



ONLINE COACHING WITH TEAM JASE

THE ONLINE PHYSIQUE SPECIALISTS

CLIENT PLANS

TRAINING PROGRAMMES

TRAINING PROGRAMME

NOTES - TRAINING PLAN

Training Plan – HEAVY/VOLUME - Maximising Muscle Growth

METHODS -

Progressive Overload ,Cell Swelling via Dropsets /muscle rounds & Supersets

TERMINOLOGY -

Drop set (DS) – When you finish set and reduce the load slightly and perform more until failure

Muscle Round (6x4) – Perform 6 reps, rest for 10 seconds, perform another 6 reps, rest for 10 seconds do this 4 times, that's one set

Giant set – When you perform 2-3 movements back to back like a circuit

Max, rest, Max- so pick a weight you think you can do 8-10 for and go all out with maximum effort and try exceed 8-10

Pyramid Set – When you increase then weight per set but reduce rep range

Negatives – When you slow down and control the movement and add some slower tempo to it, I.e 3 seconds down, 1 second up

HOW TO LOG BOOK

Consistency

Follow the plan & aim for new personal bests, one of the key things is to log all lifts in your pad, this is a great way of tracking lifts & progression,

This gives you an insight so you can see what you have progressed on each week, or if you have regressed & if so due to what... I.e fatigue, if you trained early rather than late, carrying any injuries, if you trained on less meals than previously.

Log books are the most underrated Gym utensil, But I can guarantee you all successful body builders & power lifters use them. Below I have imported a detailed image of my log book & a break down of it

TRAINING PROGRAMME

ROTATION 01

Legs

Adductors

Set 1 – 10-12

Set 2 – 10-12

Set 3 – 10-12

Lying Hamstring Curls (Set hips down & keep them driven into the pad whilst performing the movement)

Set 1 – 10-12

Set 2 – 10-12, 10 second rest, failure

Set 3 – 12-15

Wide stance leg press

Set 1 – 6-8

Set 2 - 10-12, rest for 15 seconds then perform a max rep set

Set 3 – Max, rest, max

DB RDL

Set 1 – 6-8

Set 2 – 10-12

Set 3 – 10-12 (second pause in point of contraction - reduce weight from set 2)

Sumo - Goblet squat

Set 1 – 8-10

Set 2 – 12-15

Wide stance walking lunges

Set 1 – 15 reps steps each leg

Set 2 – 15 rep steps each leg

Hip Abductor

Set 1 - 12-15

Set 2 - 12-15

TRAINING PROGRAMME

ROTATION 01 CONT..

Push

Single arm cable fly (pause in the point of contraction)

Set 1 – 15 reps

Set 2 – 12-15 reps

Set 2 – 12-15 reps

Flat DB Press or Hammer strenght plate loaded flat press

Set 1 – 7-9 reps

Set 2 – 10-12 reps

Set 3 - Max, Rest, Max

Incline barbell press or incline smith press

Set 1 – 6-8

Set 2 – 8-10

Set 3 – 12-15, drop set 2 x

Incline DB Fly

Set 1 – 6x4 (pause in the stretch position for 10 reps)

Set 2 – 6x4

Plate load shoulder press (Focus – Load & Then dropset)

Set 1 – 8-10

Set 2 – 10-12

Set 3 – 10-12

Bench supported - DB side raise

Set 1 – 10-12 reps

Set 2 – 10-12 reps

Set 3 – Max, rest, max

Dips or assisted dip machine

set 1 - 10-12

set 2 - 12-15, rest, max

Any tricep cable movement of choice

set 1 - 10-12

set 2 - 10-12

TRAINING PROGRAMME

ROTATION 01 CONT..

Pull (Width)

Single arm lat pull over

set 1 - 8-10

set 2 - 12-15

seated low wid row (either use the v bar or wide lat Pull down bar)

Set 1 – 9-10

Set 2 – 10-12, dropset x 2

Barbell row

set 1 – 7-9

set 2 – 10-12,

T-bar row (Wide grip if possible, if not with a v-bar)

Set 1 – 8-12

Set 2 – 8-12

Any Lat pull down single arm machine

set 1 - 10 pause reps

set 2 - 10 pause reps

DB rows

set 1 – 8-10

Set 2 - 8-10 (Back off/deload set)

Cable bicep curl - single arm

Set 1 - 12-15

Set 2 - Max, rest, max

EZ curls

3 sets x 10-12 reps

Calve Raises

Set 1 – 15 reps

Set 2 – 15 reps

TRAINING PROGRAMME

ROTATION 02

Legs (Quad focused)

Leg Ext

Set 1 – 15-20

Set 2 – 15-20

Set 3 - 12-15, drop set x 2

Barbell or smith squat

Set 1 – 8-10 (Heavy set)

Set 2 – 10-12

Set 3 – 12+, Ds, 6-8

Leg Press

Set 1 – 10-12 reps

Set 2 – 12-15 reps

set 3 - max, rest, max

Hack squat - 1 brutal set

Set 1 – 6-8 reps - 8 second negative

Single leg - leg ext

set 1 - 10 paused reps

set 2 - 10 paused reps

Goblet squat

set 1 - 10-12

set 2 - 10-12

Walking lunges

2 x failure

Calve raises

3 x 20 reps

TRAINING PROGRAMME

ROTATION 02 CONT..

Push

Cable side delt raise

set 1 - 12-15

set 2 - 12-15

Smith shoulder press

Set 1 – 8-10 reps

Set 2 – 12-15 reps

Set 3 (reduce load significantly) - 10 pause reps

DB shoulder press

Set 1 - 8-10 reps

set 2 - 10-12 reps

Standing side raise - DB side raise

Set 1 – 10 reps, drop the load by 50% perform 15 reps

Set 2 – same as set 1

Seated side raise - using DB

Set 1 – 10-12 reps

Set 2 – 10-12 reps

Incline press (plate loaded)

Set 1 – 10 (controlled negative reps)

Set 2 – replicate set 2

Pec dec

Set 1 – 10-12 reps

Set 2 – max, rest, max

Dual Rope ect (1 second hold at point of contraction)

Set 1 – 10-12

Set 2 – 15 reps, 10 seconds rest, 15 reps, 10 seconds rest, fail

Any tricep movement

2 sets - 10-12 with a dropset chasing 10-12 reps

TRAINING PROGRAMME

ROTATION 02 CONT..

Pull

Single arm cuffed - lat pull over

Set 1 – 10-12

Set 2 – 10-12, rest - failure set

T-Bar row or any plate loaded row

Set 1 - 6-8

Set 2 – 12+

Set 3 – 12+

Lat Pull Downs - wide bar - micropause in point of contraction

Set 1 - 8-10

Set 2 – 12+, DS, 10+, DS, 8+

Dual bent over DB row

Set 1 – 10-12

Set 2 – 10-12

Any single lat pull down variation

set 1 - 8-10

set 2 - 10-12

Rope Curls SS DB bicep curls

Set 1 – 10-12 reps on both exercises

Set 2 – 10-12 reps on both excercises

Hammer curls

set 1 - 10-12

set 2 - 10-12, drop set - 10-12

Standing calve raises

Set 1 – 20 reps, 15 second rest, failure set

Set 2 – as many reps as possible

TRAINING PROGRAMME

ANY FURTHER NOTES

Follow the plan & you will hit new personal bests, one of the key things is to log all lifts in your pad,,

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What is the aim of rotations ?

The aim of different movements each rotation is to hit the muscle from every angle & allow the muscle to recover to its maximum potential, also, ask your self this, how can you progress every week by doing the same thing every session?

In saying this some people have movements they want in every rotation such as my self & back squats, which i include in all my rotations because i simply cant live without them if your one of these people do not be afraid to slightly alter the plan.

How to lay out a log book – Simple and effective.



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