



# FUTURE FITNESS TRAINING PROGRAMME

## BEGINNER - 3 DAY SPLIT

### DAY 1

| WARMUP CV<br>EQUIPMENT/ACTIVITY             | Arc<br>trainer. | 5-10<br>MINUTES |                 |                      |                                    |
|---------------------------------------------|-----------------|-----------------|-----------------|----------------------|------------------------------------|
| EXERCISE                                    | WARM<br>UP SETS | WARM<br>UP REPS | WORKING<br>SETS | WEEKS 1-6<br>REPS    | WEEKS 7 -12                        |
| 1.Flat bench                                | 2               | 5-8             | 2/3             | 1 X 8-12<br>1 X 5-8  | 2 X 8-12<br>1 X 5-8                |
| 2. Incline hammer<br>strength machine press | 2               | 5-8             | 2/3             | 1 x 5-8<br>1 x 8-12  | 2 x 5-8<br>1 x 8-12                |
| 3. Seated hammer<br>strength shoulder press | 2               | 5-8             | 2/3             | 1 X 5-8<br>1 X 8-12  | 2 X 5-8<br>1 X 8-12                |
| 4. Cable chest fly                          | 0               | 0               | 3               | 3 X 10-12            | 3 X 12-15                          |
| 5. Panatta Lateral raise                    | 0               | 0               | 3               | 3 X 12-15            | 2 X 12-15<br>1 X 10/10/10 DROP SET |
| 6. Narrow grip prime<br>chest press         | 0               | 0               | 3               | 1 X 5-8<br>2 X 12-15 | 2 X 5-8<br>1 X 12-5                |
| 7. Tricep Pushdowns                         | 0               | 0               | 3               | 3 x 10-12            | 3 x 10-12                          |



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### DAY 2

| WARMUP CV<br>EQUIPMENT/ACTIVITY        | Arc<br>trainer. | 5-10<br>MINUTES |                 |                      |                                    |
|----------------------------------------|-----------------|-----------------|-----------------|----------------------|------------------------------------|
| EXERCISE                               | WARM UP<br>SETS | WARM UP<br>REPS | WORKING<br>SETS | WEEKS 1-6<br>REPS    | WEEKS 7 -12                        |
| 1. Lat pulldown                        | 2               | 5-8             | 2/3             | 1 X 8-12<br>1 X 5-8  | 2 X 12-15<br>1 X 6-10              |
| 2. Hammer strength<br>seated row       | 2               | 5-8             | 2/3             | 1 X 5-8<br>1 X 8-12  | 2 X 8-12<br>1 X 5-8                |
| 3. Deadlift                            | 2               | 5-8             | 3               | 2 X 5-9<br>1 X 10-12 | 2 X 8-12<br>1 X 5-8                |
| 4. Hammer strength<br>reverse pec deck | 0               | 0               | 3               | 3 X 10-12            | 3 X 12-15                          |
| 5. Lying prime hamstring<br>curls      | 0               | 0               | 3               | 3 X 12-15            | 2 X 12-15<br>1 X 10/10/10 DROP SET |
| 6. Precor T-bar row                    | 2               | 5-8             | 3               | 1 X 5-8<br>2 X 12-15 | 2 X 5-8<br>1 X 12-5                |
| 7. Prime seated bicep<br>curl          | 0               | 0               | 3               | 3 x 10-12            | 3 x 10-12                          |



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### DAY 3

| WARMUP CV<br>EQUIPMENT/ACTIVITY          | Stairmill       | 5-10<br>MINUTES |                 |                        |                     |
|------------------------------------------|-----------------|-----------------|-----------------|------------------------|---------------------|
| EXERCISE                                 | WARM UP<br>SETS | WARM UP<br>REPS | WORKING<br>SETS | WEEKS 1-6<br>REPS      | WEEKS 7 -12         |
| 1. Seated Cybex leg curl                 | 0               | 0               | 3               | 3 X 12-15              | 3 X 12-15           |
| 2. Barbell squat                         | 2               | 5-8             | 2/3             | 1 X 5-8<br>1 X 8-12    | 2 X 8-12<br>1 X 5-8 |
| 3. Romanian Deadlift                     | 2               | 5-8             | 3               | 2 X 5-9<br>1 X 10-12   | 2 X 8-12<br>1 X 5-8 |
| 4. Hammer Strength<br>pendulum leg press | 2               | 5-8             | 3               | 2 X 10-12<br>1 X 5 - 8 | 2 X 5-8<br>1 X 8-12 |
| 5. Cybex Seated<br>abductor machine      | 0               | 0               | 3               | 3 X 12-15              | 3 X 12-15           |
| 6. Prime leg press                       | 0               | 0               | 3               | 1 X 5-8<br>2 X 12-15   | 2 X 5-8<br>1 X 12-5 |
| 7. Leg extension                         | 0               | 0               | 3               | 3 X 10-12              | 3 X 10-12           |