

WEIGHT TRAINING PLAN

Trainer: Tom Pritchard



Prepared For: _____

	Week 1		Week 2		Week 3		Week 4		Week 5	
	SETS	WT	SETS	WT	SETS	WT	SETS	WT	SETS	WT
MONDAY										
Treadmil	3.1	15mins	3.1	15mins	3.1	15mins	3.1	15mins	3.1	15mins
Cross trainer	6	15mins	7	15mins	8	15mins	9	15mins	10	15mins
Punchy weights	3x10	2kg	3x10	2kg	3x10	2kg	3x10	4kg	3x10	4kg
Dumbbell - curls	3x10	4kg	3x10	4kg	3x10	4kg	3x10	6kg	3x10	6kg
Dumbbell - push press above head	3x10	4kg	3x10	4kg	3x10	4kg	3x10	6kg	3x10	6kg
warm down	warm down		warm down		warm down		warm down		warm down	
TUESDAY										
Stair machine	TF	5mins	TF	6mins	TF	7mins	TF	8mins	TF	9mins
Cross trainer	6	15mins	7	15mins	8	15mins	9	15mins	10	15mins
lat pull down machine	3x10	24kg	3x10	24kg	3x10	24kg	3x10	28kg	3x10	28kg
Fly Machine - front	3x10	24kg	3x10	26kg	3x10	32kg	3x10	32kg	3x10	32kg
fly machine back	3x10	24kg	3x10	24kg	3x10	24kg	3x10	24kg	3x10	26kg
warm down	warm down		warm down		warm down		warm down		warm down	
WEDNESDAY										
Rest										
Rest										
Rest										
Rest										
Rest										
Rest										
THURSDAY										
Treadmil										
Cross trainer										
Punchy weights										
Dumbbell - curls										
Dumbbell - push press above head										
warm down	warm down		warm down		warm down		warm down		warm down	
FRIDAY										
Treadmil										
Cross trainer										
Stair machine										
100 squats in own time										
Treadmil										
warm down	warm down		warm down		warm down		warm down		warm down	
SATURDAY										
Bicep curl machine										
Push press machine										
Fly Machine - front										
Pull machine - weights										
Dumbbell - curls										
warm down	warm down		warm down		warm down		warm down		warm down	
SUNDAY										
Rest										
Rest										
Rest										
Rest										
Rest										
Rest										

Notes:
 TF - To fit
 OT - own time
 OT-3 - own time minus 3 mins
 Rest - walking only on this day



- Diet**
- Breakfast**
- 1 grapefruit
 - Half a pineapple
 - Oats
 - 3 whole eggs
 - 1 pint water bottled preferably
- Lunch**
- What ever you want
 - Has to be before 1 pm
- Afternoon snack**
- 4 pieces of fruit no carbs
- Post work out meal**
- Lean protein Shake
 - 2 Bannas
 - Nuts unsalted and pre soaked
- Evening meal**
- LEAN MEAT
 - Vegetables
 - Nocarbs
- Notes**
- No carbs what so ever after 1pm for the 1st 21 days
 - Minimum 2 litres water a day
 - No additional salt to any meals for 21 days
 - Ask in gym for body composition assement to determine
 - Height weight bmi and body fat %