

4 Day a week resistance program A

This resistance program provides a clear focus on one pinnacle exercise each workout. Arms and shoulders are trained specifically twice per week which is a lot if you have sustained any previous rotator cuff or shoulder injury. A good program for those who wish to train 4 sessions per week. This program would suit those people who have already been resistance training for a minimum of 12 months. For any exercises you are unfamiliar with, please ensure that you have one of our staff or PT's check out your technique prior to loading up with any significant weight. Remember for safety when working alone, please utilise the safety arms on those exercises where you are underneath the weight/bar.

It is recommended that you persist with any resistance based program for between 10 and 12 weeks to ensure you allow sufficient time for muscle adaptation and strength improvements to occur. Usually after that amount of time it is time to select alternate exercise choices to ensure continual adaptations occur in body composition.

Your warmup should commence with mobility exercises in some foam rolling as per the video demonstration here

https://www.youtube.com/playlist?list=PLatfjwuXTMtd4eluwvnUqQi_dYpkwBcwu

Resistance based Warmup – % of your working weight

1 st warmup set 12 reps at 25%	warmup set only required on
2 nd warmup set 8 reps at 50%	first exercise only.
3 rd warmup set 6 reps at 75%	
4 th warmup set 3 reps at 80%	(your working weight for the session)

Repetition speed - slow and controlled. Around 2 sec for each movement (Eccentric and Concentric... up and down)

Recovery – 90sec - 2 min between sets. This will allow full sufficient recovery of your anaerobic energy system to ensure quality lifts.

Note: This exercise program is a guide only and prior to any resistance based exercise ensure that you are comfortable and confident with your technique. Resultz Gym have developed these programs/workouts exclusively for their members. If you believe there is a risk to your health by participating in this exercise program, please cease training immediately and inform the manager in writing about the perceived risk. You must assess your own fitness/strength level and modify any program accordingly.

Technique and form: Resultz Gym have provided exercise charts to assist our members with correct lifting techniques. These charts also provide a QR code that you can scan with your smart phone and see a demonstration online. If you have any queries whatsoever please ensure that you have one of our staff or PT's check out your technique prior to commencing.

Day 1	Reps	Sets
Barbell squat	8-12	2-3
Barbell split squat	8-12	2-3
Barbell stiff-leg dead lift	8-12	2-3
Calf Press	8-12	2-3
Core Exercises	100	

Day 2	Reps	Sets
Barbell bench press	8-12	2-3
30° incline barbell press	8-12	2-3
Dips** (add wgt if needed)	8-12	2-3
Core Exercises	100	

**May need to use resistance band under knee if unable to accomplish bodyweight dips

Day 3	Reps	Sets
Barbell dead lift	8-12	2-3
Pull ups (add wgt if needed)	8-12	2-3
1 Arm dumbbell row	8-12	2-3
Seated cable row	8-12	2-3
Core Exercises	100	

Day 4	Reps	Sets
Barbell shoulder press	8-12	2-3
Dumbbell lateral raise	8-12	2-3
Bicep curl (ezycurl bar)	8-12	2-3
Rope tricep extension	8-12	2-3
Core Exercises	100	