



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Week 1-3

Rest between sets: 1 - 1.5 mins

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

Week 4-6

Rest between sets: 1.5 - 2 mins

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

Week 7-9

Rest between sets: 2 - 2.5 mins

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

Week 10-12

Rest between sets: 2.5 - 3 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest	Sets x Reps	Back	Sets x Reps	Rest	Sets x Reps	Legs	Sets x Reps	Shoulders and Abs	Sets x Reps	Arms	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 4-6	Deadlifts	3 x 4-6	Walk	60 mins	Barbell Squats	3 x 4-6	Dumbbell Shoulder Press	3 x 4-6	EZ Bar Curls	3 x 4-6	Walk	60 mins
Incline Dumbbell Bench Press	3 x 4-6	Weighted Chin-ups	3 x 4-6			Leg Press	3 x 4-6	Lateral Raisers	3 x 4-6	Dumbbell Curls	3 x 4-6		
Decline Barbell Bench Press	3 x 6-8	Lateral Pull Downs	3 x 4-6			Stiff Leg Deadlifts	3 x 4-6	Rear Delt Machine	3 x 10-12	Cable Curls	3 x 4-6		
Dumbbell Flys	3 x 6-8	Dumbbell Rows	3 x 4-6			Hamstring Curls	3 x 4-6	Cable Crunchers	3 x 8-12	Weighted Dips	3 x 4-6		
Cable Flys	3 x 6-8	Seated Cable Rows	3 x 4-6			Seated Calf Raisers	3 x 4-6	Hanging Weighted Leg Raisers	3 x 8-12	Skull Crushers	3 x 4-6		
						Machine Calf Raisers	3 x 4-6	Weighted Sit-Ups	3 x 8-12	Cable Pushdowns	3 x 4-6		
Walk	30 mins	Walk	30 mins										



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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