



TRILLIUM FITNESS
PROFESSIONAL PERSONAL TRAINING

PERSONALISED FITNESS PROGRAM

Client: Williams, John
Client ID: JD0115010275
Length: 4 Weeks

Start Date: 02/01/2015
Split: 2x/Week

Day: 1
Weeks: 1-4
Details: Shoulders, Back & Quadriceps Muscular Development with Upper Abdominal Conditioning

Order	Exercise	Sets	Repetitions	Tempo	Rest Interval
A1	Standing Dumbbell Overhead Shoulder Press	3	10-12	3-0-X-1	0
A2	Standing Dumbbell Shoulder Lateral Raise	3	10-12	3-0-X-1	0
A3	Single Arm Dumbbell Row	3	6-8	3-0-X-1	0
A4	Dumbbell Front Lying Shoulder Retraction	3	10-12	3-0-X-1	120
B1	Dumbbell Full Squat	3	10-12	3-0-X-1	0
B2	Front Foot Elevated Dumbbell Split Squat	3	6-8	3-0-X-1	0
B3	Dumbbell Peterson Step-Up	3	10-12	2-0-X-1	120
C1	Neutral Spine Abdominal Curl	3	6-8	1-1-1-1	0
C2	Front Plank	3	20sec	NA	90

Day: 2
Weeks: 1-4
Details: Hamstrings, Glutes, Back & Biceps Muscular Development with Abdominal (Oblique) Conditioning

Order	Exercise	Sets	Repetitions	Tempo	Rest Interval
A1	Barbell Half Deadlift	3	6-8	3-0-X-1	0
A2	Gym Ball Glute Bridge	3	10-12	3-0-X-1	0
A3	Double Arm Kettlebell Swing	3	15-20	NA	0
A4	Gym Ball Hamstring Curl	3	6-8	3-0-X-1	120
B1	Machine Assisted Pull Up	3	6-8	3-0-X-1	0
B2	Seated Supinated Dumbbell Curl	3	10-12	3-0-X-1	0
B3	Machine Assisted Chin Up	3	6-8	3-0-X-1	0
B4	Seated Reverse/Pronated Dumbbell Curl	3	10-12	3-0-X-1	120
C1	Left and Right Side Plank	3	20sec	NA	0
C2	Gym Ball Lateral Abdominal Curl	3	6-8	1-1-1-1	90