



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 and Triceps	Sets x Reps	Cardio	Sets x Reps	Legs	Sets x Reps	Cardio	Sets x Reps	Back and Biceps	Sets x Reps	Shoulders and Abs	Sets x Reps	Cardio	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	Dumbbell Shoulder Press	4 x 10-12	HIIT Cardio	10-12 mins
Incline Dumbbell Bench Press	3 x 10-12			Leg Press	3 x 10-12			Weighted Chin-ups	4 x 10-12	Barbell Shoulder Press	3 x 10-12		
Decline Barbell Bench Press	3 x 10-12			Leg Extensions	3 x 10-12			Lateral Pull Downs	3 x 10-12	Lateral Raisers	3 x 10-12		
Dumbbell Flies	3 x 10-12			Stiff Leg Deadlifts	4 x 10-12			Seated Cable Rows	3 x 10-12	Rear Delt Machine	3 x 10-12		
Weighted Dips	4 x 10-12			Hamstring Curls	3 x 10-12			EZ Bar Curls	4 x 10-12	Cable Crunchers	3 x 10-12		
Skull Crushers	3 x 10-12			Seated Calf Raisers	3 x 10-12			Dumbbell Curls	3 x 10-12	Hanging Weighted Leg Raisers	3 x 8-12		
Cable Pushdowns	3 x 10-12			Machine Calf Raisers	3 x 10-12			Cable Curls	3 x 10-12	Weighted Sit-Ups	3 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 and Triceps	Sets x Reps	Cardio	Sets x Reps	Legs	Sets x Reps	Cardio	Sets x Reps	Back and Biceps	Sets x Reps	Shoulders and Abs	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	Dumbbell Shoulder Press	3 x 8-10	Walk	30 mins
Incline Dumbbell Bench Press	3 x 8-10			Leg Press	3 x 8-10			Weighted Chin-ups	3 x 8-10	Barbell Shoulder Press	3 x 8-10		
Decline Barbell Bench Press	3 x 8-10			Leg Extensions	3 x 8-10			Lateral Pull Downs	3 x 8-10	Lateral Raisers	3 x 8-10		
Dumbbell Flies	3 x 8-10			Stiff Leg Deadlifts	3 x 8-10			Seated Cable Rows	3 x 8-10	Rear Delt Machine	3 x 8-10		
Weighted Dips	3 x 8-10			Hamstring Curls	3 x 8-10			EZ Bar Curls	3 x 8-10	Cable Crunchers	3 x 10-12		
Skull Crushers	3 x 8-10			Seated Calf Raisers	3 x 8-10			Dumbbell Curls	3 x 8-10	Hanging Weighted Leg Raisers	3 x 8-12		
Cable Pushdowns	3 x 8-10			Machine Calf Raisers				Cable Curls	3 x 8-10	Weighted Sit-Ups	3 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 and Triceps	Sets x Reps	Cardio	Sets x Reps	Legs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Shoulders and Abs	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	Dumbbell Shoulder Press	3 x 6-8	Walk	30 mins
Incline Dumbbell Bench Press	3 x 6-8			Leg Press	3 x 6-8			Weighted Chin-ups	3 x 6-8	Barbell Shoulder Press	3 x 6-8		
Dumbbell Flies	3 x 6-8			Stiff Leg Deadlifts	3 x 6-8			Seated Cable Rows	3 x 6-8	Lateral Raisers	3 x 6-8		
Weighted Dips	3 x 6-8			Hamstring Curls	3 x 6-8			EZ Bar Curls	3 x 6-8	Rear Delt Machine	3 x 6-8		
Skull Crushers	3 x 6-8			Seated Calf Raisers	3 x 6-8			Dumbbell Curls	3 x 6-8	Cable Crunchers	3 x 10-12		
Cable Pushdowns	3 x 6-8			Machine Calf Raisers	3 x 6-8			Cable Curls	3 x 6-8	Hanging Weighted Leg Raisers	3 x 8-12		
										Weighted Sit-Ups	3 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 and Triceps	Sets x Reps	Rest	Sets x Reps	Legs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Shoulders and Abs	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 4-6	Walk	30 mins	Barbell Squats	3 x 4-6	Walk	30 mins	Deadlifts	3 x 4-6	Dumbbell Shoulder Press	3 x 4-6	Walk	60 mins
Incline Dumbbell Bench Press	3 x 4-6			Leg Press	3 x 4-6			Weighted Chin-ups	3 x 4-6	Lateral Raisers	3 x 6-8		
Dumbbell Flies	3 x 4-6			Stiff Leg Deadlifts	3 x 4-6			Seated Cable Rows	3 x 4-6	Rear Delt Machine	3 x 10-12		
Weighted Dips	3 x 4-6			Hamstring Curls	3 x 4-6			EZ Bar Curls	3 x 4-6	Cable Crunchers	3 x 8-12		
Skull Crushers	3 x 4-6			Seated Calf Raisers	3 x 4-6			Dumbbell Curls	3 x 4-6	Hanging Weighted Leg Raisers	3 x 8-12		
				Machine Calf Raisers	3 x 4-6					Weighted Sit-Ups	3 x 8-12		



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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