



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Week 1

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Bench and Squat	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Squat and Bench	Sets x Reps	Rest	Sets x Reps
Bench Press (79% of 1RM)	5 x 3			Deadlifts (81% of 1RM)	5 x 3					Squats (83% of 1RM)	5 x 3		
Bench Press (120% of 1RM) - Overload	1 x 3									Squats (120% of 1RM) - Overload	1 x 3		
Squats (78% of 1RM)	5 x 2			Assistance Work as Required						Bench Press (75% of 1RM)	5 x 2		
Assistance Work as Required										Assistance Work as Required			

Week 2

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Bench and Squat	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps
		Deadlifts (77% of 1RM)	5 x 5			Bench Press (80% of 1RM)	5 x 4			Deadlifts (82% of 1RM)	5 x 4		
						Bench Press (120% of 1RM) - Overload	1 x 3						
		Assistance Work as Required				Squats (78% of 1RM)	5 x 2			Assistance Work as Required			
						Assistance Work as Required							

Week 3

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Squat and Bench	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Bench and Squat	Sets x Reps
		Squats (84% of 1RM)	5 x 4					Deadlifts (78% of 1RM)	5 x 5			Bench Press (81% of 1RM)	5 x 5
		Squats (120% of 1RM) - Overload	1 x 3									Bench Press (120% of 1RM) - Overload	1 x 3
		Bench Press (76% of 1RM)	5 x 2					Assistance Work as Required				Squats (79% of 1RM)	5 x 2
		Assistance Work as Required										Assistance Work as Required	

Week 4

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Squat and Bench	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
		Deadlifts (84% of 1RM)	5 x 5					Squats (84% of 1RM)	5 x 5				
								Squats (120% of 1RM) - Overload	1 x 3				
		Assistance Work as Required						Bench Press (77% of 1RM)	5 x 2				
								Assistance Work as Required					



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
 Like us @ www.facebook.com/MuscleCoachCooparoo
 OR Text LIKE MUSCLECOACHCOOPAROO to 32665



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Week 5

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Deadlift	Sets x Reps	Rest	Sets x Reps	Bench and Squat	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
Deadlifts (79% of 1RM)	5 x 5			Bench Press (82% of 1RM)	5 x 6			Deadlifts (84% of 1RM)	5 x 6				
				Bench Press (120% of 1RM) - Overload	1 x 3								
Assistance Work as Required				Squats (80% of 1RM)	5 x 2			Assistance Work as Required					
				Assistance Work as Required									

Week 6

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Squat and Bench	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Bench and Squat	Sets x Reps	Rest	Sets x Reps
Squats (86% of 1RM)	5 x 5					Deadlifts (80% of 1RM)	5 x 5			Bench Press (88% of 1RM)	3 x 2		
Squats (120% of 1RM) - Overload	1 x 3									Bench Press (120% of 1RM) - Overload	1 x 3		
Bench Press (78% of 1RM)	5 x 2					Assistance Work as Required				Squats (81% of 1RM)	5 x 2		
Assistance Work as Required										Assistance Work as Required			

Week 7

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Squat and Bench	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps
Deadlifts (91% of 1RM)	3 x 2					Squats (91% of 1RM)	3 x 2					Deadlifts (81% of 1RM)	5 x 5
						Squats (120% of 1RM) - Overload	1 x 3						
Assistance Work as Required						Bench Press (79% of 1RM)	5 x 2					Assistance Work as Required	
						Assistance Work as Required							

Week 8

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Bench and Squat	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Squat and Bench	Sets x Reps
		Bench Press (89% of 1RM)	3 x 2			Deadlifts (92% of 1RM)	3 x 3					Squats (92% of 1RM)	3 x 3
		Bench Press (120% of 1RM) - Overload	1 x 3									Squats (120% of 1RM) - Overload	1 x 3
		Squats (82% of 1RM)	5 x 2			Assistance Work as Required						Bench Press (79% of 1RM)	5 x 2
		Assistance Work as Required										Assistance Work as Required	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
 Like us @ www.facebook.com/MuscleCoachCooparoo
 OR Text LIKE MUSCLECOACHCOOPAROO to 32665



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Week 9

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Rest	Sets x Reps	Deadlift	Sets x Reps	Rest	Sets x Reps	Bench, Squat and Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
				Deadlifts (82% of 1RM)	5 x 5			Bench Press (95% of 1RM)	3 x 2				
								Bench Press (120% of 1RM) - Overload	1 x 3				
				Assistance Work as Required				Squats (82% of 1RM)	5 x 2				
								Deadlifts (97% of 1RM)	3 x 3				

Week 10

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Rest	Sets x Reps	Squat, Bench and Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
				Squats (98% of 1RM)	5 x 2								
				Squats (120% of 1RM) - Overload									
				Bench Press (80% of 1RM)	3 x 3								
				Deadlifts (83% of 1RM)	5 x 5								

Week 11

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Bench, Squat and Deadlift	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Squat, Bench and Deadlift	Sets x Reps	Rest	Sets x Reps
Bench Press (101% of 1RM)	3 x 2									Squat (104% of 1RM)	3 x 3		
Bench Press (120% of 1RM) - Overload	1 x 3									Squat (120% of 1RM) - Overload	1 x 3		
Squats (83% of 1RM)	5 x 2									Bench Press (81% of 1RM)	5 x 2		
Deadlifts (103% of 1RM)	3 x 3									Deadlifts (83% of 1RM)	5 x 5		

Week 12

Rest between sets: 2 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Rest	Sets x Reps	Rest	Sets x Reps	Squat and Bench	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps	Competition Day		Rest	Sets x Reps
				Bench Press (120% of 1RM) - Overload	3 x 2					Bench Press (112% of 1RM)	1 x 1		
				Squats (120% of 1RM) - Overload	5 x 2					Squats (115% of 1RM)	1 x 1		
										Deadlifts (115% of 1RM)	1 x 1		



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOOPAROO to 32665