

# Preface

To unlock the next 4 weeks of the program, send me your progress photos and let me know how you liked the program!

This program is a 2-day per week program, which you can use starting out or in addition to the program that you may already be using. This is also by design as our muscles require adequate rest before training them again. This program provides the right frequency, but in order to see the most benefit, I recommend taking at least 1 rest day in-between each session per week.

Keep in mind that in order to progress with building muscle in the gym your nutrition and recovery are of utmost importance. Try to aim for at least 7-9 hours of sleep every night and try to be in a slight calorie surplus or maintenance. Of equal importance is your protein intake, try to aim for 1.6-2g per kilo of bodyweight per day.

The volume in this program steadily increases as you become accustomed to the intensity of the program. The reason there are exercises targeting other body parts is because we don't want to isolate and grow only one part of our body, as this can result in imbalances and tightness in the trained body part in comparison to the lagging body parts.

**Exercise Column:** Describes which exercise and in which order to complete them in. Begin at the top and work downwards

**Sets/Reps Column:** Repetitions (Reps) are how many times an exercise is completed, eg. in a squat, I descend, and once I get back to the top, that is 1 repetition. Sets are how many times I conduct a group of sets, eg. 2 sets of 10 is 10 repetitions twice with a rest in-between.

**Rest:** This is the amount of time you take before beginning your next set. It is important to bear in mind that you should be passively resting during this stage (essentially doing nothing). It may feel like a long time in some cases but rest is paramount when lifting as we want to be able to execute each set at an effective intensity which becomes harder if our rest times are too short.

**Note:** These are tips and cues to keep in mind when performing the exercise to give you a better understanding of what it should feel and look like.

**Progression:** This section is in here so you are able to track your weights across each week so progression is clear. Be sure to try and add intensity each week by increasing sets, reps or weight.

**RIR:** How many reps I can still complete at the end of my set. Eg. If I do 10 reps but could have done 12, I have an RIR of 2.

If you'd like to know more about these processes and/or work with me, please feel free to get in touch via email and I'd love to help you achieve your fitness goals!

Happy lifting,

Dom

# Week 1

## Day 1

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Barbell bench press	3x5 at 80% of 1RM 1 RIR	3	Shoulders back and down, lower bar to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 1 -
Incline Dumbbell Press	3x8 1-2 RIR	2.5	Shoulders back and down, lower dumbbells to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 1 -
Shoulder Lateral Raises	3x10-12 reps 1 RIR	2	Raise arms out at a 45-degree angle, keeping elbows high during the whole movement. Make sure at the top elbows are at the same height as wrists. No need for arms to go above parallel with the ground as this takes tension off of the middle deltoid.	Week 1 -
Cable row	3x8 reps with 1-2 RIR	2	Try to think about bringing shoulder blades together at the top of movement, may help to think of "squeezing pencil between shoulder blades"	Week 1 -
Tricep Pushdown	3x10 reps 1-2 RIR	2	Set up cable at top of stack. Have weight on your hands and have a slight lean forward. Start by pushing the bar straight down in front of you until full extension, then slowly control back to the top. Don't let elbows ride too far forward, keep them pinned to sides.	Week 1 -

## Day 2

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Dumbbell incline press	3x8 with 1 RIR	2.5	Shoulders back and down, lower dumbbells to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 1 -
Pec Deck **If your gym doesnt have one, can do cable flies instead**	3x8 1-2 RIR	2	Shoulders back and down, bring arms together and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 1 -
Cable High-To-Low fly	3x10-12 reps 1 RIR	2	Start cables at shoulder height, and squeeze arms together downwards. Again, think about touching your elbows together	Week 1 -
Barbell Bent-Over Row	3x8 reps with 1-2 RIR	2	Try to think about bringing shoulder blades together at the top of movement, may help to think of "squeezing pencil between shoulder blades"	Week 1 -
Lat pulldown	3x10 reps 1-2 RIR	2	Pull bar down to just under chin, thinking about "putting elbows in pockets"	Week 1 -

# Week 2

## Day 1

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Incline Dumbbell Press	3x8 1-2 RIR	2	Shoulders back and down, lower dumbbells to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 2 -
Shoulder Lateral Raises	3x10-12 reps 1 RIR	2	Raise arms out at a 45-degree angle, keeping elbows high during the whole movement. Make sure at the top elbows are at the same height as wrists. No need for arms to go above parallel with the ground as this takes tension off of the middle deltoid.	Week 2 -
Pec Deck **If your gym doesnt have one, can do cable flies instead**	3x10 reps 1-2 RIR	2	Shoulders back and down, bring arms together and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 2 -
Dips	3x8 reps with 1-2 RIR	2	Lower yourself down as far as motion will allow (can go past 90 degrees but be careful) and push yourself back to a neutral position at the top.	Week 2 -
Tricep Overhead Extension	3x10 reps 1-2 RIR	1.5	Can be done with a cable or a single dumbbell. Starting position should be with triceps at a full stretch with dumbbell/bar behind your head. Push upwards until arms are fully extended, then repeat, controlling on the way down	Week 2 -

## Day 2

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Barbell Bench Press	3x8 with 1 RIR	3	Shoulders back and down, lower bar to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 2 -
Hammer Strength Seated Chest Press	3x10 1-2 RIR	2	Shoulders back and down, press upwards and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 2 -
Cable High-To-Low fly	3x10-12 reps 1 RIR	2	Start cables at shoulder height, and squeeze arms together downwards. Again, think about touching your elbows together	Week 2 -
Barbell Bent-Over Row	3x8 reps with 1-2 RIR	2	Try to think about bringing shoulder blades together at the top of movement, may help to think of "squeezing pencil between shoulder blades"	Week 2 -
Lat pulldown	3x10 reps 1-2 RIR	2	Pull bar down to just under chin, thinking about "putting elbows in pockets"	Week 2 -

# Week 3

## Day 1

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Incline Dumbbell Press	3x8 1-2 RIR	2.5	Shoulders back and down, lower dumbbells to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 3 -
Shoulder Lateral Raises	3x10-12 reps 1 RIR	2	Raise arms out at a 45-degree angle, keeping elbows high during the whole movement. Make sure at the top elbows are at the same height as wrists. No need for arms to go above parallel with the ground as this takes tension off of the middle deltoid.	Week 3 -
Pec Deck **If your gym doesnt have one, can do cable flies instead**	3x10 reps 1-2 RIR	2	Shoulders back and down, bring arms together and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 3 -
Dips	3x8 reps with 1-2 RIR	2	Lower yourself down as far as motion will allow (can go past 90 degrees but be careful) and push yourself back to a neutral position at the top.	Week 3 -
Tricep Overhead Extension	3x10 reps 1-2 RIR	2	Can be done with a cable or a single dumbbell. Starting position should be with triceps at a full stretch with dumbbell/bar behind your head. Push upwards until arms are fully extended, then repeat, controlling on the way down	Week 3 -

## Day 2

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Barbell Bench Press	3x8 with 1 RIR	3	Shoulders back and down, lower bar to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 3 -
Hammer Strength Seated Chest Press	3x10 1-2 RIR	2	Shoulders back and down, press upwards and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 3 -
Cable Low-To-High fly	3x10-12 reps 1 RIR	2	Start cables at the bottom level. Drive arms upward and together. Again, think about touching your elbows together	Week 3 -
Cable Row (Wide Bar)	3x8 reps with 1-2 RIR	2	Try to think about bringing shoulder blades together at the top of movement, may help to think of "squeezing pencil between shoulder blades"	Week 3 -
Cable Bicep Curl	3x10 reps 1-2 RIR	2	Curl bar upwards towards face, squeezing at the top, and slowly lowering the weight back down.	Week 3 -

# Week 4

## Day 1

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Barbell Bench Press	3x5 1-2 RIR	3	Shoulders back and down, lower bar to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 4 -
Shoulder Lateral Raises	3x10-12 reps 1 RIR	2	Raise arms out at a 45-degree angle, keeping elbows high during the whole movement. Make sure at the top elbows are at the same height as wrists. No need for arms to go above parallel with the ground as this takes tension off of the middle deltoid.	Week 4 -
Pec Deck **If your gym doesnt have one, can do cable flies instead**	3x10 reps 1-2 RIR	2	Shoulders back and down, bring arms together and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 4 -
Push-Ups	3x8 reps with 1-2 RIR	2	Lower yourself down as far as motion will allow (can be done on knees if required) touch chest to ground and come back up. Elbows should follow same pattern as in pressing (45-degree tuck)	Week 4 -
Tricep Pushdown	3x10 reps 1-2 RIR	2	Set up cable at top of stack. Have weight on your hands and have a slight lean forward. Start by pushing the bar straight down in front of you until full extension, then slowly control back to the top. Don't let elbows ride too far forward, keep them pinned to sides.	Week 4 -



## Day 2

Exercise	Sets/Reps	Rest (mins)	Note	Progression
Incline Dumbbell Press	3x8 with 1 RIR	2.5	Shoulders back and down, lower dumbbells to bottom of chest and push back to eye-level. Try to keep elbows at 45 degrees while pressing	Week 4 -
Hammer Strength Seated Incline Chest Press	3x10 1-2 RIR	2.5	Shoulders back and down, press upwards and squeeze at the top. Try to think about touching elbows together as you get towards the top of movement	Week 4 -
Cable High-To-Low Fly	3x10-12 reps 1 RIR	2	Start cables at just above shoulder height. Drive arms downward and together. Again, think about touching your elbows together	Week 4 -
Cable Row	3x8 reps with 1-2 RIR	2	Try to think about bringing shoulder blades together at the top of movement, may help to think of "squeezing pencil between shoulder blades"	Week 4 -
Cable Bicep Curl	3x10 reps 1-2 RIR	2	Curl bar upwards towards face, squeezing at the top, and slowly lowering the weight back down.	Week 4 -