



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest and Back	Sets x Reps	Rest	Sets x Reps	Legs	Sets x Reps	Rest	Sets x Reps	Shoulders and Triceps	Sets x Reps	Legs	Sets x Reps	Rest	Sets x Reps
Bench Press (75-95% of 1RM)	4 x 2-3			Squat (90% of 1RM)	4 x 2-3			Military Press	4 x 6	Deadlifts	6 x 6-8		
Bench Press (100% of 1RM)	1 x 1			Squat (100% of 1RM)	1 x 1			Incline Bench Press	4 x 6	Leg Curls	4 x 10		
Dumbbell Bench Press	4 x 8/6/6/4			Squat (120% of 1RM) - Overload	1 x 1			Dumbbell Front Raisers	4 x 8	Smith Machine Lunge	5 x 6		
Weighted Wide Grip Dips	4 x 4-6			Leg Curl	4 x 4-6			Close Grip Bench Press	4 x 10/8/6/4	Standing Calf Raisers	4 x 15		
Seated Row	5 x 10/8/8/8/6			Leg Extensions	4 x 4-6			Lying Tricep Extensions	4 x 6-8				
				Standing Calf Raisers	4 x 15								



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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