



QB

WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

**FEMALE MUSCLE BUILDING
PROGRAM**
EXCLUSIVE GUIDE





WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

HIGH FREQUENCY, LEG VOLUME
5X WEEKLY SPLIT

- DAY 1 : LEGS | QUAD FOCUS
- DAY 2 : PUSH
- DAY 3 : LEGS | POSTERIOR FOCUS
- DAY 4 : REST
- DAY 5 : PULL
- DAY 6 : LEGS | POSTERIOR FOCUS
- DAY 7 : REST

FEMALE MUSCLE BUILDING PROGRAM

EXCLUSIVE ACCESS GUIDE



FEMALE MUSCLE BUILDING PROGRAM

WHAT IS HYPERTROPHY

Hypertrophy – The result of an adaptation to an unaccustomed stress placed upon a muscle. To achieve hypertrophy we must aim to go into each session to continue progressing through either weights, reps and training intensity. Progressive overload can be applied in many forms, whether that be a small increase of load, or an extra rep!



IMPORTANT NOTE: To properly track progressive overload, tempo and execution must be standardised in every session. This is the biggest misconception and drawback when it comes to achieving progressive overload week on week.

You need to control all variables at all times in every session, to ensure that every rep and set performed is done in the same way each week to be able to properly track progression.

An example of this could be not following the same tempo week on week, following a 3-1-1 tempo on a leg extension would be different than following a 4-1-2 because you are spending longer in different phases of a contraction, hence making the set more difficult despite maybe the same amount of reps being carried out.



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PROGRESS TRACKING

The **PB Fitness Academy app** takes away the guesswork when it comes to logging your workouts.

Giving you the ability to track your workouts, Including:

- **Set tracking**
- **Weight**
- **Tempo**
- **Progressive overload**

The app maps out exactly what you performed in your last session so that you know what adjustments you need to make in order to progress in the current session.

Alleviating the stress, and outline progression in areas that you may not have noticed if you had not tracked your exercises. Giving you the push to know that you need to hit a certain number/weight in order to progress.

Superset

Step ups

Sets: 2 Reps: 10-12 reps

BW

01	12	reps	+kg	✓
02	12	reps	+kg	✓

+ Add Set

Single Leg Glute Bridge

Sets: 2 Reps: 12-15 reps

BW

01	12	reps	+kg	✓
02	12	reps	+kg	✓

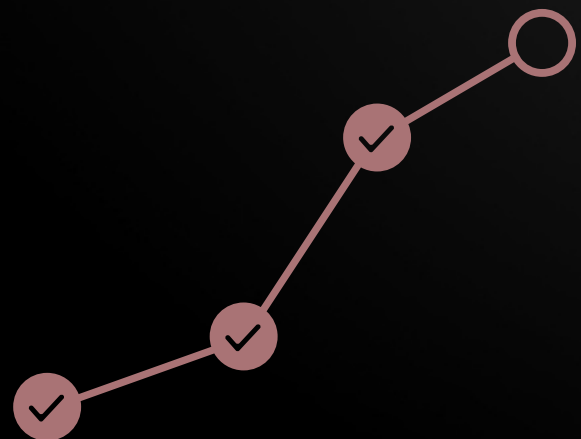
+ Add Set

Leg Extensions

Sets: 3 Reps: Priming 12-15, Top Set 8-10, Back off 15-20

BW

My notes:



IMPORTANT NOTE: Progress is not linear, but you must do all that you can to keep making adaptations in order to force your body to adapt under new stress. You may not see an increase in load every single week, but if you continue to stay consistent and meticulous with how you are tracking and carrying out workouts, you will see progression. Driving the hypertrophic changes in your physique.



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TEMPO EXECUTION

What are tempos? –

A tempo essentially means how long you are spending in each phase of a muscle contraction with each exercise. A tempo will be drawn out in the form of 3 numbers, each number stating how many seconds each phase of a contraction should take.

Muscle contractions:

Eccentric, Isometric and concentric. The longer you spend in a phase of a muscle contraction, the more time under tension will increase.

Isometric
3 – 1 – 2
Eccentric Concentric



EXAMPLE OF TEMPO: Squats at a tempo of 4-2-1

- 4 seconds for the eccentric contraction, (the lowering phase where the quads are lengthened)
- 2 seconds for the isometric hold
- 1 second for the concentric contraction. (the drive up to the top, where the quads are shortened)

Tempo importance –

Tempos outline the standard for your execution and technique, eliminating the risk of rushing movements or performing them with poor technique. Tempos can also help us identify weak points within movement, using tempos to allow us to manipulate what we are trying to achieve out of a movement. For example, manipulating tempo by increasing eccentric loading is great for injury prevention.



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FEEDER 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. You should always be looking to perform at least 1 feeder set, depending on how heavy the load is and how much you want to progressively build up to your working set weight.

EXAMPLE: if you are doing heavy hip thrusts, you would not want to go straight into a 160kg Top set, ideally you would perform a lower weight high rep sets, between 8-12 reps (not taking anywhere near failure, just to allow your body to adjust to the new movement), then progressively adding more weight over time performing lower reps, ensuring not to jump straight into a heavy top set. How many feeder sets you need is dependent on how heavy the load and how much you'd need to progress to your top set weight in a steady manner.

A woman in a black sports bra and shorts is performing a kettlebell swing. She is in a low, athletic stance, holding a blue kettlebell with both hands. The kettlebell has '8 KG' written on it. The background is dark and out of focus.

SIDE NOTE:
**FEEDER SETS
DON'T NEED TO
BE LOGGED**



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WORKING SETS

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.



SIDE NOTE:
**ALL WORKING SETS
MUST BE LOGGED TO
TRACK PROGRESSIVE
OVERLOAD**



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NUTRITION

Nutrition plays a massive role in achieving any fitness goal. Specifically in hypertrophy and gaining muscle, ideally we would like to be having daily calorie intake either at maintenance or in a surplus to really accelerate growth. What route to take would depend on where you are within your composition and your current eating habits, our team of expert coaches can evaluate and map out a journey of getting you where you want to be within your training and nutrition.

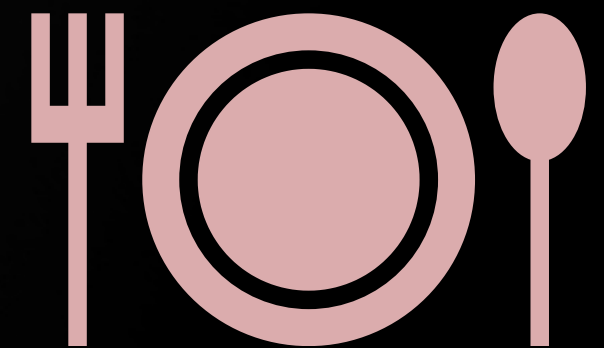
If you have a body composition that you are happy with, you can eat at maintenance calories and still see progressive growth by focusing on nutrition and training. A calorie surplus means to be eating more than your body is expending each day, giving it the extra fuel and resources to build on lean muscle mass.



When it comes to tracking and planning your meals, you want to ensure that there is a sufficient amount of protein within each meal. Depending on how many calories you are intaking, you should aim to distribute protein effectively throughout the day. To ensure that MPS (Muscle Protein Synthesis) is spiked often. This is particularly important if you are looking to optimise muscle growth and repair.

Looking to get at least 25g of protein per meal is ideal, increasing this amount for the post-workout window to really ensure that Rest and Recovery is optimised.

We at PB Fitness Academy like to stay on the higher side of protein intake, recommending 2-2.5g of protein per KG of bodyweight.





FEMALE MUSCLE BUILDING PROGRAM

DAY 1 : LEGS I QUAD FOCUS

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
SEATED ADDUCTORS	Use the handles to pull yourself down into the seat to create a strong position. Slowly control the eccentrics to stretch the adductors whilst staying in your active range. Pause to take away tension then concentrically contract and squeeze the adductors as hard as you can at the top.	2	8-10 12-15	4-1-2	1-2
BODYWEIGHT WALKING LUNGES	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.	1	50 reps, each leg	2-1-2	1-2
LEG EXTENSION	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	3	8-10 10-12 12-15	3-1-2	1-2
HIGH BAR SQUAT	Establish bar grip position first, then pull the bar into your traps to activate your lats throughout the set. This will protect your spine by keeping you in a neutral spine position. Walk the bar out of the rack and set your feet up in a comfortable position for you, usually just outside shoulder width. Make sure your toes are pointing slightly outwards, break with your knees and hips simultaneously making sure your knees move in line with your toes (don't let them cave in). Push all of your weight through your heels whilst keeping your feet flat. Focus on keeping your chest high whilst pulling the bar down, think about bending the bar. Control the eccentric and try not to bounce in and out of the hole.	2	8-10 15-20	3-0-1	2-3
BULGARIAN SPLIT SQUAT	Set up with dumbbells in both hands. Place your working legs foot forward and move your non working legs foot behind. You will need to find the most comfortable position for you. Using your back leg only for support, try and press all of the weight through your front foot. The tempo should be slow on both the concentric and eccentric phase, never fully locking out the knee at the top to keep constant tension on the quads.	3	8-10 10-12 12-15	3-1-2	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.	2	8-10 12-15	2-1-2	1
LAYING AB CRUNCH	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	12-15	2-1-2	1



FEMALE MUSCLE BUILDING PROGRAM

DAY 2 : PUSH | CHEST, SHOULDERS AND TRICEPS

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
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.	2	8-10 12-15	3-1-2	2-3
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.	3	8-10 10-12 12-15	3-1-2	1-2
CRUCIFIX BENCH LATERAL RAISES	Set up a 30degree incline bench facing a close cable stack machine. Strap both wrists to the opposing cables cuffs. Keep your elbows slightly bent 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.	3	8-10 10-12 12-15	3-1-2	1-2
STANDING CUFFED LATERAL RAISES	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.	3	8-10 10-12 12-15	3-0-1	1-2
CABLE TRICEP PUSHDOWN	Set the cable at the highest setting with a rope attachment. Stand back from the cable with a strong stance and body position. Grip the rope 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.	2	8-10 12-15	3-1-2	1-2
TRICEP OVERHEAD EXTENSION	Set the cable at the highest 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.	2	8-10 12-15	2-1-2	1-2
HANGING LEG RAISES	Hang from a fixed bar with your arms fully locked out. Before initiating the first rep, roll your hips forward and maintain that position so that your hip flexors are disengaged. Using your abs only, crunch upwards bringing your upper leg and knees up until your abs are fully contracted. Hold for a slight pause at the top before controlling the eccentric phase down. Do not fully relax at the bottom, keep the abs under tension by keeping your hips rolled forward.	3	12-15	3-1-2	1



FEMALE MUSCLE BUILDING PROGRAM

DAY 3 : LEGS I POSTERIOR FOCUS

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

SEATED HAMSTRING CURL

Grab your hands around the handles/seat and pull yourself in hard, actively thinking about this throughout the set. 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.

3

8-10
10-12
12-15

3-1-2

1-2

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 (dont 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

8-10
12-15

3-1-2

2-3

BARBELL HIP THRUST

Sit with your shoulders and back against the bench.
Position the barbell above so it's in line with your hip.
Bend the knees with feet firmly planted on the floor. Make sure your feet are at a distance, that allows you to extend your hip whilst keeping your upper back in contact with the bench. Place your hands over the barbell about shoulder width apart. Brace your core and lift your hips up to the ceiling by squeezing your glutes. Pause as you hit the top and then slowly lower back to starting position.

3

8-10
10-12
12-15

2-1-2

2-3

45 DEGREE HIP EXTENSION

Just Set the machine up in the most comfortable position for you. Lock your ankles into the machine, keeping a slight bend in the knee throughout. Do not fully lock the knees. Begin the movement with a big concentric contraction to activate the glutes, then lower your upper body down as far as possible until you lose tension on the glutes. On the concentric phase, only extend until your glutes are fully contracted, DO NOT hyperextend your spine. The range of motion should be short and precise.

2

12-15

3-1-2

1-2

BULGARIAN SPLIT SQUAT

Set up with dumbbells in both hands. Place your working legs foot forward and move your non working legs foot behind. You will need to find the most comfortable position for you. Using your back leg only for support, try and press all of the weight through your front foot. The tempo should be slow on both the concentric and eccentric phase, never fully locking out the knee at the top to keep constant tension on the quads.

3

8-10
10-12
12-15

3-1-2

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.

2

8-10
12-15

2-1-2

1-2



FEMALE MUSCLE BUILDING PROGRAM

DAY 4 : PULL I BACK AND BICEPS

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
UNILATERAL D-HANDLE CABLE PULLDOWN	Set up an adjustable bench at around 45-60degrees facing away from the cable stack, then set up the cable stack at a high point so that the line of pull is the same angle as the incline of the bench. 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 stabilize 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.	3	8-10 10-12 12-15	3-2-2	1-2
BARBELL ROW	Grip the barbell slightly wider than shoulder width. Set up a strong stance very similar to a conventional deadlift, feet at shoulder width, knees slightly bent and neutral spine throughout. Bend over with your upper body around 45 degrees from the floor, maintain this hip position and try and resist the temptation to use momentum from your lower body to swing the bar up. Initiate the movement with your shoulders retracting back first and then row your elbows back bringing the bar into your lower torso.	2	8-10 12-15	2-1-2	2-3
CLOSE GRIP PULLDOWN	Grip the bar with a neutral grip. 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. Keep your check up whilst retracting your scapula. Control the eccentric whilst maintaining shoulder extension. Allow for a slight lean back as you pull down.	3	8-10 10-12 12-15	2-1-2	1-2
CABLE LAT PULLOVERS	Set up a cable machine with the rope attachment at the highest setting. Maintain a slight bend in your elbows throughout the set. Face the cable stack holding the rope with both arms, walk back until you take the weight. Stand in a strong position dragging the rope down finishing with your elbows by your side so that your lats are fully contracted. Control the eccentrics and focus on the lengthened range (stretch) here.	3	8-10 10-12 12-15	3-1-2	1-2
DB ALTERNATING CURLS	Stand in a strong position. Keep elbows fixed with your upper arm staying vertical to the ground throughout the set. Use slight momentum on the concentric, contract hard at the top whilst supinating fully. Slowly control the eccentrics. Remember to initiate supination of the wrist at the start of the movement, do not hammer curl the dumbbells up over half way and then supinate at the end.	2	10-12	3-1-2	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.	2	10-12	3-1-2	1-2
LAYING AB CRUNCH	Lay on the floor with your back flat on the ground, bend your knees as much as possible and place your feet flat on the floor as well. This is the starting position. Initiate the movement by contracting your abs, thinking about raising your chest as high as you can to the ceiling until your abs are fully contracted. Squeeze your abs hard before slowly controlling the eccentric back to finish the rep.	3	12-15	2-1-2	1-2



FEMALE MUSCLE BUILDING PROGRAM

DAY 5 : LEGS I POSTERIOR FOCUS

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

SEATED HAMSTRING CURL

Grab your hands around the handles/seat and pull yourself in hard, actively thinking about this throughout the set. 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.

3

8-10
10-12
12-15

3-1-2

1-2

BARBELL HIP THRUST

Sit with your shoulders and back against the bench. Position the barbell above so it's in line with your hip. Bend the knees with feet firmly planted on the floor. Make sure your feet are at a distance, that allows you to extend your hip whilst keeping your upper back in contact with the bench. Place your hands over the barbell about shoulder width apart. Brace your core and lift your hips up to the ceiling by squeezing your glutes. Pause as you hit the top and then slowly lower back to starting position.

3

8-10
10-12
12-15

2-1-2

2-3

LEG PRESS I WIDE AND
HIGH STANCE

Place your feet at the most comfortable position taking a wider and higher stance, more than shoulder width apart, with toes angled out slightly. 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

8-10
10-12
15-20

3-2-2

2-3

45 DEGREE HIP EXTENSION

Just Set the machine up in the most comfortable position for you. Lock your ankles into the machine, keeping a slight bend in the knee throughout. Do not fully lock the knees. Begin the movement with a big concentric contraction to activate the glutes, then lower your upper body down as far as possible until you lose tension on the glutes. On the concentric phase, only extend until your glutes are fully contracted, DO NOT hyperextend your spine. The range of motion should be short and precise.

2

12-15

3-1-2

1-2

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.

2

8-10
12-15

2-1-2

1-2

PLANK HOLD

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.

1

60 SECOND HOLD