

Gym Session Plan

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|---------|--------------------------------|-----|----|
| Name: | Louisa Vine | Age | 39 |
| Aims: | Full Body Hypertrophy & Toning | | |
| Date: | 28th April 2020 | | |
| Traner: | Paul Johnson | | |

Comments

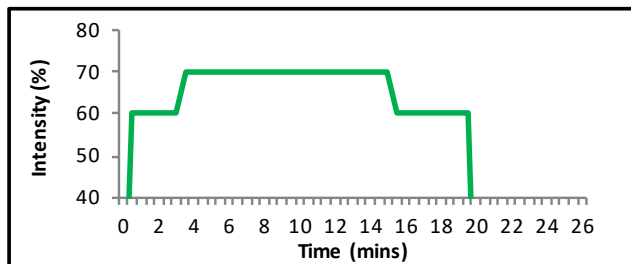
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|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------------|-------|
| Age-predicted HRM | 181 | 70% of Age-predicted HRM | 126.7 |
| Tempo: = Seconds Down, = Seconds Bottom Pause, = Seconds Up, = Seconds Top Pause. Example: 3120 = 3s down, 1s pause at bottom, 2s up, 0s pause at top. | | | |
| Session 1 = PT, Session 2 = Solo. | | | |

Warm up

| | | | |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Raise: | 3-5 minute pulse raise. Progress RPE from 3-6. Where possible use cardio machine that works full body - Treadmill/Elliptical. | Activate: | 1x20 = Banded Crab Walks, Banded Monster Walks, Banded Glute Bridge, Banded Shoulder Int Rotations, Ext Rotations, 30° Lat Raises, Band Pull a Parts |
| Mobilise: | Dynamic Stretches 1x10 = Leg Swings, Pendulums, Side Lunge, Groiners, Kneeling Dorsi Flexes, Trunk Rotations, Arm Cross Overs, Overhead Arm Swings. | Potentiate: | N/A |

Cardiovascular training (Optional)

| | | |
|----------------------|------------|------|
| Type: | Continuous | |
| Method: | LSD | |
| Mode: | Treadmill | |
| Phase | Work | Rest |
| Time (min): | 20-40 | N/A |
| Intensity (%HRM): | 70% | N/A |
| Target HR (from HRM) | 126.7 | N/A |
| Repetitions of W:R | N/A | |



Notes on progressing CV over 4 weeks

Cardio session is not required, only *optional*.

If you decide to do cardio, please do so after all strength exercises are complete, before you do static stretches.

Increase duration from 20 mins across 4 weeks to progress CV.

Resistance training

| Exercise | Week 1 - Session 1 | | | | | Week 2 - Session 1 | | | | | Week 3 - Session 1 | | | | | Week 4 - Session 1 | | | | |
|--------------------------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|
| | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo |
| Kettlebell Swings | 3 | 12 | 8 | 60 | N/A | 3 | 10 | 10 | 60 | N/A | 3 | 8 | 12 | 60 | N/A | 2 | 8 | 12 | 60 | N/A |
| Conventional Deadlift | 3 | 10 | 30 | 120 | 3110 | 3 | 8 | 35 | 120 | 3110 | 3 | 6 | 40 | 120 | 3110 | 2 | 6 | 40 | 120 | 3110 |
| Goblet Squat | 3 | 12 | 6 | 90 | 2120 | 3 | 10 | 8 | 90 | 2120 | 3 | 8 | 10 | 90 | 2120 | 2 | 8 | 10 | 90 | 2120 |
| TRX Back Row | 3 | 8 | BW | 90 | 2020 | 3 | 10 | BW | 90 | 2020 | 3 | 12 | BW | 90 | 2020 | 2 | 12 | BW | 90 | 2020 |
| Single Arm Bent Over Row | 3 | 12 | 6 | 90 | 2010 | 3 | 10 | 7 | 90 | 3010 | 3 | 8 | 8 | 90 | 3010 | 2 | 8 | 8 | 90 | 3010 |
| Press Up on Knees | 3 | 8 | N/A | 90 | 2010 | 3 | 10 | N/A | 90 | 2010 | 3 | 12 | N/A | 90 | 2010 | 2 | 12 | N/A | 90 | 2010 |
| TRX Chest Press | 3 | 8 | BW | 90 | 2020 | 3 | 10 | BW | 90 | 2020 | 3 | 12 | BW | 90 | 2020 | 2 | 12 | BW | 90 | 2020 |
| Banded Trunk Rotations | 3 | 10 | N/A | 60 | 2020 | 3 | 12 | N/A | 60 | 2020 | 3 | 15 | N/A | 60 | 2020 | 2 | 15 | N/A | 60 | 2020 |
| Bird Dog | 3 | 10 | N/A | 60 | 3030 | 3 | 12 | N/A | 60 | 3030 | 3 | 15 | N/A | 60 | 3030 | 2 | 15 | N/A | 60 | 3030 |

| Exercise | Week 1 - Session 2 | | | | | Week 2 - Session 2 | | | | | Week 3 - Session 2 | | | | | Week 4 - Session 2 | | | | |
|--------------------------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|--------------------|------|------|------|-------|
| | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo | Sets | Reps | Load | Rest | Tempo |
| Backward Steeping Lunges | 3 | 10 | 4 | 120 | 2010 | 3 | 10 | 6 | 120 | 2010 | 3 | 8 | 8 | 120 | 2010 | 2 | 8 | 8 | 120 | 2010 |
| Side to Side Squats | 3 | 10 | 6 | 120 | 2010 | 3 | 8 | 8 | 120 | 2010 | 3 | 6 | 10 | 120 | 2010 | 2 | 6 | 10 | 120 | 2010 |
| Single Leg RDL | 3 | 10 | 6 | 120 | 3010 | 3 | 8 | 8 | 120 | 3010 | 3 | 6 | 10 | 120 | 3010 | 2 | 6 | 10 | 120 | 3010 |
| Seated Cable Row | 3 | 12 | 25 | 90 | 2010 | 3 | 10 | 30 | 90 | 3010 | 3 | 8 | 35 | 90 | 3010 | 2 | 8 | 35 | 90 | 3010 |
| Cable Lat Pulldown | 3 | 12 | 25 | 90 | 2010 | 3 | 10 | 30 | 90 | 3010 | 3 | 8 | 35 | 90 | 3010 | 2 | 8 | 35 | 90 | 3010 |
| Overhead Dumbbell Press | 3 | 12 | 6 | 90 | 2010 | 3 | 10 | 8 | 90 | 3010 | 3 | 8 | 10 | 90 | 3010 | 2 | 8 | 10 | 90 | 3010 |
| Press Up on Knees | 3 | 8 | N/A | 90 | 2010 | 3 | 10 | N/A | 90 | 2010 | 3 | 12 | N/A | 90 | 2010 | 2 | 12 | N/A | 90 | 2010 |
| Quarter Plank | 3 | 30s | N/A | 60 | N/A | 3 | 45s | N/A | 60 | N/A | 3 | 60s | N/A | 60 | N/A | 2 | 60s | N/A | 60 | N/A |
| Banded Pavlov Press | 3 | 10 | N/A | 60 | 3030 | 3 | 12 | N/A | 60 | 3030 | 3 | 15 | N/A | 60 | 3030 | 2 | 15 | N/A | 60 | 3030 |