

# 4 Day Split Programme

## Day 1 - Upper / Core

HEALTH  
HUB


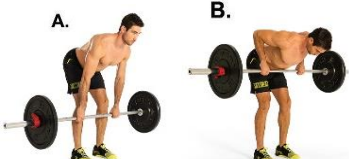



This is a 4 day split programme designed for members who train 2-4 x p/w & know Free Weights Work to the rep range suited for the goals -  
Strength / Hypertrophy / Endurance

For alternative exercises that work the same area, please speak to a member of the fitness team

### Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

#### Weights Workout

| Exercise                | Reps                 | Sets | Rest   | Weight | Notes  | Notes  |
|-------------------------|----------------------|------|--|--------|--|--|
| Chest Press             | 3-8<br>8-12<br>12-20 | 2/5  | 30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance) |        |    | <p>Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90 degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly. Tip: Ideally, lowering the weight should take about twice as long as raising it.</p>   |
| Bent Over Row           | 3-8<br>8-12<br>12-20 | 2/5  |  |        |    | <p>Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position. Now, while keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause. Then inhale and slowly lower the barbell back to the starting position.</p>  |
| Standing Shoulder Press | 3-8<br>8-12<br>12-20 | 2/5  |  |        |   | <p>Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head. Keeping your core engaged at all times to protect the lower back.</p>  |
| Lat Pull Down           | 3-8<br>8-12<br>12-20 | 2/5  |  |        |   | <p>Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the knee pad of the machine to fit your height. These pads will prevent your body from being raised by the resistance attached to the bar. Grab the bar with the palms facing forward using the prescribed grip. Note on grips: For a wide grip, your hands need to be spaced out at a distance wider than shoulder width. For a medium grip, your hands need to be spaced out at a distance equal to your shoulder width and for a close grip at a distance smaller than your shoulder width. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position. As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore do not try to pull down the bar using the forearms. After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position when your arms are fully extended and the lats are fully stretched. Inhale during this portion of the movement.</p> |
| Plank                   | 30+<br>sec<br>hold   | 4    | 10 sec<br>rest   |        |  | <p>Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.</p>   |

Always ensure to warm up and cool down with stretches at the end of every session.  
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# 4 Day Split Programme

## Day 2 - Lower / Core

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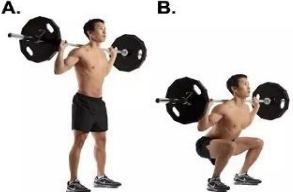
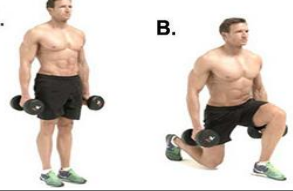



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HEALTH HUB

### Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

#### Weights Workout

| Exercise       | Reps                 | Sets | Rest   | Weight  | Notes  | Notes   |
|----------------|----------------------|------|--|---|--|---|
| Bar Back Squat | 3-8<br>8-12<br>12-20 | 2/5  | 30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance) |   |    | <p>Begin with the barbell supported on top of the traps. The chest should be up and the head facing forward. Adopt a hip-width stance with the feet turned out as needed. Descend by flexing the knees, refraining from moving the hips back as much as possible. This requires that the knees travel forward. Ensure that they stay align with the feet. The goal is to keep the torso as upright as possible. Continue all the way down, keeping the weight on the front of the heel. At the moment the upper legs contact the lower legs reverse the motion, driving the weight upward.</p>  |
| Dumbbell Lunge | 8 R<br>8 L           | 2/5  |  |   | <p>Stand with your torso upright holding two dumbbells in your hands by your sides. This will be your starting position. Step forward with your right leg around 2 feet or so from the foot being left stationary behind and lower your upper body down, while keeping the torso upright and maintaining balance. Inhale as you go down. Note: As in the other exercises, do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your front shin perpendicular to the ground. Using mainly the heel of your foot, push up and go back to the starting position as you exhale.</p>  |   |
| Leg Ext        | 3-8<br>8-12<br>12-20 | 2/5  |  |   | <p>For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position. Tip: You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.</p> |   |
| Leg Curl       | 3-8<br>8-12<br>12-20 | 2/5  |  |  | <p>Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. Place the back of lower leg on top of padded lever (just a few inches under the calves) and secure the lap pad against your thighs, just above the knees. Then grasp the side handles on the machine as you point your toes straight (or you can also use any of the other two stances) and ensure that the legs are fully straight right in front of you. This will be your starting position. As you exhale, pull the machine lever as far as possible to the back of your thighs by flexing at the knees. Keep your torso stationary at all times. Hold the contracted position for a second. Slowly return to the starting position as you breathe in.</p>  |   |
| Side Plank     | 20+<br>sec<br>hold   | 4    |  | 10 sec rest   |    | <p>Lie on your side with your elbow straight underneath your shoulder<br/>Legs are out straight, top foot is in front of bottom foot. To modify bend your knees. (see photo)<br/>Start tall on your shoulder.<br/>As you lift up, bring your hips forward so your body is in a straight line.<br/>Pretend your elbow is on a rag on a slippery hardwood floor. It should not slide out away from you. I do not want you pushing away from your shoulder to lift up your body. I want your abs doing it!<br/>Keep your head back in line with your body.<br/>Pretend you have headlights on both your hips and shoulders. They should face straight ahead and point straight across the room to the same location.</p> |

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# 4 Day Split Programme

## Day 3 - Upper / Core

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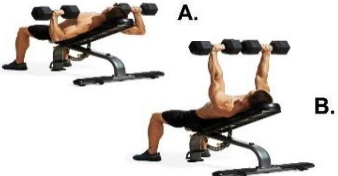
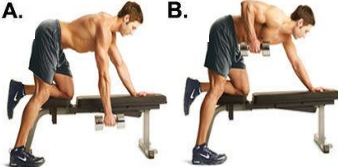
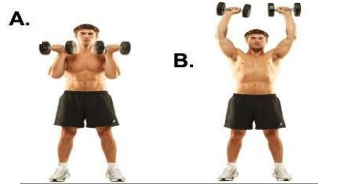


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### Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

### Weights Workout

| Exercise             | Reps                 | Sets | Rest   | Weight  | Notes  | Notes  |
|----------------------|----------------------|------|--|---|--|--|
| Incline Chest Press  | 3-8<br>8-12<br>12-20 | 2/5  | 30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance) |   |  <p><b>A.</b><br/><b>B.</b></p>  | <p>Lie back on an incline bench with a dumbbell in each hand atop your thighs. The palms of your hands will be facing each other. Then, using your thighs to help push the dumbbells up, lift the dumbbells one at a time so that you can hold them at shoulder width. Once you have the dumbbells raised to shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Be sure to keep full control of the dumbbells at all times. Then breathe out and push the dumbbells up with your chest. Lock your arms at the top, hold for a second, and then start slowly lowering the weight. Tip Ideally, lowering the weights should take about twice as long as raising them.</p> |
| Single Arm Row       | 3-8<br>8-12<br>12-20 | 2/5  |  |  <p><b>A.</b> <b>B.</b></p>   | <p>Choose a flat bench and place a dumbbell on each side of it. Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support. Use the left hand to pick up the dumbbell on the floor and hold the weight while keeping your lower back straight. The palm of the hand should be facing your torso. This will be your starting position. Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary. Breathe out as you perform this step. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. Also, make sure that the force is performed with the back muscles and not the arms. Finally, the upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the dumbbell; therefore do not try to pull the dumbbell up using the forearms. Lower the resistance straight down to the starting position. Breathe in as you perform this step.</p> |  |
| Standing Arnie Press | 3-8<br>8-12<br>12-20 | 2/5  |  |  <p><b>A.</b> <b>B.</b></p>  | <p>Standing Straight, engaging the core and hold two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows bent. Tip: Your arms should be next to your torso. The starting position should look like the contracted portion of a dumbbell curl. Now to perform the movement, raise the dumbbells as you rotate the palms of your hands until they are facing forward. Continue lifting the dumbbells until your arms are extended above you in straight arm position. Breathe out as you perform this portion of the movement. After a second pause at the top, begin to lower the dumbbells to the original position by rotating the palms of your hands towards you. Tip: The left arm will be rotated in a counter clockwise manner while the right one will be rotated clockwise. Breathe in as you perform this portion of the movement.</p>  |  |
| Pull Ups             | MAX                  | 2/5  |  |  <p><b>A.</b> <b>B.</b></p> | <p>Grip the bar with both hands, shoulder width apart, and your palms facing away from you. Hang with arms and elbows fully locked out. Pull yourself up, chin over the bar. Keep your back tight, relax your neck and bring your shoulders away from the ears. Engage your core throughout. Lower yourself slowly and controlled until your arms are fully extended and straight again.</p>   |  |
| Swiss ball Plank     | 30+<br>sec<br>hold   | 4    | 10 sec rest  |   |    | <p>With your feet on the ground, place your elbows on a Swiss ball. Raise your hips off the ground forming a straight line from your shoulders to your feet. Brace your abs and squeeze your glutes. Hold this position for the recommended</p>  |

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# 4 Day Split Programme

## Day 4 - Lower / Core

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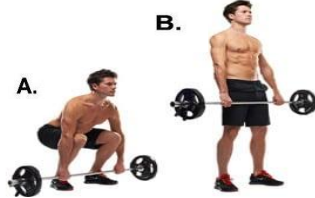



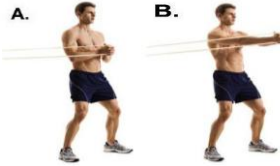
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### Warm Up / Cardiovascular Workout

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### Weights Workout

| Exercise                           | Reps                 | Sets | Rest   | Weight   | Notes  | Notes  |
|------------------------------------|----------------------|------|--|--|--|--|
| Deadlift                           | 3-8<br>8-12<br>12-20 | 2/5  | 30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance) |  |    | <p>Approach the bar so that it is centered over your feet. Your feet should be about hip-width apart. Bend at the hip to grip the bar at shoulder-width allowing your shoulder blades to protract. Typically, you would use an alternating grip.</p> <p>With your feet and your grip set, take a big breath and then lower your hips and flex the knees until your shins contact the bar. Look forward with your head. Keep your chest up and your back arched, and begin driving through the heels to move the weight upward.</p> <p>After the bar passes the knees aggressively pull the bar back, pulling your shoulder blades together as you drive your hips forward into the bar.</p> <p>Lower the bar by bending at the hips and guiding it to the floor.</p> |
| Dumbbell Walking Alternating Lunge | 16                   | 2/5  |  |    | <p>Begin standing with your feet about hip-width apart and holding dumbbells in your hands down by your side. This will be your starting position.</p> <p>Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should be in line with your front foot. Do not allow your front knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint.</p> <p>Drive through the heel of your lead foot and extend both knees to raise yourself back up.</p> <p>Step forward with your rear foot, repeating the lunge on the opposite leg.</p>  |  |
| Leg Ext                            | 3-8<br>8-12<br>12-20 | 2/5  |  |    | <p>For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position. Tip: You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle.</p> <p>Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position.</p> <p>Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.</p> |  |
| Swiss ball Leg Curl                | 3-8<br>8-12<br>12-20 | 2/5  |  |  | <p>Begin on the floor laying on your back with your feet on top of the ball.</p> <p>Position the ball so that when your legs are extended your ankles are on top of the ball. This will be your starting position.</p> <p>Raise your hips off of the ground, keeping your weight on the shoulder blades and your feet.</p> <p>Flex the knees, pulling the ball as close to you as you can, contracting the hamstrings.</p> <p>After a brief pause, return to the starting position.</p>  |  |
| Band Rotation Holds                | 20+ sec hold         | 4    |  | 10 sec rest  |   | <p>Tighten the core and push the band directly in front of the chest. Use your core to resist the pull of the band to rotate your torso. Hold for 20+ seconds, then return the hands to the chest. Complete three reps before repeating with the right side of the body facing the pole.</p>   |

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