



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Week 1-3

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest, Shoulders, Triceps	Sets x Reps	Cardio	Sets x Reps	Legs and Abs	Sets x Reps	Cardio	Sets x Reps	Back and Biceps	Sets x Reps	Cardio	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	4 x 10-12	HIIT Cardio	10-12 mins	Barbell Squats	4 x 10-12	HIIT Cardio	10-12 mins	Deadlifts	4 x 10-12	HIIT Cardio	10-12 mins	Walk	30 mins
Incline Dumbbell Bench Press	3 x 10-12			Leg Press	3 x 10-12			Weighted Chin-ups	4 x 10-12				
Decline Barbell Bench Press	3 x 10-12			Leg Extensions	3 x 10-12			Lateral Pull Downs	3 x 10-12				
Dumbbell Shoulder Press	4 x 10-12			Stiff Leg Deadlifts	4 x 10-12			Seated Cable Rows	3 x 10-12				
Weighted Dips	4 x 10-12			Hamstring Curls	3 x 10-12			EZ Bar Curls	4 x 10-12				
Skull Crushers	3 x 10-12			Seated Calf Raisers	3 x 10-12			Dumbbell Curls	3 x 10-12				
Cable Pushdowns	3 x 10-12			Cable Crunches	3 x 10-12			Cable Curls	3 x 10-12				
				Hanging Weighted Leg Raisers	2 x 8-12								
				Weighted Sit-ups	2 x 8-12								

Week 4-6

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest, Shoulders, Triceps	Sets x Reps	Cardio	Sets x Reps	Legs and Abs	Sets x Reps	Cardio	Sets x Reps	Back and Biceps	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 8-10	HIIT Cardio	10-12 mins	Barbell Squats	3 x 8-10	HIIT Cardio	10-12 mins	Deadlifts	3 x 8-10	Walk	30 mins	Walk	30 mins
Incline Dumbbell Bench Press	3 x 8-10			Leg Press	3 x 8-10			Lateral Pull Downs	3 x 8-10				
Decline Barbell Bench Press	3 x 8-10			Leg Extensions	3 x 8-10			Weighted Chin-ups	3 x 8-10				
Dumbbell Shoulder Press	3 x 8-10			Stiff Leg Deadlifts	3 x 8-10			Seated Cable Rows	3 x 8-10				
Weighted Dips	3 x 8-10			Hamstring Curls	3 x 10-12			Dumbbell Curls	3 x 8-10				
Skull Crushers	3 x 8-10			Seated Calf Raisers	3 x 10-12			EZ Bar Curls	3 x 8-10				
Cable Pushdowns	3 x 8-10			Cable Crunches	3 x 10-12			Cable Curls	3 x 8-10				
				Hanging Weighted Leg Raisers	2 x 8-12								
				Weighted Sit-ups	2 x 8-12								

Week 7-9

Rest between sets: 3 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest, Shoulders, Triceps	Sets x Reps	Cardio	Sets x Reps	Legs and Abs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 6-8	HIIT Cardio	10-12 mins	Barbell Squats	3 x 6-8	Walk	30 mins	Deadlifts	3 x 6-8	Walk	30 mins	Walk	60 mins
Incline Dumbbell Bench Press	3 x 6-8			Leg Press	3 x 6-8			Weighted Chin-ups	3 x 6-8				
Dumbbell Shoulder Press	3 x 6-8			Stiff Leg Deadlifts	3 x 6-8			Seated Cable Rows	3 x 6-8				
Weighted Dips	3 x 6-8			Hamstring Curls	3 x 6-8			EZ Bar Curls	3 x 6-8				
Skull Crushers	3 x 6-8			Seated Calf Raisers	3 x 6-8			Dumbbell Curls	3 x 6-8				
Cable Pushdowns	3 x 6-8			Cable Crunches	3 x 10-12			Cable Curls	3 x 6-8				
				Hanging Weighted Leg Raisers	2 x 8-12								
				Weighted Sit-ups	2 x 8-12								

Week 10-12

Rest between sets: 3 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest, Shoulders, Triceps	Sets x Reps	Rest	Sets x Reps	Legs and Abs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 4-6	Walk	30 mins	Barbell Squats	3 x 4-6	Walk	60 mins	Deadlifts	3 x 4-6	Walk	30 mins	Walk	60 mins
Incline Dumbbell Bench Press	3 x 4-6			Leg Press	3 x 4-6			Weighted Chin-ups	3 x 4-6				
Dumbbell Shoulder Press	3 x 4-6			Stiff Leg Deadlifts	3 x 4-6			Seated Cable Rows	2 x 6				
Weighted Dips	3 x 4-6			Seated Calf Raisers	3 x 4-6			EZ Bar Curls	3 x 4-6				
Skull Crushers	3 x 4-6			Cable Crunches	3 x 10-12			Dumbbell Curls	3 x 4-6				
				Hanging Weighted Leg Raisers	2 x 8-12								
				Weighted Sit-ups	2 x 8-12								



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOOPAROO to 32665