



TRAINING PROGRAMME

PUSH/PULL/LEGS

HYPERTROPHY

PUSH

EXERCISE	SETS	REPS
FLAT BENCH PRESS	6	8 – 10
DUMBBELL INCLINE PRESS	3	12 - 15
SEATED SHOULDER PRESS	3	12 – 15
DUMBBELL LATERAL RAISES	4	10 – 12
CABLE FLYS	4	12 – 15
TRICEP EXTENSION	6	10 – 12
BODYWEIGHT DIPS	10 DOWN TO 1	

PULL

EXERCISE	SETS	REPS
PULL UPS	5	FAILURE
SINGLE ARM ROWS	4	10 – 12
BENT OVER ROW	4	10 – 12
STANDING CABLE ROW	4	10 – 12
DUMBBELL ALT CURLS	4	10 – 12
EZ BAR CURLS	3	10-12

LEGS

EXERCISE	SETS	REPS
SQUAT	4	12 – 14
ROMANIAN DEADLIFT	4	12 – 14
WALKING LUNGES	3	10 PER LEG
CALF RAISES	4	10 - 12