

Client Client Name Date of programme
 6 week Gym Programme

5 Way Split

*U.F - Until Fatigue

Chest & Biceps				
CV & Warm Up				
Exercise	Time/Reps/Cals	Intensity/Weight	Intervals	Gradient
Arm Bike	100Cals			
Free Weights & Machines				
Exercise Mixed	Time/Reps X Sets	Weight/Level	Recovery	
Please do one warm up set with the drop weight for 20 reps before doing the heavy's!				
Chest Press on flat bench	6-8/ U.F X 4	26Kgs, drop 16Kgs	1 min	
Bicep Curls on Incline Bench	6-8/ U.F X 3	16Kgs, drop 10Kgs	1 min	
Bench Pec Flyes on Kinesis	6-8/ U.F X 3	Level 7, drop 5	1 min	
Kinesis Bicep Curl 21s	21 X 1	Level 9	1 min	
Reverse Lat Raises on Kinesis	U.F X 2	Level 7	1 min	
Kinesis Chest Press/Flyes	U.F X 1	Level 7	1 min	
Body Weight Bench Dips	U.F X 2		1 min	
Concentration Curls on bench	6-8/ U.F X 2 Each Side	16Kgs, drop 8Kgs	1 min	
Standing Hammer Curls	10 X 2	14Kgs	30 Secs	
Wrist Rolls	U.F/U.F X 2 Each Side	14Kgs, drop 8Kgs		
Core & Balance				
Exercise	Time/Reps X Sets		Recovery	
Kinesis Reverse Wood Chop	10 X 1 Each Side	Level 8	30 Secs	
Kinesis Wood Chop	10 X 1 Each Side	Level 9	30 Secs	
Plank	30 Secs/1 min X 1			
Various Stretches				
Exercise	Time/Reps X Sets		Recovery	
Chest Stretches	10 Secs X 1			
Cobra Stretch	10 Secs X 1			
Front Shoulder Stretch	10 Secs X 1 Each Side			
Rear Shoulder Stretch	10 Secs X 1 Each Side			
Bicep Stretch	10 Secs X 1 Each Side			
	10 Secs X 1 Each Side			