



WOMENS ACADEMY
TRAINING | NUTRITION | COACHING

BEGINNER LEVEL 3 X WEEKLY TRAINING SPLIT

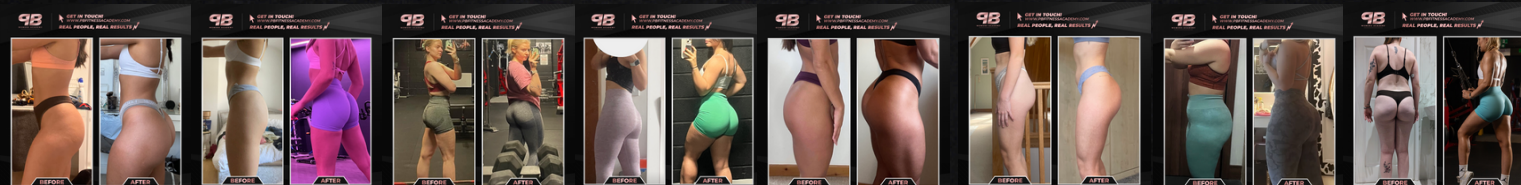
A Plan Designed to accelerate Fat Loss & Muscle Gain!

WHAT'S INCLUDED?

- ➔ 3 X WEEKLY TRAINING SPLIT
- ➔ TERMINOLOGY & BREAKDOWNS
- ➔ NUTRITION GUIDES

GUARANTEED RESULTS

@98 Womens Academy



BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

Before we get started...

IMPORTANT TERMINOLOGY

Hypertrophy, in simple terms, refers to the **growth of muscle mass** that occurs through weight training. For those pursuing **aesthetic goals**, achieving hypertrophy is crucial for making rapid progress.

Hypertrophy is stimulated by challenging a specific muscle group to adapt. By progressively increasing the intensity and volume of workouts, muscles are forced to grow stronger and larger in response to the demands placed on them.



How is this achieved?

Progressive Overload can be achieved by increasing weights & reps with every session to provoke a need for further adaptation as you get stronger.

Forcing a muscle to adapt to a New Load or Intensity means you will cause it to come back Bigger, Better & Stronger! This is the Goal when it comes to training for Hypertrophy!

BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

TRAINING TERMINOLOGY EXPLAINED

TEMPO EXECUTION

A tempo can be defined by how long you are spending in each phase of a muscle contraction. A tempo will be drawn out in the form of 3 numbers, each number stating how many seconds each phase of a contraction should take.



The 3 Muscle Contractions are broken down into...

- Eccentric
- Isometric
- Concentric

The longer each phase, the longer time is spent with Time Under Tension



Example : 3-2-1 Squat Tempo

- **3** seconds for the **Eccentric** contraction, (Lowering phase of a squat)
- **2** seconds for the **Isometric** hold (Static Movement in the Lengthened)
- **1** second for the **Concentric** contraction. (The drive upward of a Squat)

BEGINNER LEVEL

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TRAINING TERMINOLOGY EXPLAINED

FEEDER SETS

FEEDER SETS: This is another word to describe a warm up set. However, the reason we call them feeder sets is due to people believing that warm up sets are not needed if you are already 'warm'. This is not the case, hence why we call them feeder sets to save the confusion.

You should always be looking to perform at least 1 feeder set for each exercise. Dependent on how heavy the load is and how much you want to progressively build up to, for your working set weight. You don't need to track your Feeder Sets



WORKING SETS

WORKING SETS: The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set is to be taken to failure, unless stated otherwise. Log every working set (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers weekly.

You will be given a guide on the program of what rep range to aim to fail between. This will give you an idea of what load to select, however, once the load has been selected you must take that set to complete failure, regardless of whether that forces you to land inside or outside of the desired rep range.

Remember your muscles do not recognise if you've landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we want for hypertrophy.

BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

This is your weekly training split, broken up into Upper Body, Lower Body, Full Body & Rest Days! By focusing on different muscle groups each day, you'll be able to train with intensity while giving each area the proper rest it needs.

This split allows you to hit all major muscle groups multiple times a week, build strength, enhance endurance, and prevent overtraining.

WEEKLY TRAINING SPLIT

Day 1 : Lower Body

Day 2 : Rest Day

Day 3 : Upper Body

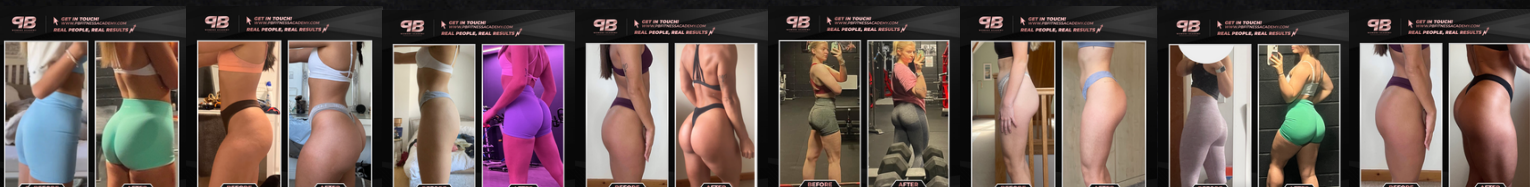
Day 4 : Full Body

Day 5 : Rest Day

Day 6 : Rest Day

Day 7 : Rest Day

Sessions can be swapped around to your needs and schedule. However, avoid training the same muscle group back to back!



BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

DAY 1: LOWER BODY

EXERCISE	SETS	REPS	TEMPO	Exercise Description
Seated Hamstring Curl	3 Sets	Top Set 8-10 Back off 10-12, 12-15	3-2-2	Lean Forward a little here to focus on the lengthened range of the hamstring. Very controlled eccentrics and a big squeeze at the top of the concentric.
Leg Extension	3 Sets	Top Set 8-10, Back off 10-12, 12-15	3-1-2	Place your hands on the sides of your right thigh, or grab the sides of your chair and pull your weight into the chair. This will help to keep your quads stable. Squeeze your quad and straighten out your right leg until it is fully extended. Pause before slowly returning to the starting position.
Glute Drive	3 Sets	Top Set 5-8 Back off 12-15, 15-20	3-1-1	Set yourself up comfortably on the machine with your feet in a squat stance, slightly wider than shoulder-width and toes pointed out. Strap the belt around your waist, take the machine's weight, and unhook the safety. Lower the weight, focusing on pressing through your heels while keeping your feet flat. Once you feel the load shift, press back up, squeezing your glutes at the top.
Hack Squat	3 Sets	Top Set 8-10 Back off 10-12, 10-12	3-1-1	Stand on the platform with your back against the pad and shoulders under the supports. Position your feet just outside shoulder-width, toes slightly angled out. Unhook the safety, lower the weight by bending your knees and hips, keeping a flat back and pressing through your heels. Once at the desired depth, push back up, engaging your quads and glutes.
DB Bulgarian Split Squats	2 Sets	8-10	3-1-2	Stand a few feet in front of a bench, placing one foot behind you on it. Keep your chest upright and core engaged as you lower your back knee toward the ground, ensuring your front knee stays over your ankle. Go down until your front thigh is parallel to the ground, then push through your front heel to return to the starting position. Switch legs and repeat.
Laying Ab Crunch	3 Sets	10-12	3-1-2	Lay on the floor with your back flat on the ground, bend your knees as much as possible and place your feet flat on the floor. This is the starting position. Initiate the movement by contracting your abs, thinking about raising your chest as high as you can to the ceiling until your abs are fully contracted. Squeeze your abs hard before slowly controlling the eccentric back to finish the rep.

BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

DAY 3 : UPPER BODY

EXERCISE	SETS	REPS	TEMPO	Exercise Description
Lat Pulldown (medium grip)	3 Sets	Top Set 8-10 Back off 10-12, 12-15	3-2-2	Grip the bar with a neutral grip just outside of shoulder width. Thinking of your hands as just hooks, drive the bar down with your elbows to your back pocket. Control the eccentric whilst maintaining shoulder extension. Allow for a slight lean back as you pull down. Pause when your elbows are fully extended, maintaining tension through the lat.
Cable Lat Pullovers	2 Sets	8-10 reps	3-1-2	stand facing a cable machine with the pulley set at a high position. Grab the handle with both hands and step back slightly. With a slight bend in your elbows, pull the handle down in an arc motion over your head and down to your hips, engaging your lats. Return to the starting position, maintaining control throughout the movement.
DB Incline Press	2 Sets	Top Set 5-8 Back off 10-12	3-1-2	The aim here is to shift as much weight as possible with good form, less focus on 'feeling' the contraction and tempo. Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Bring the dumbbells with your elbows tucked in around 60 degrees from your torso.
SUPERSET	DB Lateral Raises	3 Sets Top Set 8-10 Back off 12-15, 15-20	3-1-2	Grip two pairs of dumbbells, Maintain a slight bend in your elbow throughout the set. Raise both dumbbells using zero momentum lateral to your torso. Think of your hands as hooks, finish with your elbows at shoulder height. Actively think about pronating your wrists so that your pinky is facing the sky whilst holding the dumbbell.
	Tricep Extension (cable rope)	3 Sets Top Set 8-10 Back off 10-12, 12-15	4-1-2	Set the cable at the highest setting with a rope attachment. Stand back from the cable with a strong stance and body position. Grip the rope and get into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and control the eccentric.
DB Alternating Curls	2 Sets	Top Set 8-10 Back off 10-12	3-1-2	Stand in a strong position. Keep elbows fixed with your upper arm staying vertical to the ground throughout the set. Use slight momentum on the concentric, contract hard at the top whilst supinating fully. Slowly control the eccentrics. Remember to initiate supination of the wrist at the start of the movement, do not hammer curl the dumbbells up over half way and then supinate at the end.
DB Russian Twists	3 Sets	10-12 reps	2-2-2	sit on the floor with your knees bent and lean back slightly. Hold a dumbbell with both hands and twist your torso to the right, bringing the dumbbell beside your hip, then twist to the left. Keep your core engaged throughout the movement.

BEGINNER LEVEL

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DAY 4 : FULL BODY

EXERCISE		SETS	REPS	TEMPO	Exercise Description
SUPERSET	Seated Adductor	3 Sets	Top Set 8-10 Back off 10-12, 12-15	4-1-2	Use the handles to pull yourself down into the seat to create a strong position. Slowly control the eccentrics to stretch the adductors whilst staying in your active range. Pause to take away tension then concentrically contract and squeeze the adductors as hard as you can at the top.
	Seated Abductor	3 Sets	Top Set 8-10 Back off 10-12, 12-15	3-1-2	To perform, sit on the machine with your back against the pad and feet positioned on the footrests. Adjust the knee pads to rest against the outside of your thighs. Begin by squeezing your legs outward against the resistance, focusing on engaging your outer thighs and glutes. Slowly return to the starting position, keeping control throughout the movement.
Plate Loaded Leg Press		2 Sets	Top Set 8-10 Back off 12-15	3-1-1	Sit on the machine with your back flat and feet shoulder-width apart on the platform. Unhook the safety, press the weight up by extending your legs without locking your knees, then lower it to a 90-degree angle. Keep your feet flat and press through your heels as you push back to the starting position.
BB RDL		2 Sets	Top Set 8-10 Back off 10-12	3-1-2	Stand with feet hip-width apart, holding a barbell with a shoulder-width grip. Keep a slight bend in your knees and hinge at your hips, lowering the barbell along your legs while keeping your back flat. Lower until you feel a stretch in your hamstrings, then drive your hips forward to stand, squeezing your glutes at the top. Keep control and avoid rounding your back.
Seated Cable Row		3 Sets	Top Set 8-10 Back off 10-12, 12-15	3-1-2	sit at a cable row machine with your feet on the footrests and knees slightly bent. Grab the handle with both hands and pull it towards your torso while keeping your back straight and elbows close to your body. Squeeze your shoulder blades together at the end of the movement, then slowly return to the starting position.
SUPERSET	DB Shoulder Press	3 Sets	Top Set 5-8 Back off 8-10, 12-15	3-1-2	sit or stand with a dumbbell in each hand at shoulder height, palms facing forward. Press the dumbbells overhead until your arms are fully extended, then lower them back to the starting position while maintaining control throughout the movement.
	Cable Hammer Curl	3 Sets	Top Set 8-10 Back off 10-12, 12-15	2-1-2	stand facing a cable machine with the handle attached at the lowest setting. Grab the handle with both hands, palms facing each other, and keep your elbows close to your body. Curl the handle toward your shoulders while squeezing your biceps, then slowly lower it back to the starting position.

BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

EXERCISE EXECUTION & SELECTION

Session Breakdowns & Rationals

Pre-Exhaustion Method - If you are training mostly for Hypertrophy Purposes, whatever muscle group you are focussing on for that session can be pre-fatigued.

WHY? - Providing Pre-Fatigue to a muscle before your Compound Lift is a good way to ensure that the muscle you are trying to Grow fails first before any other muscle group. (For example, performing a Glute Focus Hip Extension will fatigue the glutes before going into your compound lift)

Main Lift - Your Main Lift will be your main Compound Exercise. This would be an exercise that works multiple muscle groups at once. (For example, a Squat, Hip Thrust, RDL, Leg Press) Every single session should have a Main Lift. 1-2 per session is Ideal provided intensity is there, anything more than this can be Junk Volume.

WHY? - Your Main Lift will be the one you are aiming to Lift HEAVY with, you want to be gaining strength overall in all muscle groups. Heavy Compound Exercises will aid in doing so and helps to eliminate strength Imbalances.

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EXERCISE EXECUTION & SELECTION

Session Breakdowns & Rationals

Isolation / Accessory - After finishing your Main lifts, you want to perform Accessory & Isolation Exercises. For example, a DB Bulgarian Split Squat, a DB Goblet Squat, Leg Extension, Seated Abductor etc...

WHY? - To aid in Strength, Hypertrophy & Performance... Finishing off your sessions with Isolation & Accessory exercises will aid to increase overall strength and hypertrophy in the specific muscle group you are trying to target.

Session Structure is IMPORTANT

It is important to know what you need to do to get the best out of each session that you do.

Waste Less Time & See Increased Growth...

Just by recognising the structures you need within sessions to maximise performance.

Don't over complicate it, follow the session structure stated above, train until failure with good form & execution and you will see Guaranteed Growth.

BEGINNER LEVEL

3 X WEEKLY TRAINING SPLIT

TRACKING NUTRITION AROUND GROWTH

How To Plan Nutrition around a Growth Phase

It is firstly important to evaluate your current eating habits, before diving in a calorie surplus. There are a few things to consider.

- How many calories you are intaking over the course of a week
- The amount of Macro-Nutrients you are consuming
- Meal frequency

→ How many calories you are intaking over the course of a week?

We calculate calories over a weekly average, you would have to find your baseline amount of calories. The amount of calories you are eating to maintain the body that you have at present. Once you establish this baseline, you can start the reverse process of going into a caloric surplus.

Slowly increasing calories over a period of weeks, setting a timeline for how long you want to spend in the growth phase.

→ Calorie & Macro Nutrient Intake Tracking

It can be easy to get calorie intake up, when you aren't really monitoring the nutritional values of the foods you are consuming. To really execute a growth phase in the best possible way. It is important to be looking at macro-nutrient consumption as well as calorie consumption. You want to be prioritising a high protein intake, to maximise muscle growth and recovery. Also monitoring carb and fat intakes, ensuring that you are getting sufficient amounts of each macro-nutrient in line with the goal at hand.

→ Daily Meal Frequency

It is also important to be focusing on getting consistent feeds throughout the day, ideally a meal every 3-4 hours. Containing 25+ grams of protein to ensure that Muscle Protein Synthesis is being spiked enough to Maximise Muscle Growth and Recovery.

It is also important from a stand point of staying fuelled and optimising performance within training and your daily life. You are more likely to stay active if you are consistently fuelled and nourished in the best way.