



## Programme card four: Week 10-12

### Develop and define

|                                |  |
|--------------------------------|--|
| <p>Stage goals:</p>            | <p>The final programme card in this 12 week fitness plan reverts back to muscle growth, development and definition. By this point in the programme you should be seeing some real strength and definition gains. You should now be looking to increase the number of repetitions you perform, to focus on muscle growth.</p>   |
| <p>Additional Information:</p> | <ul style="list-style-type: none"> <li>• Three gym-based workouts per week, focusing on both upper and lower body (60 – 80 minutes per session). Repeat for 3 weeks.</li> <li>• Leave at least a day between each gym session.</li> <li>• 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.</li> <li>• Following the end of the 12 weeks, participants can cycle between programme cards two, three and four. Skip programme card one unless you are starting again after a long period of inactivity.</li> <li>• 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 continued success. You should try to eat a healthy balanced diet, 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. To maintain your weight, you will need to work out your base metabolic rate (BMR) and total daily energy expenditure (TDEE).</li> <li>• 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*.</li> </ul> <p><i><a href="#">*American College of Sports Medicine.</a></i></p> |

|  |  |
|--|--|
| <p>My goal: Weeks 10-12 and beyond the end of the plan</p> |  |
|--|--|



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T&Cs relating to the programme can be found at [www.split-fitness.co.uk](http://www.split-fitness.co.uk).  
Contact [info@split-fitness.co.uk](mailto:info@split-fitness.co.uk)



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### Workout one: Shoulders, arms and legs

| Exercise  | Sets   | Weight |
|---|--|--------|
| Machine shoulder press                                | 4 sets of 10-12 repetitions (1 minute break in between sets)   |        |
| Dumbbell lateral raise + incline dumbbell front raise | 4 sets: 15 repetitions lateral raise immediately followed by 10 repetitions front raise (2 minute break in between sets) |        |
| Barbell bicep curl + underhand tricep extension       | 4 sets: 10 bicep curls immediately followed by 10 tricep extensions (2 minute break between sets)                        |        |
| Leg press   | 4 sets of 12 repetitions - as deep as possible (1.5 minute break between sets)   |        |
| Squats  | 4 sets of 10 repetitions (1.5 minute break between sets)   |        |
| Leg extension   | 3 drop sets: 10 repetitions immediately followed by 10 repetitions at a lower weight (1.5 minute break between sets)     |        |

Notes:



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### Workout two: Chest, glutes and core

| Exercise                       | Sets  | Weight |
|--------------------------------|---|--------|
| Barbell or machine chest press | 4 sets of 10 repetitions (1 minute break in between sets)   |        |
| Dumbbell pullover              | 4 sets of 12 repetitions (1 minute break in between sets)   |        |
| Cable flys                     | 4 sets of 12 repetitions (1 minute break between sets)  |        |
| Single-leg side press          | 4 sets of 10 repetitions each leg (1 minute rest between sets)  |        |
| Hip thrust                     | 4 sets of 10 repetitions, followed by mini thrusts at the top of the movement until failure (2 minute rest between sets)  |        |
| Single-leg back extension      | 4 sets of 15 repetitions each leg (1.5 minute break between sets). Try alternating your foot position to work different parts of your hamstrings and glutes – toe pointing out, toe raised etc. |        |
| Cable crunch                   | 4 sets of 15 repetitions (1 minute break between sets)  |        |

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### Workout three: Back and legs

| Exercise               | Sets  | Weight |
|------------------------|---|--------|
| Chins (Assisted chins) | 4 sets of 6-8 repetitions (1 minute break between sets)   |        |
| Standing lat pushdown  | 4 sets of 12 repetitions (1 minute break in between sets)   |        |
| One arm dumbbell row   | 3 sets of 12 repetitions each arm (1 minute break in between sets)  |        |
| Upright barbell row    | 4 sets of 10 repetitions (1 minute break between sets)  |        |
| Squats                 | 4 sets of 12 repetitions (1.5 minute break between sets)  |        |
| Leg curl               | 5 sets of 12 repetitions (1 minute break between sets)  |        |
| Leg extension          | 4 drop sets: 10 repetitions, immediately followed by 10 repetitions at a lower weight (2 minute break between sets) |        |

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## Programme card four: Week 10-12

### Recommended cardio sessions

| Cardio session      | Details  | Speed  |
|---------------------|--|--|
| Tabata training     | <p>Interval training: Refer to previous cardio session cards or perform a Tabata session.</p> <p>Tabata: 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 be able to hold a conversation). Complete a 4 minute Tabata session. Perform a full out sprint for 20 seconds, followed by 10 seconds of rest. Repeat eight times. This workout can be performed using any exercise; bike, rowing machine, burpees, free running etc., using the same principles as above, and can be repeated for a variety of exercises if required.</p> <p>Cool down using a slow jog for 2 minutes, then reduce your pace until you are walking.</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).</p> <p>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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