

Gym Based training Plan Instructions

1. We advise you to complete a warm up of 10 minutes, something of your own choosing that raises your heart rate and get all of your joints moving safely.
2. This plan exists for those who have access to a gym with standard gym machines and free weights including kettlebells. We can also make use of some common household items and innovate some cool training tricks.
3. Complete ALL exercises in the list one after the other and then rest at the end (you will get a few seconds rest as you set up the next exercise)
4. Complete the number of rounds/sets as listed in the plan
5. We also recommend that you do a 10 minute cool down stretching your body and bringing your heart rate down
6. If you have any joint issues please avoid doing any plyometric exercises (jumping/impact)
7. Be safe, exercise conscientiously and if you have any concerns please contact Nicola at Rossell Fitness.

Tempo

Tempo is presented as 4 digits, this is the speed at which you complete the movement. This will not be relevant to all movements, and in those cases the plan will state either FAST, SLOW, I HOLD or N/A

Tempo phase	Description
Eccentric	The lowering/negative portion of the lift. (Descending down into a squat or bringing the bar back to the ground in a deadlift)
Isometric/Pause	This occurs between the completion of the eccentric and beginning of the concentric portion of the lift
Concentric	The contraction against load to lift the load (Standing up in a deadlift, pulling the bar off the ground in a deadlift)
Isometric/Pause	This occurs between the completion of the concentric and the beginning of the eccentric portion of the lift

As such, tempo is listed as a 4 digit number with each number referring to the amount of time you must spend on each portion of the lift.

For example:

3011 - would denote a 3 second eccentric, no pause between eccentric and concentric, 1 second concentric, and 1 second of pause before doing the next eccentric

2020 - would denote a 2 second eccentric, no pause between eccentric and concentric, 2 second concentric, and no pause before doing the next eccentric

Exercise codes

Code	Code explained
RIR	Reps in reserve. Have 'this many' reps left in the tank in each set (ie do not go to complete failure)
RB	Resistance band
SB	Stability ball
BW	Body weight
DB	Dumbbell
KB	Kettlebell
E	Each leg / each arm

Household items

Example household items and innovative uses

Bath towel	Battle ropes
Stairs	Hand step ups, incline press ups
Chair/sofa	Tricep dips, rear foot elevated lunges

Disclaimer

Any reposting of this program without express consent of Rossell Fitness is strictly prohibited. This program is to be performed with care and only after consultation with a medical doctor to ensure you are healthy enough for vigorous exercise.

Rossell Fitness does not assume any responsibility for injuries or health complications incurred during training.

The Training Plan WEEK 1

Week 1. Day 1. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
BB Back squats	3211	BB	10	0	3	2		
BB Overhead press	3110	BB	10	0	3	2		
KB Lunges	3210	KB	20	0	3	2		
Tricep dips from bench	2110	BW	10	0	3	2		
KB Russian twists	2020	KB	20	0	3	2		
Elbow plank hold	HOLD	BW	45s	60	3	-		

Week 1. Day 2. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
BB Deadlifts	2110	BB	10	0	3	2		
BB Bent over row	1111	BB	10	0	3	2		
KB Lateral lunges	3211	KB	20	0	3	2		
Rower 30s sprints	FAST	NA	3	30	3	2		
KB loaded legs up crunches	3221	KB	10	0	3	2		
Side plank L+R	HOLD	BW	30s	60	3	-		

Week 1. Day 3. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
Leg press	3111	KG	10	0	3	2		
DB Lying chest press	3111	DB	10	0	3	2		
DB Rear foot elevated lunges	3111	DB	20	0	3	2		
KB Swings	FAST	KB	20	0	3	2		
SB Hamstring curls	2121	BW	10	0	3	2		
Hand plank knee to elbow	2222	BW	20	60	3	2		

The Training Plan WEEK 2

Week 2. Day 1. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
BB Back squats	3211	BB	12	0	3	2			
BB Overhead press	3110	BB	10	0	3	2			
KB Lunges	3210	KB	22	0	3	2			
Tricep dips from bench	2110	BW	12	0	3	2			
KB Russian twists	2020	KB	22	0	3	2			
Elbow plank hold	HOLD	BW	50s	60	3	-			

Week 2. Day 2. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
BB Deadlifts	2110	BB	12	0	3	2			
BB Bent over row	1111	BB	12	0	3	2			
KB Lateral lunges	3211	KB	22	0	3	2			
Rower 30s sprints	FAST	NA	4	30	3	2			
KB loaded legs up crunches	3221	KB	12	0	3	2			
Side plank L+R	HOLD	BW	35s	60	3	-			

Week 2. Day 3. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Leg press	3111	KG	12	0	3	2			
DB Lying chest press	3111	DB	12	0	3	2			
DB Rear foot elevated lunges	3111	DB	22	0	3	2			
KB Swings	FAST	KB	25	0	3	2			
SB Hamstring curls	2121	BW	12	0	3	2			
Hand plank knee to elbow	2222	BW	22	60	3	2			

The Training Plan WEEK 3

Week 3. Day 1. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
BB Back squats	3211	BB	14	0	3	2		
BB Overhead pr4ss	3110	BB	12	0	3	2		
KB Lunges	3210	KB	24	0	3	2		
Tricep dips from bench	2110	BW	14	0	3	2		
KB Russian twists	2020	KB	24	0	3	2		
Elbow plank hold	HOLD	BW	60s	60	3	-		

Week 3. Day 2. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
BB Deadlifts	2110	BB	14	0	3	2		
BB Bent over row	1111	BB	14	0	3	2		
KB Lateral lunges	3211	KB	24	0	3	2		
Rower 30s sprints	FAST	NA	6	30	3	2		
KB loaded legs up crunches	3221	KB	15	0	3	2		
Side plank L+R	HOLD	BW	45s	60	3	-		

Week 3. Day 3. Gym								
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?	
Leg press	3111	KG	14	0	3	2		
DB Lying chest press	3111	DB	14	0	3	2		
DB Rear foot elevated lunges	3111	DB	24	0	3	2		
KB Swings	FAST	KB	30	0	3	2		
SB Hamstring curls	2121	BW	14	0	3	2		
Hand plank knee to elbow	2222	BW	24	60	3	2		

The Training Plan WEEK 4 – De-load week

Week 4. Day 1. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
BB Back squats	3211	BB	10	0	3	2			
BB Overhead pr4ss	3110	BB	10	0	3	2			
KB Lunges	3210	KB	20	0	3	2			
Tricep dips from bench	2110	BW	10	0	3	2			
KB Russian twists	2020	KB	20	0	3	2			
Elbow plank hold	HOLD	BW	60s	60	3	-			

Week 4. Day 2. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
BB Deadlifts	2110	BB	10	0	3	2			
BB Bent over row	1111	BB	10	0	3	2			
KB Lateral lunges	3211	KB	20	0	3	2			
Rower 30s sprints	FAST	NA	4	30	3	2			
KB loaded legs up crunches	3221	KB	10	0	3	2			
Side plank L+R	HOLD	BW	30s	60	3	-			

Week 3. Day 3. Gym									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Leg press	3111	KG	10	0	3	2			
DB Lying chest press	3111	DB	10	0	3	2			
DB Rear foot elevated lunges	3111	DB	20	0	3	2			
KB Swings	FAST	KB	20	0	3	2			
SB Hamstring curls	2121	BW	10	0	3	2			
Hand plank knee to elbow	2222	BW	20	60	3	2			