

# FREE TRAINING PLAN

3x Per Week



## FITNESS ACADEMY

TRAINING | NUTRITION | COACHING

# Free Training Plan

**If you are unsure about whether you are ready to fully commit to coaching, We have decided to put together this booklet of free information to give you a small taster of what you will receive when working 1-1 with us.**

**Everything will be fully customised and designed from scratch for your goals, this plan was built for someone looking to gain muscle whilst only training 3x per week.**

**We have decided to put together this training plan for free!**

**We have also included a lot of free information explaining our protocols around progressive overload training, sets, exercise execution and tempo.**

**If you have any questions, feel free to reach out to us anytime using the contact session on our website [www.pbfitnessacademy.com](http://www.pbfitnessacademy.com)**

**Make sure you tag @pb\_fitness\_academy\_ in your posts when you try this plan!**

Training Split							
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Legs	REST	Push	REST	Density	REST	REST	REPEAT

Exercise Name	Exercise Description	Feeder Sets	Working Sets	Reps	Tempo (Eccentric-Isometric-Concentric)
Seated Hamstring Curls:	Lean Forward a little here to focus on the lengthened range of the hamstring. Very controlled eccentrics and a big squeeze at the top of the concentric.	2	2	Priming 12-15 Top 8-10	4-1-2
Leg Extensions:	Grab your hands around the handles/seat and pull yourself in hard, actively thinking about this throughout the set. Contract hard at the top, exploiting the shortened range of the quads	2	2	Priming 12-15 Top 8-10	4-1-2
Hack Squat:	Just like a regular free weight squat use all of the same cues. Push all of your weight through your heels whilst keeping your feet flat, knees in line with toes. Neutral spine throughout and keep your back pressed against the pad.	2	2	Top 5-8 Back Off 12-15	2-0-1
Leg Press:	Place your feet at the most comfortable position just about shoulder width apart. Lower with control, go as deep as you can before your lower back starts to leave the pad. Press all of your weight through your heels whilst keeping your feet flat.	3	2	Top 5-8 Back Off 12-15	2-0-2
DB Walking Lunges:	Using a dumbbell in both hands, take a small step forward and lunge down allowing your knee to travel forward over your foot without raising your heel off the ground. You should be thinking about placing the majority of your weight through your front/working leg and only using your back leg for balance. Keeping your torso as upright as possible, press your weight back up into a standing position and repeat the process with the other leg.	3	3	15 Reps Each Leg	3-1-2
Seated Calf Raises:	Place top half of foot on the platform (not just toes). Slowly lower eccentrics and pause to elevate any elastic energy. Using only your calves to contract hard out of the bottom and finish strong with a big contraction at the top.	3	3	Priming 12-15 Top 8-10 Back Off 15-20	3-1-2
Ab Crunch Machine:	Set up the machine in the most comfortable position for you so that your arms are fully extended and braced into the handles whilst your abs are fully lengthened and still having tension on your abs. This is the starting position. Initiate the movement by contracting your abs and pushing the lever away from your body until your abs are fully contracted. Squeeze your abs hard before slowly controlling the eccentric back to finish the rep.	1	3	Priming 12-15 Top 8-10 Back Off 15-20	4-1-2

# Push

Exercise Name	Exercise Description	Feeder Sets	Working Sets	Reps	Tempo (Eccentric-Isometric-Concentric)
DB Incline Press:	The aim here is to shift as much weight as possible with good form, less focus on 'feeling' the contraction and tempo. Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Bring the dumbbells with your elbows tucked in around 60 degrees from your torso. Use as much power as possible on the concentric.	3	2	Top 5-8 Back Off 12-15	2-0-1
Pec Dec Fly's:	Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Grab the handles in a comfortable position for you however, you don't want to squeeze these handles hard. Use a loose grip and put most of the weight through the lower half of your hand, actively thinking about supinating your wrists to maximise pec engagement.	1	3	Priming 12-15 Top 8-10 Back Off 15-20	4-1-2
Machine Shoulder Press:	Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Set up the machine so that the handles finish just above your chin. Control the eccentrics slowly, take a slight pause at the bottom to take away any elastic energy, then use as much power as possible on the concentric and squeeze hard.	2	2	Top 5-8 Back Off 12-15	2-0-1
Standing Cuffed Crucifix Laterals:	Strap both wrists to the opposing cables cuffs, stand with your knees slightly bent creating a strong stable body position. Elbows fully extended to maintain the 'crucifix' throughout the set. Raise both cuffs using zero momentum lateral to your torso. Finish with your elbows at shoulder height. Actively think about pronating your wrists so that your pinky is facing the sky. This should result in your elbow reaching shoulder height with your hands slightly below.	1	3 Supersets	Priming 12-15 Top 8-10 Back Off 15-20	4-1-2
DB Lateral Raises:	Grip two pairs of dumbbells, stand with your knees slightly bent creating a strong stable body position. Maintain a slight bend in your elbow throughout the set. Raise both dumbbells using zero momentum lateral to your torso. Think of your hands as hooks, finish with your elbows at shoulder height. Actively think about pronating your wrists so that your pinky is facing the sky whilst holding the dumbbell. This should result in your elbow reaching shoulder height with your hands slightly below.	1		Priming 12-15 Top 8-10 Back Off 15-20	3-0-3
Cables Cuffed Rear Delt Fly's:	Set up cable crossovers at shoulder height, with cuffs attachments on both. Stand in the middle of both cables, with both cable machines lateral to your torso. Maintain a slight bend in your elbow throughout the set, control both the concentric and eccentric with the same slow steady pace. Squeeze hard at the top. Actively think about pushing the cables away from you to recruit the rear fibres of the delt.	2	3	Priming 12-15 Top 8-10 Back Off 15-20	2-2-2
Unilateral Cable D-Handle Preacher Curl:	Set up an incline bench facing the cable machine. Set the cable machine at one of the lower points so that the line of the cable is parallel to the incline bench. Grip the D-handle and fix your upper arm on to the top of the incline bench whilst facing the cables. Keeping your upper arm fixed to the bench throughout the set, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension)	1	3 Supersets	Priming 12-15 Top 8-10 Back Off 15-20	3-1-2
Cable Rope Overhead Extensions:	Set the cable at the lowest setting with a rope attachment. Stand facing away from the cables, lean back and press your glutes into the cable machine for support whilst leaning your upper body forward. Grip the rope and move yourself into the starting position with your upper body leaning over and locking your upper arms as high as possible without flaring the elbows. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	1		Priming 12-15 Top 8-10 Back Off 15-20	3-3-3

Exercise Name	Exercise Description	Feeder Sets	Working Sets	Reps	Tempo (Eccentric-Isometric-Concentric)
Unilateral Pulldown Machine:	Supinated grip, strapped in tight to the handle which takes focus off the grip (forearms won't fatigue/fail first). Mentally focusing on using your hands as hooks and driving your elbows down towards your back pockets. Locked in nicely using your non-working arm to stabilise yourself holding the lever from the opposing side. Knees fixed to the seat, and sternum pressed against the pad. Using slight lateral flexion to fully shorten the lat. Maintaining shoulder extension at the top of the eccentric to keep the tension on the lats.	1	2	Top 5-8 Back Off 12-15	3-1-2
Chest Supported Row (Pronated Grip):	Set up on the machine with your feet first so that you are still supporting your own bodyweight. Allow a slight bend at the knee to stabilise your upper body into position. Place your sternum on the pad and retract your scapula. Grip the machine with a pronated grip, just outside of shoulder width, going too wide here is actually counter productive. Row back with your elbows flared throughout the movement, control the eccentrics!	2	3	Priming 12-15 Top 8-10 Back Off 15-20	2-2-2
Barbell RDL:	Place feet about shoulder width apart in then most comfortable position for you. Place grip just outside of your knees. Press all of your weight through your heels whilst keeping your feet flat. Keep the bar close, scraping your body throughout the rep. Keep your head in line with your spine (don't look up at the bottom) and keep your spine neutral. Arms fully locked out by squeezing the triceps hard. Allow slight knee flexion so that you are not completely locked out, maintain that position throughout especially the bottom of the lift.	2-3	2	Top 5-8 Back Off 10-12	Na
Mag Grip Lat Pulldowns (Paused in Lengthened):	Grip the bar with a neutral grip just outside of shoulder width wherever is most comfortable for you. Thinking of your hands as just hooks, pull the bar down with your elbows, at the bottom of the movement think about turning your elbows in to shorten the lats as much as possible. Control the eccentric whilst maintaining shoulder extension. Allow for a slight lean back as you pull down. Pause when your elbows are fully extended and hold for 3 seconds, maintaining tension through the lat (do not relax here).	1	2	Top 5-8 Back Off 12-15	4-1-2
Leg Press:	Place your feet at the most comfortable position just about shoulder width apart. Lower with control, go as deep as you can before your lower back starts to leave the pad. Press all of your weight through your heels whilst keeping your feet flat.	2-3	2	Priming 18-20 Top 12-15	3-1-2
Bilateral Cable Cuffed Tricep Extensions:	Set the cables at the highest setting with a cuff attachment. Stand back from the close cable machine with a strong stance and body position, standing in the centre facing the machine. Grip the cuff and move yourself into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	1	3 Supersets	Priming 12-15 Top 8-10 Back Off 15-20	3-1-2
Cable Rope Curls:	Set up the cable machine at the lowest setting with a rope attachment. Grip the rope in the most comfortable position for you whilst keeping your wrists neutral throughout. Stand back from the machine until you take the weight with your arms fully extended. Begin the set whilst keeping your upper arms and elbows locked into the same position and maintain that throughout the set.			Priming 12-15 Top 8-10 Back Off 15-20	2-1-2
Bodyweight Plank:	Set yourself up in a press up position with your feet and hands shoulder width apart. It's important you make sure that your hips stay in line with your torso throughout, not too high and not too low. A good way to make sure of this is to flex the lumbar (lower) spine, doing this will also contract and engage the abs. Hold this position for the required time. You can make this movement more difficult by placing your hands higher in line with your head.	-	3	60 Seconds	-

**Hypertrophy is the result of an adaptation to an unaccustomed stress. This is why we must continue to do more each session in order to continue progressing. You can apply progressive overload in many forms, whether it be a small increase in load on the bar or an extra rep.**

**IMPORTANT! Tempo and execution must be standardised. This is the biggest misconception and drawback when people discuss progressive overload, without form being standardised the logbook and numbers do not mean anything. You need to control all variables in order to see true progression. Allowing your eccentrics to speed up in order to get an extra rep is not progression, the same as decreasing range of motion to get extra weight on the bar is also not progression. True progression is when you fix all variables as a constant, including intensity!**

**This is why we have created the PB training logbook in such a specific way. Not only are you able to track the usual sets/reps/weight/tempo per exercise but you can clearly see on the same page your previous sessions of that rotation. This allows you to know exactly what you hit at that exact moment of the previous session, giving you an even bigger motivation to beat every single set and not just the big moves. You can also track this on your training plans via G sheets.**

**It's important that you remember that progress is not always linear, however, you must do all you can to force adaptation. Not every week will see an increase in load but if you continue to be meticulous with beating the logbook, over a period of time, you will see progression, and that is what will drive continuous changes and developments in your physique.**

# Feeder Sets vs Working Sets

**FEEDER SETS:** This is simply another word to describe a warm up set. However, the reason we call them feeder sets is due to people believing that warm up sets are not needed if you are already 'warm'. This is not the case, hence why we call them feeder sets to save the confusion.

We will **ALWAYS** use at least one feeder set when moving on to a new exercise. Not only because more often than not we will need to slowly and progressively work up to our working set load. More importantly we use feeder sets to allow your body to adapt to the new movement. The more advanced you become, the more feeder sets you will need before each exercise. More than likely you will have a higher working load to build up to as well. It is never wise to rush the feeder sets, these will prevent or significantly reduce the chance of injury. Feeder sets should be a very comfortable load, and never taken anywhere near failure. Feeder sets don't need to be logged.

**WORKING SETS:** The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set must be taken to failure, unless your coach has stated otherwise. You will be asked to log every working sets (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers. You will be given a guide on the program of what rep range to aim to fail between. This will give you an idea of what load to select, however, once the load has been selected you must take that set to complete failure, regardless of whether that forces you to land inside or outside of the desired rep range. Remember your muscles do not recognise if you landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we desire.

**All of the following terms are fancy words to describe working sets. We name these working sets to give you simple idea of what sort of rep range to aim for. You must take all of these sets to complete failure unless stated otherwise by your coach.**

**PRIMING SETS:** This will always be a working set, taken to complete failure before moving up to your heaviest set. This goes against the grain for most people, as they will always save themselves for the heaviest set. Priming sets force you away from what you're used to, very similar to a 'pre-exhaust' style of training.

**TOP SETS:** This is the heaviest load of the particular exercises working sets. You will always need to build up to this with multiple feeder sets to get used to the movement and gradually increase load close to your working set. The top set will always be considered 'heavy' and it will be a lot more difficult to maintain perfect execution, however, that must remain a priority!

**BACK OFF SETS:** These will always be much lighter working sets compared to a top set and even a priming set. This is simply a description of the change in load, the execution, intensity should remain the same as when you approach a top set. This is also taken to complete failure just like every working set!



# Tempo: Phases of Contraction

**TEMPO:** You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

**CONCENTRIC:** This is when the muscles shorten / contract. This is what most people think is a 'contraction'. That is because this is the contraction tested for strength. The concentric phase of the lift is for example on the bench press when you are pushing the bar up. Surprisingly, this is the weakest type of contraction, this is why if you are testing your 1-Rep-Max on the Bench Press - you may be able to bring the bar down slowly but unable to push it back up. This is due to the Concentric phase being weaker than the downward (Eccentric) phase, bringing me on to the next contraction.

**ISOMETRIC:** This is the most uncommonly trained contraction but again is stronger than the most common concentric contraction. This is when the muscle doesn't lengthen or shorten during contraction it stays the same. This can be simply exercised by pausing and holding the weight in one place e.g pause squats.

**ECCENTRIC:** This is when the muscles lengthen during contraction, and arguable the greatest phase of contraction for muscle hypertrophy. This is the downward phase of the bench press and is believed to be around 4x stronger than concentric contraction. This is the reason you can control heavy weight down to your chest on the bench but can't push it back up. This can be trained by slowing down the eccentric phase of the lift during any exercise, therefore instead of dropping the weight straight after deadlifting the bar off the ground; don't drop it but slowly lower the bar back to the ground.

# Introduction to Online Coaching

**This is your opportunity to work with us on a 1-1 basis. Online coaching is by far the most proven method to guarantee results, providing that you also give 100%!**

**You will be partnered up with your desired coach, of which you will embark on an incredible journey together. You will establish a professional working relationship where you both demand certain commitments from each other. Your coach will always be there to firstly set the plans in motion and then guide and support you throughout the process. All we expect in return, is that you communicate, check in on time and more importantly give 100% effort to completing the tasks at hand.**

**We want you to achieve the results you desire just as much as you do. You will be a reflection on us as a service, this is why you know you will always have our undivided attention when it comes to programming, adjustments to the plans and accountability throughout the process.**

**What makes coaching so great is the constant support and adjustments to the program. We understand that the most optimal plan is the plan you can adhere to for the rest of your life with ease, this is why we work with you to continually adjust the plan as you progress until we find the perfect recipe for you.**

**This is the best way to get results and feel your best, whilst maintaining a social life and enjoying everything life has to offer. Looking and feeling good whilst eating the foods you love has never been so easy!**

# Fully Customised Programming

**A common question we always get asked is 'How does it work and how is it made specifically for my needs?'. As you are aware, all of our programs are drawn up from scratch to suit you and your goals.**

**The process begins with an initial inquiry, we then chat about your goals via video call, email or your preferred method of communication. After we have a general idea of what you are looking for, we then decide if you would be a good fit to work with us, after all, we want results just as much as you do and our spaces are limited.**

**If you've successfully passed our screening test, we will send out our consultation questionnaire. This is how we collect all of the major and minor details from you to start drawing up a draft program for you. This consultation will take absolutely everything you can imagine into consideration, this is how we make our programs so unique and more importantly why we have so much success with our clients!**

**We start with the usual body stats as well as taking a look at your history over the past 6-12 months to get an understanding on what your body has been through lately. We also ask you to fill in as much detail as possible on your medical history, injuries, past training styles, current nutrition set up, occupation, lifestyle and supplement history.**

**This information combined with what we would have already discussed regarding your nutrition and training goals will give us an a very clear plan of what we need to do going forward.**

**Now you might be wondering, 'What really separates online coaching from one-off programming as they are both fully customised?'**

**The answer is very clear and simple, and its why we see so much success with online coaching compared to one-off programs.**

**The check in process and accountability that you get from coaching is priceless. This is what will help you understand exactly what you are going through, it will make you think twice before snacking off plan, it will ultimately be the key to your success!**

**We have a very simple check in process where you fill out a detailed questionnaire once a week. This questionnaire will ask you all sorts of questions to paint a perfect picture to display to your coach exactly how your week has been.**

**This check in sheet will include details such as your body stats, data tracking, health monitoring, body measurements, bio-feedback, general mood rating, nutritional targets, training, steps, cardiovascular fitness and much more.**

**Here comes the vital part, You will then receive updates to your program depending on how your check in process has gone. Remember, as you progress your body through a program everything needs to adapt to suit you. The original program was designed for you at your starting point, this same program will not work as well as you change throughout simply because you are not the same person as when you started.**

**This is what makes coaching so great, as this is taken care of as you progress!**

# What Does Coaching Involve?

**Coaching is not only the highest standard of training and nutrition programming, it also includes everything you could possibly need to reach your goal. Firstly, the coaching process begins with a fully customised, easy to follow plan designed to reach your personal goals. You will then have feedback, adjustments and adaptations to the plan as you progress which will ensure continued progression. As well as the custom plans and weekly targets, you will of course have your coach to support, guide and monitor you to keep you accountable throughout.**

**The possibility is limitless...**

**We have bullet pointed below exactly what's involved in both tiers.**

- **Fully Customised Training Plan**
- **Logbook App to Training Measure Progression**
- **Training Breakdown Booklet**
- **Fully Customised Nutrition Guide & Macro Targets**
- **Flexible Dieting Guide**
- **High Micronutrient Food Guide**
- **Cardio Plan**
- **Supplements Guide**
- **Weekly Check Ins via E-Mail**
- **UNLIMITED adjustments to the plan when needed as you progress**
- **UNLIMITED WhatsApp Support**
- **ANALYSIS of your training videos in detail**
- **VIDEO & VOICE NOTE Feedback and Explanations.**
- **Guaranteed Results.**



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