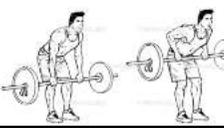
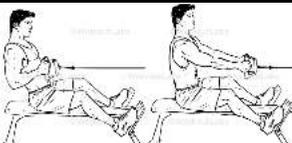
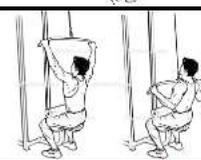
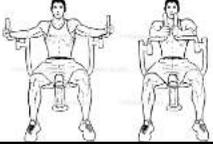
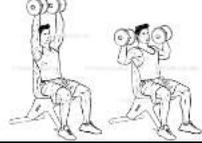
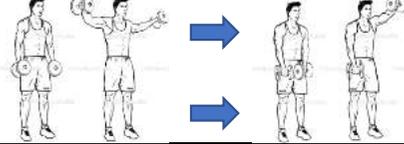
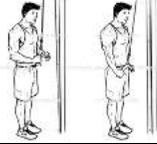


## Programme - Pull

Exercise	Set x Reps	Teaching Points	Diagram
Deadlift	4 x 8 - 10 Reps	Feet shoulder width apart, hinging at the hips keeping your head and chest up, not allowing the back to arch, drive through your heels pulling the weight up.	
Bent Over Row - Overhand Grip	4 x 8 - 10 Reps	Hands shoulder width apart, slight bend in the knees, keep your core tight, hinging at the hips, pushing your glutes back, driving the bar into the crease of your hips.	
Seat Row	4 x 10 - 12 Reps	Using the close grip handle, squeezing your core tight, sitting upright, pulling back with your elbows whilst keeping them tucked in.	
Lat Pull Down	4 x 12 - 15 Reps	Hands outside of shoulder width with an overhand grip, keeping your elbows just in front of you, pull the weight down to just below the chin, then allow the weight to pull you up in a controlled manner allowing the stretch.	
Preacher Curl	4 x 12 - 15 Reps	Keeping your palms open with elbows & the back of your arms on the pad, curl the weight up, squeezing the bicep throughout the move.	

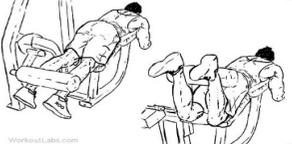
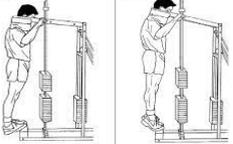
When you achieve the top number in the rep range look to increase the weight - e.g 50kg deadlift, when you can achieve 10 reps, look to increase to 52.5kg and work with this weight until you can get 10 reps again etc.

Programme - Push

Exercise	Set x Reps	Teaching Points	Diagram
Bench Press	4 x 8 - 10 Reps	Lying down, place hands on the bar outside of shoulder width, bring the bar down to your chest, drive the weight up without locking the elbows and repeat.	
Chest Fly Machine	4 x 12 - 15 Reps	Sat with your back against the pad with a slight bend in the elbows, bring the weight out, feeling the stretch in your chest, keeping your arms fixed, bring hands together to the middle.	
Dumbbell Shoulder Press	4 x 10 - 12 Reps	Hands outside of shoulder width, pushing the weight above your head without locking out, lowering in a controlled manner to your chin.	
Front Raise and Lateral Raise Superset.	4 x 12 - 15 Reps	Using dumbbells, starting by your side, raise the them out to parellel to the floor (slight bend in your elbows) then moving into front raises, repeat - bring the weight out to the front.	
Tricep Pushdown (Bar)	4 x 12 - 15 Reps	Holding the bar overhand, keeping your elbows tucked in, with the bar at 90 degrees, flex at the elbow, push the weight down towards the floor.	

When you achieve the top number in the rep range look to increase the weight - e.g 50kg bench press, when you can achieve 10 reps, look to increase to 52.5kg and work with this weight until you can get 10 reps again etc.

Programme - Legs

Exercise	Set x Reps	Teaching Points	Diagram
Squat - Barbell	4 x 8 - 10 Reps	Feet shoulder width apart, toes slightly pointed out, pushing your hips back, like you are going to sit on a chair, lower yourself just below parallel, drive through your heels back up to standing	
Leg Press	4 x 10 - 12 Reps	Feet shoulder width apart, toes slightly pointed out, starting with your legs just below parallel driving your heels through without locking the knees.	
Leg Extension	4 x 12 - 15 Reps	Sitting with your back on the pad, with foot pad just above the ankle, flexing at the knee, bring the weight up, squeezing your quads and holding for 1sec at the top.	
Hamstring Curl	4 x 12 - 15 Reps	Laying on your front, with the foot pad just above your achillies, adjust this so the pad does NOT roll up and down the calf, driving your heels up towards your glutes.	
Calf Raise	4 x 8 - 10 Reps	Standing tall with the pads on your shoulders, flexing at the ankles allowing the stretch and then standing up on your toes squeezing your calfs.	

When you achieve the top number in the rep range look to increase the weight - e.g 50kg squat, when you can achieve 10 reps, look to increase to 52.5kg and work with this weight until you can get 10 reps again etc.