



# **ONLINE COACHING WITH TEAM JASE**

THE ONLINE PHYSIQUE SPECIALISTS

## **CLIENT PLANS**

**TRAINING PROGRAMMES**

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# 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

# TRAINING PROGRAMME

## ROTATION 01

### Day 1 - Legs

Lying Hamstring Curls

Set 1 - 8-10 (Heavy set)

Set 2 - 12-15 (Muscle round)

Hack squat

Set 1 - 6-10 (Heavy set)

Set - 8-10 (Heavy set with 10-15% weight reduction)

Set 3 - 12-15

High and wide foot placement leg press

Set 1 - 10-12 (Muscle round)

Set 2 - 12-15

Set 3 – Minimum 20 reps, then drop set till failure (Drop set)

DB or Barbell RDL

Set 1 – (Heavy) - 8-10

Set 2 – (Reduce weight focus on time under tension (2 seconds down, 1 up)

Leg ext

Set 1 - 20 reps

Set 2 – 20 reps

Set 3 – 12 perfect slow negative reps

Goblet squats

set 1 -10-12

set 2 -12-15

Wide stance barbell walking lunges – 2 sets - 12 reps each leg

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## ROTATION 01 CONT..

### Day 2 - Chest & Tricep

Flat bench or flat db (alternate weekly)

Set 1 - 8-10

Set 2 - 12+ (Back Off/deload set)

Set 3 - 12, rest for 10 seconds then squeeze out more till failure Set 4 (10 perfect negative reps, 2 seconds down)

Incline plate loaded chest press

Set 1 - 10-12

Set 2 - 12-15 (Back off set)

Set 3 - 12 - 15, DS, Rep out till failure

Flat select stack press

Set 1 - 12-15

Set 2 - Max, rest, Max (Rest, pause set)

Set 3 - Max, rest, Max, rest, Max (Rest, pause x 2)

Pec dec machine flys

Set 1 - 12+ (Pump set)

Set 2 - 30 rep set

Dips (Weighted if possible) - lean forward to recruit more chest

Set 1 & 2 - AMRAP (as many reps as possible)

Seated tricep push down

Set 1 - 10-12

Set 2 - 15-20

Skull crushers

Set 1 - 10 reps (Negatives, Pause at the point of contraction)

Set 2 - 6x4 (Muscle round)

Tricep rope ext

Set 1 - 12-15

Set 2 - 10-12, DS, 10-12, DS, Fail

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## ROTATION 01 CONT..

### Day 3 - Back & Biceps

Lat pull downs wide bar (traditional bar, mag bar if your gym has one)

Set 1 - 8-10 (Heavy set)

Set 2 - Max, rest, Max (Rest, pause set)

Set 3 – (all out) 30 reps (Pump set)

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

Set 1 - 10-12

Set 2 -10-12

Any plate loaded pull down

set 1 - 8-10

set 2 - 10-+2

Set 3 - 12-15

T-bar row either padded T-bar row or free standing T-bar row

Set 1 - 6-8 (Heavy Set)

Set 2 - 6-8, drop Set, 6-8 (Drop set)

Dual DB rows

set 1 - 6-8 (Heavy set)

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

Set 3 - 12-15 reps

Failure set – barbell row

2 sets till failure

Seated incline hammer curls

Set 1 - 6x4 (Muscle Round)

Set 2 - Failure set (Maximum effort set)

EZ curls ss bicep curl machine ss plate curl

Set 1 & 2 - 10-12 Reps on eeach

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## ROTATION 01 CONT..

### Day 4 - Shoulders

DB shoulder press

Set 1 - 10-12

Set 2 - 12 - 15

Set 3 - 12-15

Military barbell press or Smith or plate loaded shoulder press

Set 1 - 6-8

Set 2 - 12+

Set 3 - 12, ds, 8, ds, fail

Any seated shoulder press machine

Set 1 - 10-12

Set 2 - Max, Rest, Max (aim for a weight you can usually do for 8-10 reps - Max means maximum effort so try and exceed that target)

Standing or seated side raise machine

Set 1 - 15 reps single arm

Set 2 - 15 reps single arm

Standing side raise

Set 1 - 12+

Set 2 - Max, rest, Max, rest, Max (aim 10-12 in round 1, rest, aim for 8-10, then rest, then aim till failure)

Standing DB raise

10-12 - set 1

Max, rest, max - set 2

Giant set - DB front raise/plate raise/rope front raise

1 x Set - failure

Shrug machine or Smith machine shrugs or DB shrugs

Set 1 - 10-12

Set 2 - 12-15

Set 3 - 20, rest 10, fail

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## ROTATION 01 CONT..

### Day 5 - Arm day & Abs

Ez Bar Curl (standing)

Set 1 - 6x4

Set 2 - 4x6

Ez skull crusher

Set 1 - 10-12 (perfect reps, pause at point of contraction)

Set 2 - 6x4

Seated incline DB Curl

Set 1 - 12-15

Set 2 - 12-15, DS, 8-10

Set 3 - 10 Perfect - Negative Reps

Double rope tricep extension

Set 1 - AMRAP

Set 2 - 8-10 (Increase weight now your pre fatigued)

Rope Curl

Set 1 - 12-15

Set 2 - Max, Rest, Max

V-Bar Push Down

Set 1 - 8-10

Set 2 - 6x4

Single arm cuffed tricep extensions

2x failure

Seated EZ arm curl

Set 1 - 20 reps

set 2 - 20 reps

Finish with

Ab crunches using the rope

3x20

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## ROTATION 02

### Day 1 - Quads & Hamstrings

Leg ext (Focus – Load & forcing adaptations)

Set 1 – 20 reps (moderate weight – not a warm up, this is a work set)

Set 2 – 15 reps (progress weight from previous set)

Set 3 – 12 reps (progress weight from previous set)

Hack squat (Focus - progress weight work sets – in a progressive overload manor)

Set 1 – 10 reps

Set 2 – 10 reps

Set 3 – 10 reps (heaviest top set) – DS, 8 Reps, DS, 8 Reps

V – Squat or safety bar (Focus – Progressive overload)

Set 1 – 6-8

Set 2 – 10-12

Set 3 – 12-15, DS – 10, DS (5 half rep, 5 full rep)

Single leg Ext (Focus – cell swelling)

Set 1 – 15 (squeeze at top of every rep & the point of contraction)

Set 2 – 8-10 (progress weight)

Adductor (Focus – contraction & stretch)

Set 1 – 6x4 (10 second rest in point of contraction)

Set 2 – 15-20, DS – 10, DS - 10

Single leg ham curl – 2's release from point of contraction

Set 1 – 12-15 (squeeze at the top of every rep at point of contraction)

Set 2 – Same as set 1 (progress the weight)

Frog press wide hamstring press (Focus – Progress each set)

Set 1 – 12-15

Set 2 – 12-15

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## ROTATION 02 CONT..

### Day 2 - Chest & Biceps – Minor back top up

Flat plate press (warm up first)

Set 1 – 6-8

Set 2 – 10-12

Set 3 -12-15

Incline plate press

Set 1 – 10-12

Set 2 – 12-15

DB Press

Set 1 – 10 reps

Set 2 – 10 reps

Set 3 – 8-10, DS – 8-10 reps, DS – 8 Reps

Seated Pec Dec (Isometrics reps)

Set 1 – 4x5

Set 2 – 5 reps – 5 second hold

Smith bent over row

Set 1 – 10-12

Set 2 – max,rest,max

T-Bar row

Set 1 – Straight hard set – 4x5 – muscle round

Hammer curl

Set 1 – 15 reps

Set 2 – 10-12 reps

EZ bar curl

Set 1 – 20 reps

Set 2 – 10 reps, 10 rest, 10 reps, 10 rest, 10 reps

Calve raises – 3 x failure

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## ROTATION 02 CONT..

### Day 3 – Shoulders & Triceps

Db shoulder press

Set 1 - 10-12

Set 2 – 12 – 15

Set 3 - 12-15

Military barbell press or Smith or plate loaded shoulder press

Set 1 - 6-8

Set 2 – 12+

Set 3 – 12, ds, 8, ds, fail

Cable front raise (3 second iso hold last 3 reps)

Set 1 - 10-12

Set 2 – 12-15

Standing or seated side raise machine

Set 1 – 15 reps single arm

Set 2 – 15 reps single arm

Standing side raise

Set 1 – 12+

Set 2 – 12-15

Standing DB raise

Set 1- Max, rest, max

Set 2 - AMRAP – 45 seconds

2 Tricep movements of choice

adopting 6x4 protocol for 2 sets on each movement

1 x rope extensions

set 1 - 10-12 reps

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## ROTATION 02 CONT..

### Day 4 - Back

Lat pull over

Set 1 – 10-12

Set 2 – 10-12

Set 3 – 12-15

Lat pull downs wide bar (traditional bar, mag bar if your gym has one)

Set 1 - 8-10 (Heavy set)

Set 2 – 10-12, rest, failure (Rest, pause set)

Set 3 – (all out) 20 reps (Pump set)

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

Set 1 – 10-12 reps

Set 2 – 12-15

Any plate loaded pull down

set 1 - 8-10

set 2 - 10-+2

Set 3 - 12-15

T-bar row - padded T-bar row or free standing T-bar row

Set 1 - 6-8 (Heavy Set)

Set 2 - 6-8, drop Set, 6-8 (Drop set)

Failure set – barbell row

2 sets till failure

Calves raise

set 1 - 30 reps

set 2 - 25 reps

set 3 - 20 reps

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## ROTATION 02 CONT..

### Day 5 – Biceps, 1x Side delt & Abs

Seated concentration curl

Set 1 – 10-12

Set 2 – 12-15

Set 3 – max, rest, max

Straight bar rope curl

4 x failure sets

EZ bar curl

Set 1 – 6-9

Set 2 – 9-12

Set 3 – fail

Hammer Curl

Set 1 – 10-12

Set 2 – max, rest, max

Straight bar cable curl

Set 1 – 8-10

Set 2 – 10-12

Incline concentration curl

Set 1 – fail

Set 2 - fail

Side delt raise

Set 1 – 10-12

Set 2 – 12-15

Set 3 – 4x5

Sit ups

Set 1 – 25 reps

set 2 - 20 reps

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## ANY FURTHER NOTES

Lets nail it now, 5 days can be moved across the week but 2 rest days are mandatory ! the goal is to stay consistent now.

Set heavier targets based previous lifts each rotation, If you progress by one rep, in one movement that is still a progression.

There is no set warm up protocol, just don't waste energy once your warm, An Example is Back Squats

100KG x 6, 140x3, 180x2, 200x2, 220x1, 230x1 - (These count as warm up sets & getting the body use to the load you will lift).

NOW We start working (Leave everything in the Gym go balls to the walls & train with maximum capacity). - 2 Working Sets, I Tend to reduce the load e.g I will work at 220x8-12, Then i will work my last set at 230 for max reps aiming around 8-10, Then perform a drop set to really exhaust the muscle.

The days of going in the Gym doing 4-6 Sets are over ! - save the energy from them sets and go all out in 2-3 Sets!

We don't waste time warming up!!! – We get warm on warm up weights for a few reps and save then reps for the big sets which count instead of warming up on every weight doing 10 reps.



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[WWW.TEAMJASE.COM](http://WWW.TEAMJASE.COM)  
[INFO@TEAMJASE.COM](mailto:INFO@TEAMJASE.COM)