

3 day Strength Building Programme (6-8 week programme)

All sessions can be completed in 60-75 minutes (up to 90 minutes with longer rest periods).
 Enter your 1 Rep Maxes in the top row, your training maxes will be calculated at 90% of your true max.
 Each week, increase your training max if you were able to complete your training max (TM) (the set highlighted in yellow)
 Assistance work is vital to improve overall strength to ensure supporting muscles are strong enough.

How much you will increase your TM each week is based on how you perform in the 1+ set each day
 If you get 0 -1 reps, do not increase your TM - If you get 2-3 Reps, increase your TM by 2.5kg
 If you get 4-5 reps, increase your TM 5kg - If you get 5+ Reps, increase your TM by 7.5kg

	Kg								
1 rep max	1RM's:	Squat:	100.0	Bench	100.0	Deadlift	100.0	Press	50.0
Training Max	TM's		90.0		90.0		90.0		45.0

Day 1

Bench	57.5 x8	67.5 x5	77.5 x3	85.0 x1	80.0 x3	77.5 x3	72.5 x5		
Incline Bench	55.0 x3	55.0 x3	55.0 x5	55.0 x7	55.0 x4	55.0 x6	55.0 x8		
Over Head Press	22.5 x6	27.5 x5	32.5 x3	32.5 x5	32.5 x7	32.5 x4	32.5 x6	32.5 x8	
Assistance:	Chest Flys (3x15), Rear delt flys (3x20), Lateral Raises (3x12)								

Day 2

Squat	67.5 x5	77.5 x3	85.0 x1+	80.0 x3	77.5 x3	72.5 x3	67.5 x5		
Assistance:	Leg Extension (3x12), Hamstring Curls (3x12), Rack Pulls (3x8).								

Day 3

Deadlift	67.5 x5	77.5 x3	85.0 x1+	80.0 x3	77.5 x3	72.5 x3			
Assistance:	Bent Over Rows (3x8), Lat Pull Down (3x12), Mid Cable Row (3x12), Bicep Curls (3x15), Hammer Curls (3x12)								

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 Or email info.apfitness@gmail.com and I will send you an excel copy.



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