:	The second three weeks of the programme are focused on muscle growth. You will start to lower your repetitions, working with slightly heavier weights in order to prompt hypertrophy. It is likely that beginners will see some real increases by the end of these three weeks.
Additional Information:	<ul style="list-style-type: none"> • Three gym-based workouts per week, focusing on both upper and lower body (60-80 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. • In terms of weight, the same advice applies. 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. • 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. • You should also start to pay attention to your protein intake. It is recommended that individuals who weight train should aim for around 1.2-1.7g of protein per 1kg of body weight per day*. <p><i>*American College of Sports Medicine</i></p>

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	4 sets of 10 repetitions (1.5 minute break in between sets)	
Barbell upright row	3 sets of 10 repetitions (1.5 minute break in between sets)	
Barbell bicep curl + tricep cable pushdown + overhead tricep cable extension	3 sets: 8 bicep curls immediately followed by 10 tricep pushdowns and 10 overhead tricep cable extension (2.5 minute break between sets)	
Barbell lunges	4 sets of 10 repetitions each leg (2 minute rest between sets)	
Leg curl	4 sets of 10 repetitions (1 minute rest between sets) - perform the last set to failure.	
Leg press	4 sets of 10 reps (1 minute break between sets) – keep your feet high on the press.	

Notes:



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Workout two: Chest, glutes and core

Exercise	Sets	Weight
Dumbbell or barbell chest press	4 sets of 10 repetitions (1.5 minute break in between sets)	
Cable fly	4 sets of 10 repetitions (1 minute break in between sets) – perform the last set until failure	
Low cable crossover	3 sets until failure (3 minute break between sets)	
Hip thrust	4 sets of 10 repetitions (2 minute rest between sets) – perform the last set until failure	
Dumbbell Bulgarian split squat	4 sets of 8 repetitions each leg (2 minute rest between sets)	
Deadlift	3 sets of 8 reps (1.5 minute break between sets). Bend to knee height and drive up, squeezing your glutes at the top	
Cable crunch + plank	4 sets: 10 cable crunches immediately followed by a plank for 1 minute (1.5 minute break between sets)	

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Workout three: Back, legs and core

Exercise	Sets	Weight
Chin-ups (assisted if needed)	4 sets of 8 repetitions (2 minute break in between sets)	
Bent over row	4 sets of 10 repetitions (2 minute break in between sets)	
Cable rear deltoid fly	3 sets of 10 repetitions (1.5 minute break in between sets)	
Squats	4 sets of 8 repetitions (1.5 minute break between sets)	
Leg extension	4 sets of 10 repetitions (1.5 minute break between sets) – perform the last set until failure	
Goblet squat	4 sets of 10 repetitions (1.5 minute break between sets)	
Cable crunch + plank	4 sets: 10 cable crunches immediately followed by a plank for 1 minute (1.5 minute break between sets)	

Notes:



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Recommended cardio sessions

Cardio sessions remain the same. You should aim to increase your speed during weeks 4-6 to make sure you are still challenging yourself. For interval training, increase your jogging (resting) pace as well as your running pace. For continuous training, monitor the distance you have covered; aim to increase this during each session.

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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