

# 4 Day Split Programme



## Day 1 - Push - Chest / Shoulders / Triceps

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 8-12 12-20	2/5				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.
Pec Fly	3-8 8-12 12-20	2/5				Lie down on a flat bench with a dumbbell on each hand resting on top of your thighs. The palms of your hand will be facing each other. Then using your thighs to help raise the dumbbells, lift the dumbbells one at a time so you can hold them in front of you at shoulder width with the palms of your hands facing each other. Raise the dumbbells up like you're pressing them, but stop and hold just before you lock out. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you squeeze your chest muscles and breathe out. Tip: Make sure to use the same arc of motion used to lower the weights. Hold for a second at the contracted position and repeat the movement for the prescribed amount of repetitions.
Incline Chest Press	3-8 8-12 12-20	2/5				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. Repeat the movement for the prescribed amount of repetitions. When you are done, place the dumbbells back on your thighs and then on the floor. This is the safest manner to release the dumbbells.
Standing Shoulder Press	3-8 8-12 12-20	2/5				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.
Side Raise	3-8 8-12 12-20	2/5				Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until you arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the dumbbells back down slowly to the starting position as you inhale.
Tricep Push Down	3-8 8-12 12-20	2/5				Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step.

30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)

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 - Pull - Back / Lats / Biceps

HEALTH HUB

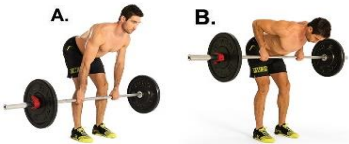



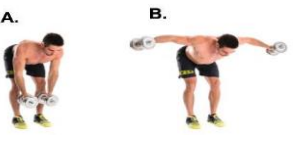

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### Warm Up / Cardiovascular Workout

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
Bent Over Row	3-8 8-12 12-20	2/5			 <p><b>A.</b> 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. <b>B.</b> 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>	
Lat Pull Down	3-8 8-12 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>	
Pulley Face Pull	3-8 8-12 12-20	2/5			 <p><b>A.</b> Facing a high pulley with a rope or dual handles attached, standing upright with feet hip width and a tiny bend in the knees, pull the weight directly towards your face, separating your hands as you do so. Keep your upper arms parallel to the ground. <b>B.</b></p>	
Back Extension	3-8 8-12 12-20	2/5			 <p><b>A.</b> Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. With your body straight, cross your arms in front of you (my preference) or behind your head. This will be your starting position. Tip: You can also hold a weight plate for extra resistance in front of you under your crossed arms. <b>B.</b> Start bending forward slowly at the waist as far as you can while keeping your back flat. Inhale as you perform this movement. Keep moving forward until you feel a nice stretch on the hamstrings and you can no longer keep going without a rounding of the back. Tip: Never round the back as you perform this exercise. Also, some people can go farther than others. The key thing is that you go as far as your body allows you to without rounding the back. Slowly raise your torso back to the initial position as you inhale. Tip: Avoid the temptation to arch your back past a straight line. Also, do not swing the torso at any time in order to protect the back from injury.</p>	
Standing Reverse Fly	3-8 8-12 12-20	2/5			 <p><b>A.</b> Set your feet shoulder-width apart. Let the dumbbells hang straight down from your shoulders, your palms facing each other, with your arms slightly bent. Keeping your back flat and your torso still, raise your arms straight out to your sides until they're in line with your body. Don't change the bend in your elbows. <b>B.</b> Slowly lower the dumbbells down back to the starting position</p>	
Standing Bicep Curl	3-8 8-12 12-20	2/5			 <p><b>A.</b> Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position. <b>B.</b> Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps. Then, inhale and slowly begin to lower the dumbbells back to the starting position.</p>	

30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)

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 3 - Lower

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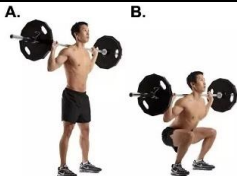





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### Warm Up / Cardiovascular Workout

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
Bar Back Squat	3-8 8-12 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.</p> <p>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 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 8-12 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. 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 8-12 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.</p> <p>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.</p> <p>Slowly return to the starting position as you breathe in.</p>
Deadlift	3-8 8-12 12-20	2/5				<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>
Calf Raise	3-8 8-12 12-20	2/5				<p>Stand with your torso upright holding two dumbbells in your hands by your sides. Place the ball of the foot on a sturdy and stable wooden board (that is around 2-3 inches tall) while your heels extend off and touch the floor. This will be your starting position.</p> <p>With the toes pointing either straight (to hit all parts equally), inwards (for emphasis on the outer head) or outwards (for emphasis on the inner head), raise the heels off the floor as you exhale by contracting the calves. Hold the top contraction for a second.</p> <p>As you inhale, go back to the starting position by slowly lowering the heels.</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 4 - Core / Abs

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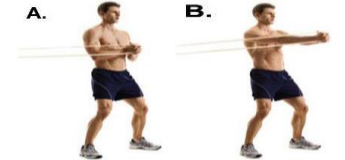


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HEALTH HUB

### 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
Plank	30+ sec hold	3/5	30 sec rest periods between sets			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.
Side Plank	20+ sec hold	3/5				Lie on your side with your elbow straight underneath your shoulder Legs are out straight, top foot is in front of bottom foot. To modify bend your knees.(see photo) Start tall on your shoulder. As you lift up, bring your hips forward so your body is in a straight line. 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! Keep your head back in line with your body. 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.
Swiss ball Plank	30+ sec hold	3/5				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
Band Rotation Holds	20+ sec hold	3/5				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.
Bicycle Crunch	20+ sec hold	3/5				Lie flat on the floor with your lower back pressed to the ground (pull your navel in to also target your deep abs). Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground, but be sure not to pull on your neck. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee. Make sure your rib cage is moving and not just your elbows. Now switch sides and do the same motion on the other side to complete one rep.
Dead Bug	12/15	3/5				Lie flat on your back with your arms held out in front of you pointing to the ceiling. Then bring your legs up so your knees are bent at 90-degree angles. This is your starting position, and it's vital to get your back as flat against the floor as possible. You shouldn't be able to get a hand in between your back and the floor, and you need to maintain this position. Slowly lower your right arm and left leg at the same time, exhaling as you go. Keep going until your arm and leg are just above the floor, being careful not to raise your back off the ground. Then slowly return to the starting position and repeat with the opposite limbs.

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