



Programme card three: Week 7-9

Gaining strength: Keep challenging

Stage goals:	The penultimate programme card focuses on building strength. In order to continue muscle growth, you will need to keep testing your muscles. If you continue using the same weights, you will find that your gains start to level off. You will need to focus on increasing your strength. To do this, perform between four and six repetitions per set and rest for longer.
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. • You should be lifting at around 70 per cent of your ‘one repetition maximum’ (also known as your 1RM). Your 1RM is the maximum amount of weight you can lift once. If you can perform more than six repetitions at your chosen weight, increase the weight. • 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. • 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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Workout one: Shoulders, arms and legs

Exercise	Sets	Weight
Dumbbell or machine shoulder press	5 sets of 5 repetitions (1.5-2 minute break in between sets)	
Cable lateral raise + dumbbell front raise	4 sets: 6 repetitions lateral raise immediately followed by 6 repetitions front raise (2 minute break in between sets)	
Cable bicep curl + tricep cable pushdown	4 sets: 6 bicep curls immediately followed by 6-8 tricep pushdowns (2 minute break between sets)	
Leg press	4 sets of 6 repetitions - as deep as possible (1.5 minute break between sets)	
Goblet squat (dumbbell or kettle bell)	4 sets of 8 repetitions (1.5 minute break between sets)	
Leg curl	5 sets of 6 repetitions (1.5 minute break between sets)	

Notes:



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Workout two: Chest, glutes and core

Exercise	Sets	Weight
Barbell chest press	5 sets of 4 repetitions (1.5 minute break in between sets)	
Cable flys	4 sets of 6-8 repetitions (1.5 minute break in between sets)	
Low cable flys	4 sets of 6 repetitions (1.5 minute break between sets)	
Hip thrust	5 sets of 6 repetitions (1.5 minute rest between sets)	
Deadlift	4 sets of 6 repetitions (2 minute rest between sets)	
Dumbbell Bulgarian split squat	4 sets of 6 repetitions each leg (1.5 minute break between sets). Take a break between each leg for around 45 seconds to take the strain off your arms and grip	
Cable crunch	4 sets of 6-8 repetitions (1 minute break between sets)	

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Workout three: Back and legs

Exercise	Sets	Weight
Lateral pulldown	4 sets of 6 repetitions (1.5-2 minute break in between sets)	
Bent-over barbell row	4 sets of 6 repetitions (1.5-2 minute break in between sets)	
High cable row	4 sets of 6 repetitions (1.5 minute break in between sets)	
Leg extension	5 sets of 6 repetitions (2 minute break between sets)	
Leg press	4 sets of 6-8 repetitions (2 minute break between sets)	
Smith machine calf raise	4 sets of 15-20 repetitions	
Lunges (barbell/ dumbbell or Smith machine)	4 sets of 6 repetitions each leg (1.5 minute break in between sets). Take a break between each leg for around 45 seconds to take the strain off your arms and grip	

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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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