



9B

WOMENS ACADEMY
TRAINING | NUTRITION | COACHING

WOMEN'S TRAINING PROGRAM

LEVEL: BEGINNER

WARNING

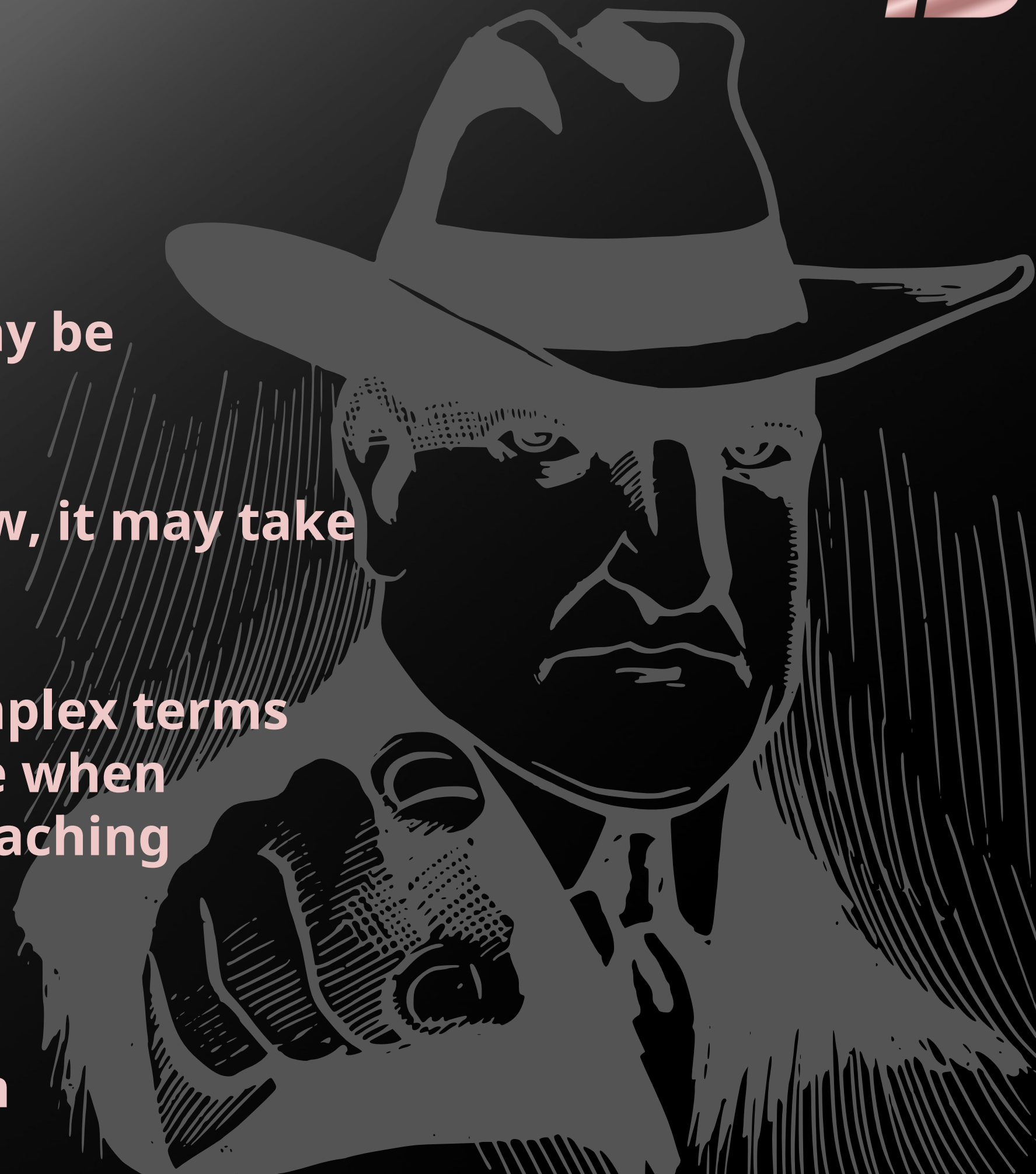
DO NOT Fear the following terms.

A lot of what you are about to read may be completely NEW to you.

The first time you learn something new, it may take time to understand it fully.

This is why we clearly break these complex terms down within our courses and of course when working with our clients 1-1 via our coaching service.

**If you do have any questions...
E-Mail us: info@pbfitnessacademy.com**

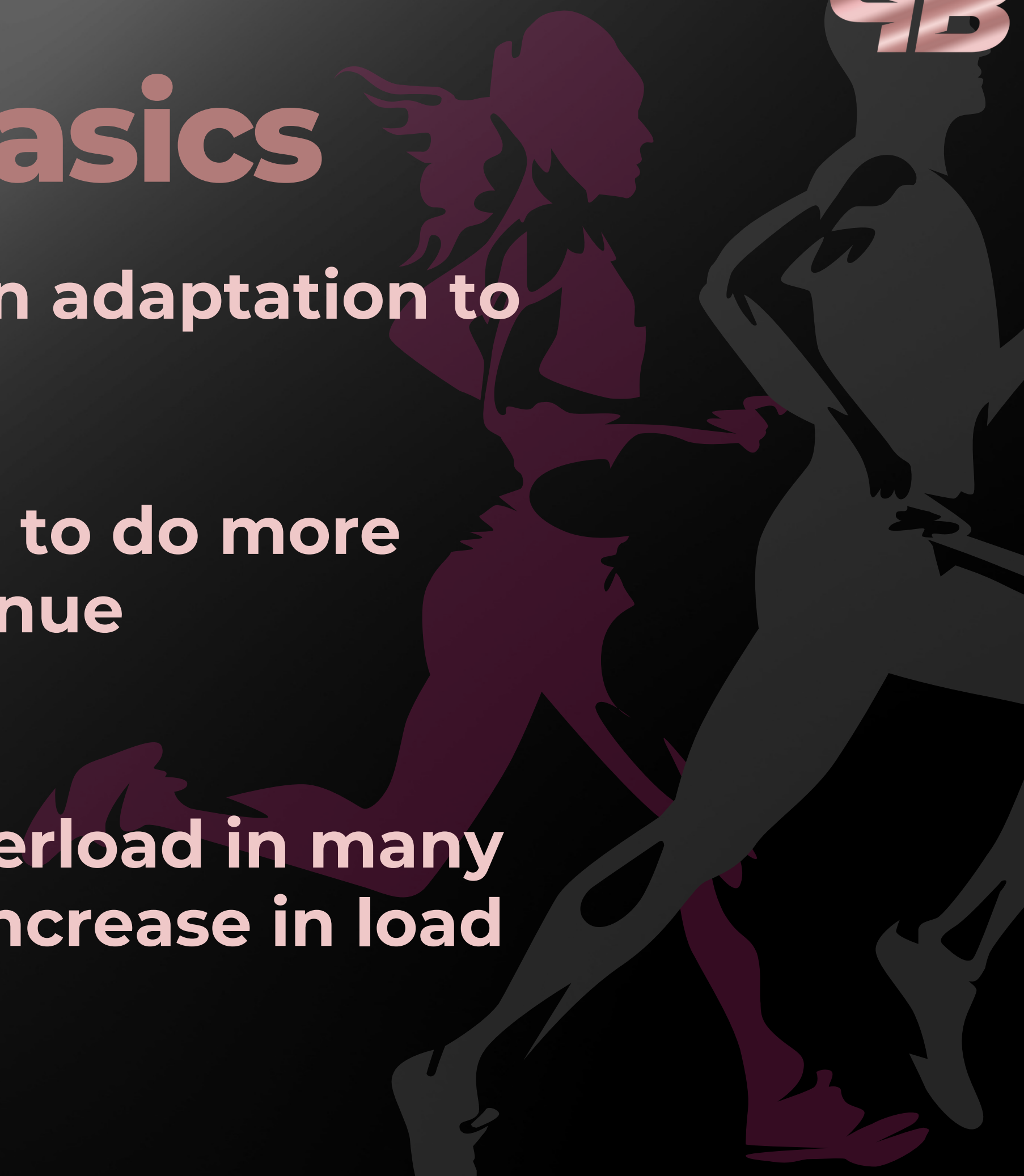


Covering the Basics

Hypertrophy is the result of an adaptation to an unaccustomed stress.

This is why we must continue to do more each session in order to continue progressing.

You can apply progressive overload in many forms, whether it be a small increase in load on the bar or an extra rep.



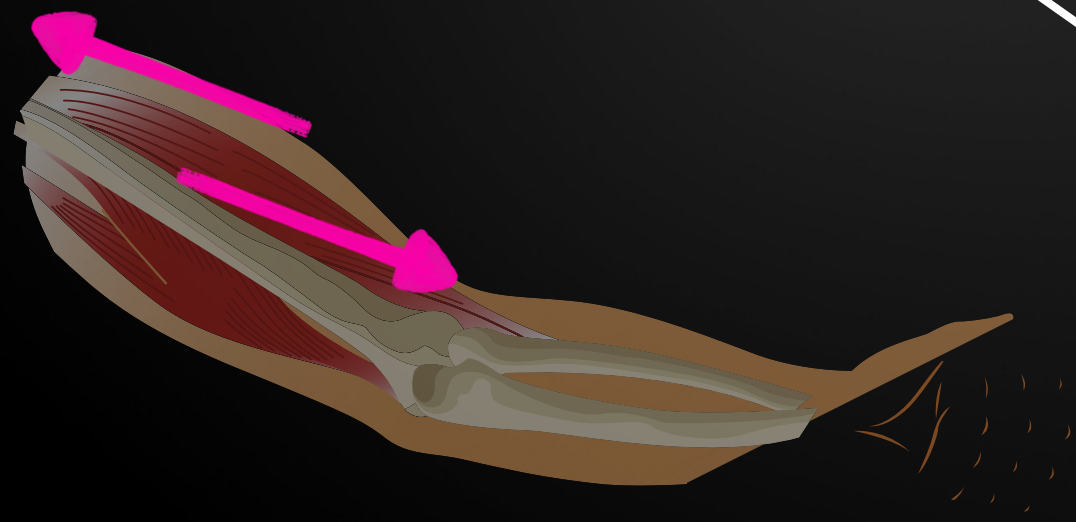
TEMPO & EXECUTION MUST BE STANDARDISED

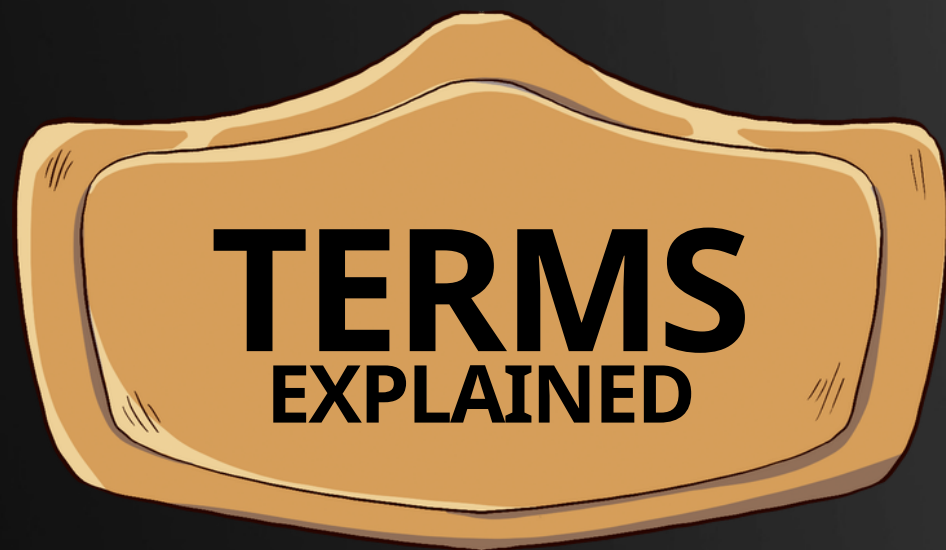
ECCENTRIC

CONCENTRIC

ISOMETRIC

4-1-1



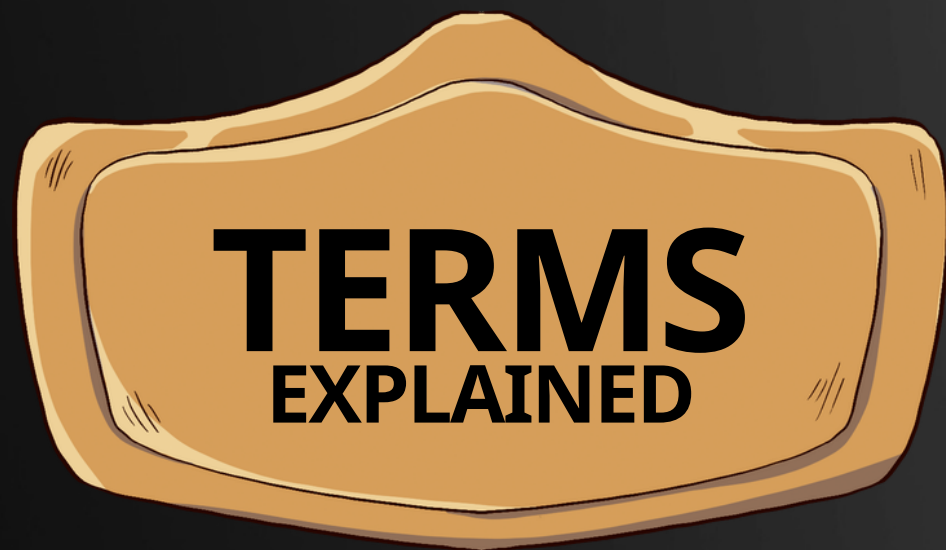


FEEDER SETS

Any set performed with the purpose of warming up. The goal here is to use lighter weight with lower reps to loosen up your muscles. Never to failure or close to it, with the goal of minimising fatigue before the working sets. Feeder sets are extremely important for an effective training session by allowing you to build up to your first working set as safely as possible. Using a feeder set will allow you to mentally prepare yourself for what is to come. It will promote increased blood flow to your muscles which will help improve their efficiency and responsiveness which can lead to an increase in performance. They should take place before every exercise until you feel ready to perform the first working set.

- NEVER to or anywhere near failure
- Allows time to settle into and 'feel' the exercise
- Prepares the CNS from a loading standpoint
- Reduces the risk of injury
- Maximises the chances of progression



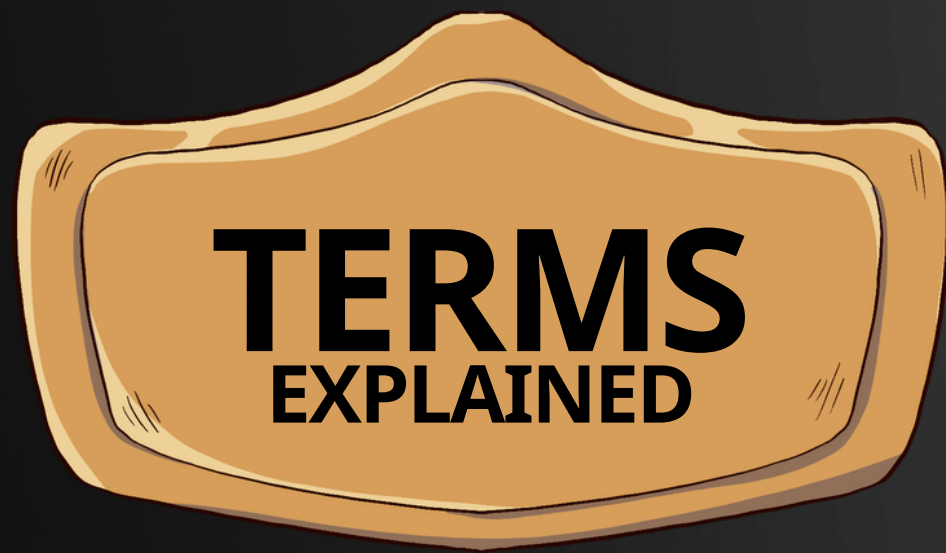


WORKING SETS

The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set must be taken to failure, unless your coach has stated otherwise. You will be asked to log every working sets (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers. 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 landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we desire.

- » Always to failure unless stated otherwise
- » Progressive logbooking is the goal
- » Tempo and Execution should be standardised
- » The final 3-5 reps causes the desired trigger
- » The sets that count...

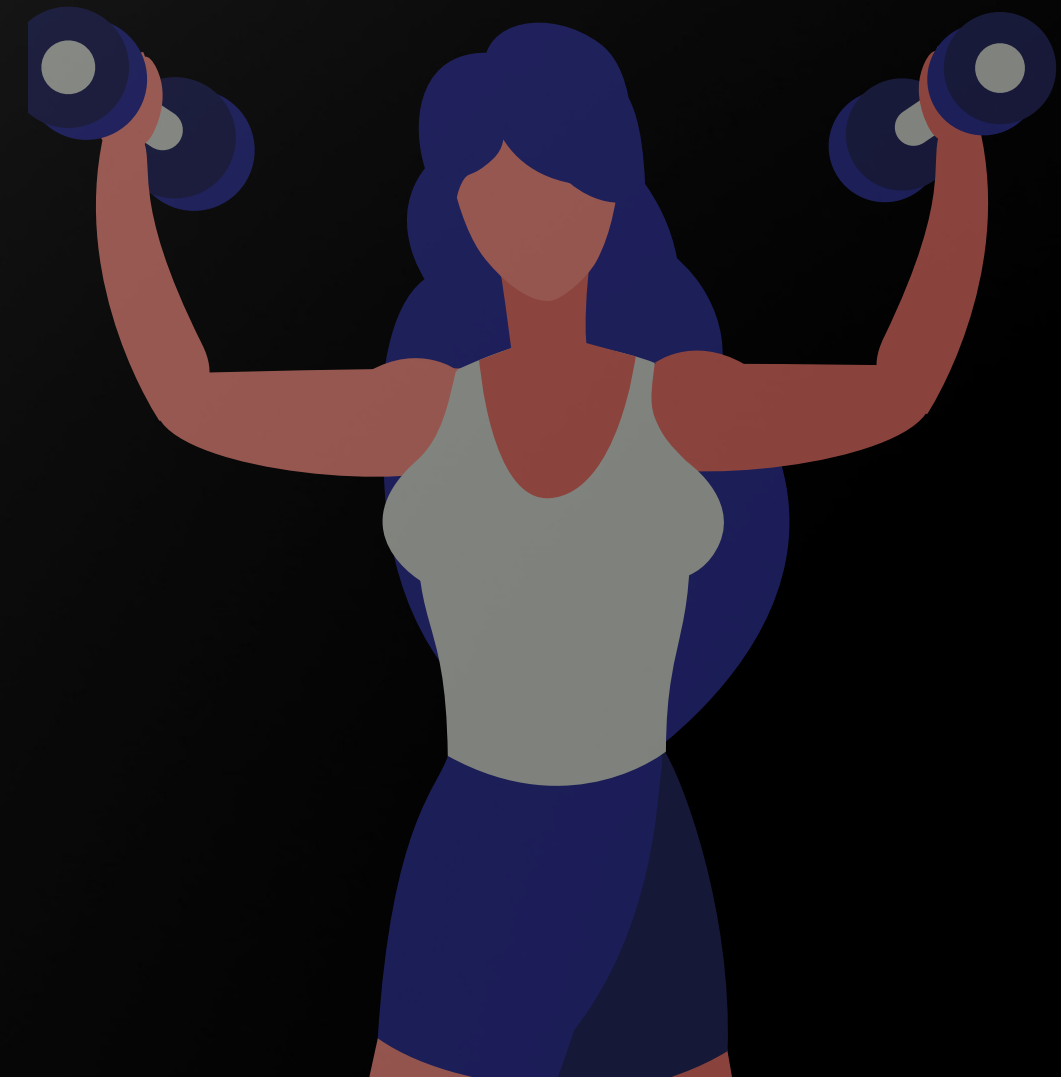


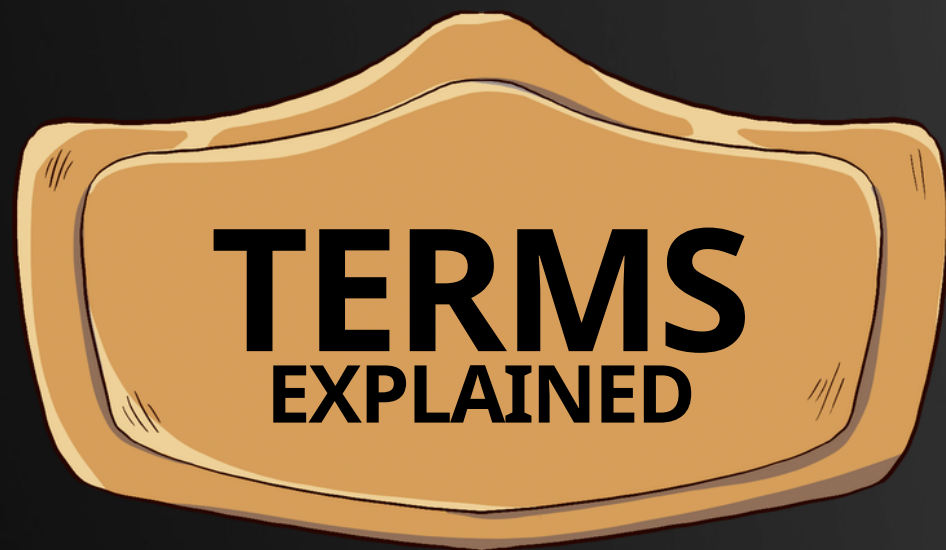


TOP SETS

The top set is the heaviest working set of the exercise. This is where you will be able to lift the most amount of weight to reach your rep range, and naturally from here on your strength will drop. You should not be able to perform the same load for the same number of reps for consecutive sets if you are hitting true failure. This set is performed after your feeder / warm ups sets and the purpose of the top set is to challenge your muscles and CNS to handle a heavy load and push the driver of muscle damage. This stimulates your muscles which will result in strength development and muscle mass increase. This should only be prescribed to those that can truly hit failure and handle load with safety!

- » Always to failure unless stated otherwise
- » Muscle Damage is a big driver!
- » Client must be skilled enough to perform
- » Intensifiers should rarely be added
- » Intense focus required, risk of injury is higher





BACK OFF SETS

The back off set is the set or sets that you will perform after the top set, it's essentially a lighter load following a heavier load. This set will be a greater rep range for you to hit which means that you will need to reduce the load by 15/30% following top sets to allow for more reps. We would use the back off set to take advantage of the CNS adaptation to boost performance on a lighter load. The goal of this set is to trigger metabolic stress and boost overall volume in a safe environment. You can also take advantage of training to true failure here if you have the skillset to push this all the way to failure, collecting more effective reps, triggering mechanical tension and muscle damage which will lead to a ton of growth.

- » Always to failure unless stated otherwise
- » Metabolic Stress is a big driver
- » Muscle Damage & Mechanical Tension is high
- » TUT & Volume will build here
- » Intense focus required, risk of injury is moderate



**TERMS
EXPLAINED**

PRIMING SETS

Using a priming set is to push as much blood in the muscle as possible whilst also pre-exhaust the muscle. This is a fantastic tool to recruit more muscle fibres 'lighting the muscle up' prior to moving into a top set. The load will take a hit on top sets, but providing you are training to failure the response may even be greater if the connection is improved. Very similar to using an isolation prior to a compound to guarantee the targeted muscle will hit failure first, we would use priming sets prior to top sets to guarantee the muscle is taking the load and not the joint and surrounding tendons. Very advanced and strong athletes may benefit from priming sets, this can reduce the risk of injury as your muscles and joints are primed and prepared for the stress.

- Always to failure unless stated otherwise, not a feeder or warm up set!!
- Mechanical Tension & TUT is the goal
- Preparing the CNS for what is to come!
- Reduces the risk of injury
- Should be strategically used depending on the client



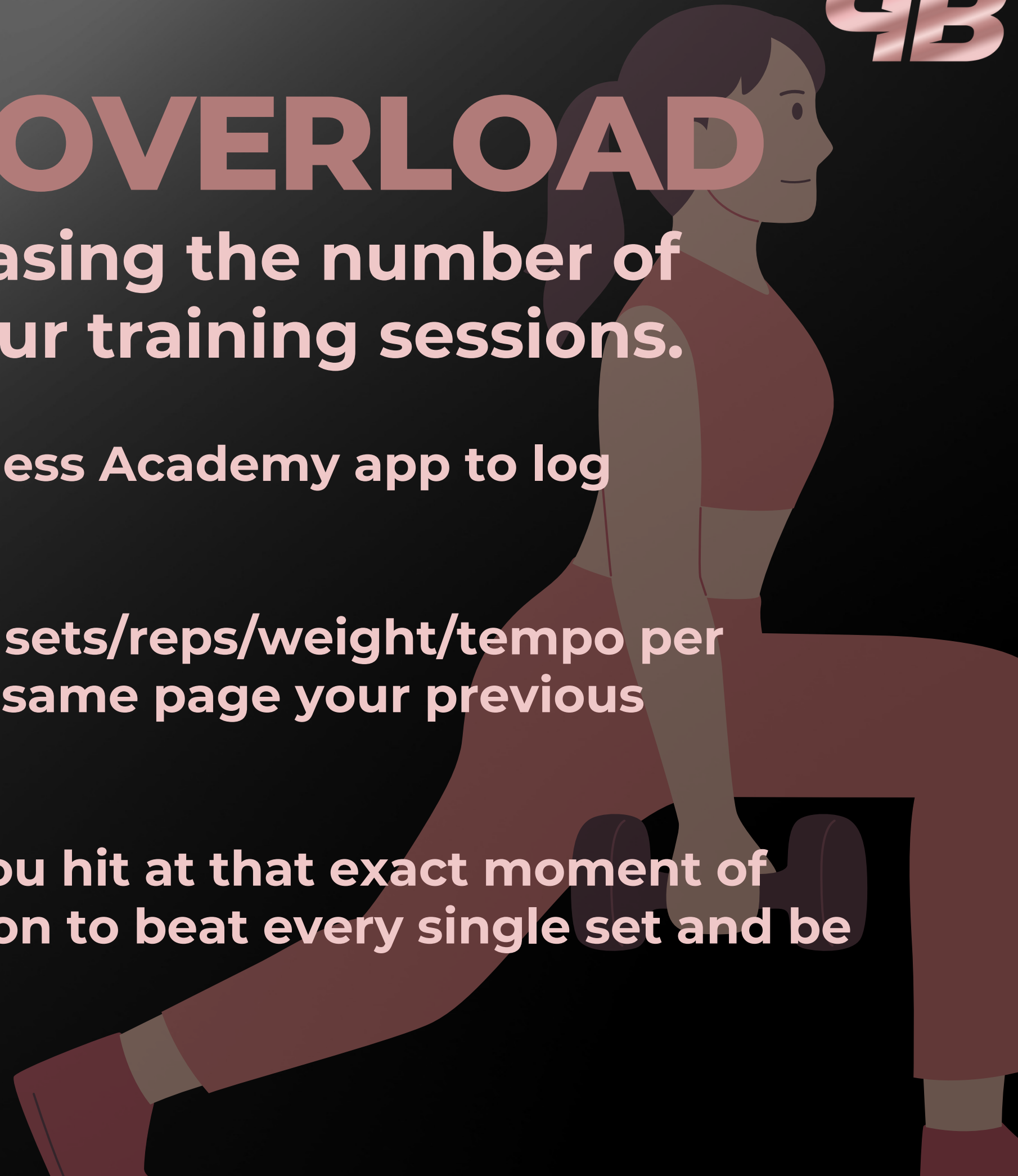
PROGRESSIVE OVERLOAD

Definition: Consistently increasing the number of reps, weights or volume in your training sessions.

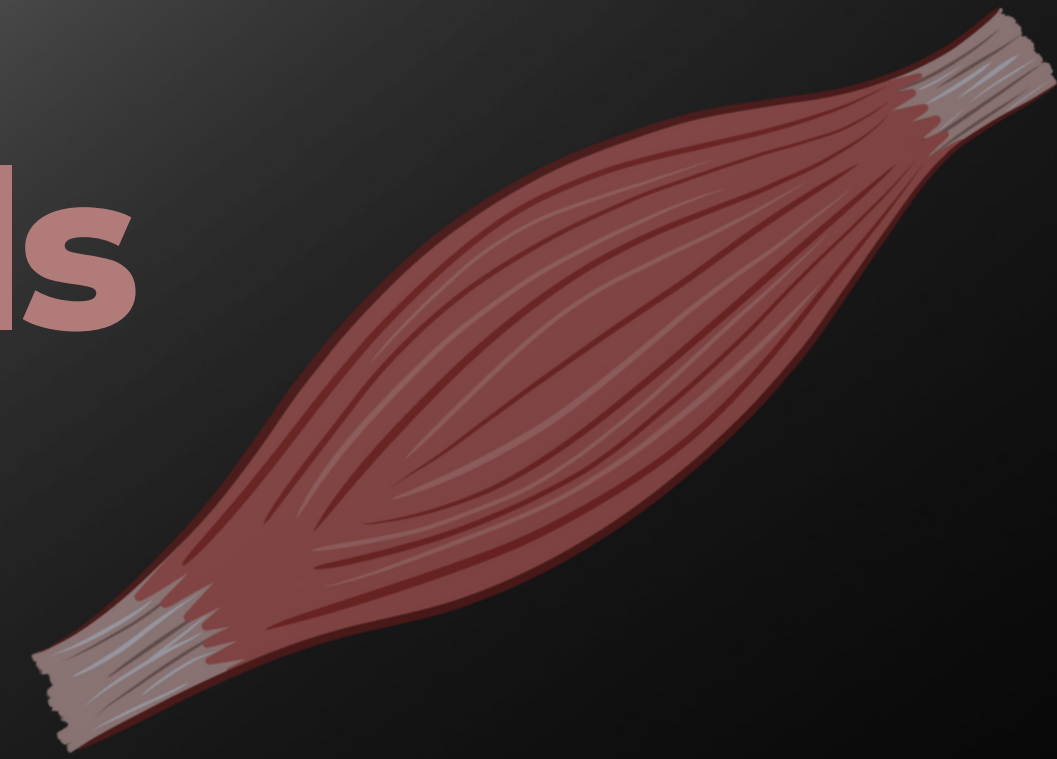
This is why we have created the PB Fitness Academy app to log workouts in such a specific way.

Not only are you able to track the usual sets/reps/weight/tempo per exercise but, you can clearly see on the same page your previous sessions of that rotation.

This allows you to know exactly what you hit at that exact moment of the previous session, boosting motivation to beat every single set and be better than you were yesterday!



Measurement Tools



Weights

The weight/load being used for each set.

Reps

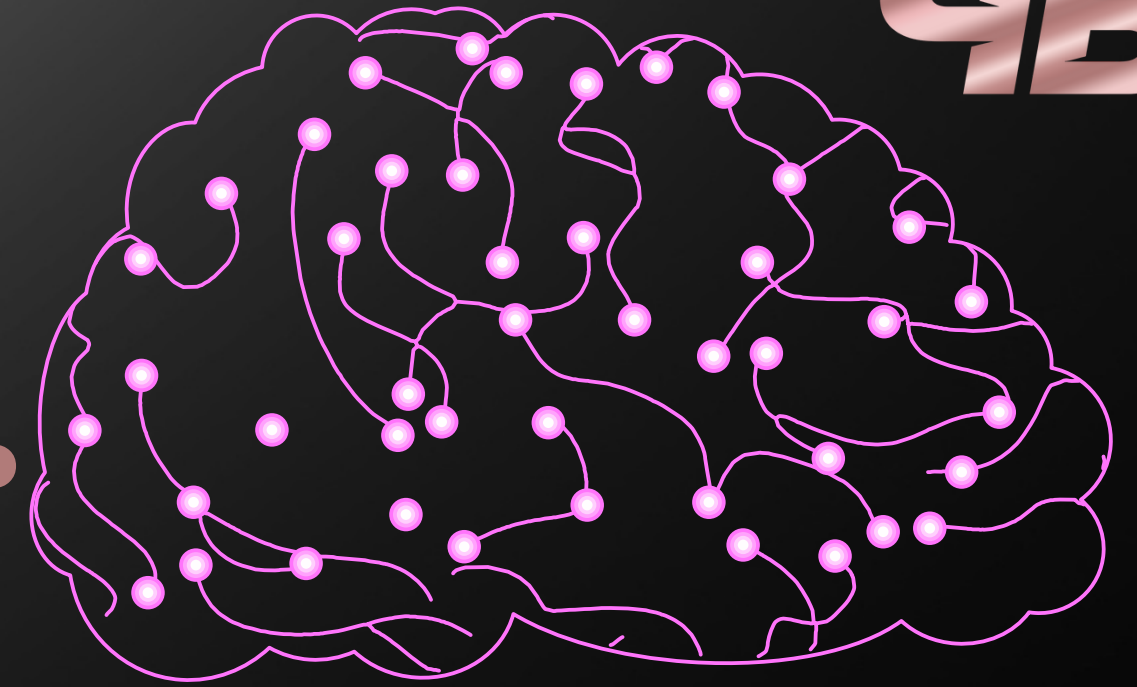
The number of reps completed each set.

Volume

The total load lifted calculated via $\text{Weights} \times \text{Reps}$.

Ex. $140\text{kg} \times 10 \text{ Reps} = 1,400\text{kg Volume}$.

WAIT! There's more...



These must stay constant to achieve true progressive overload...

Execution

Technique/form of the exercise. This improves over time as you develop the skills and neural adaptations take place.

Tempo

The time spent in each phase of contraction. Ex. Eccentric, Isometric, Concentric AKA 4-1-2.

Intensity

The ability of the individual to train close to muscular failure.

FINALLY... TEMPO EXPLAINED

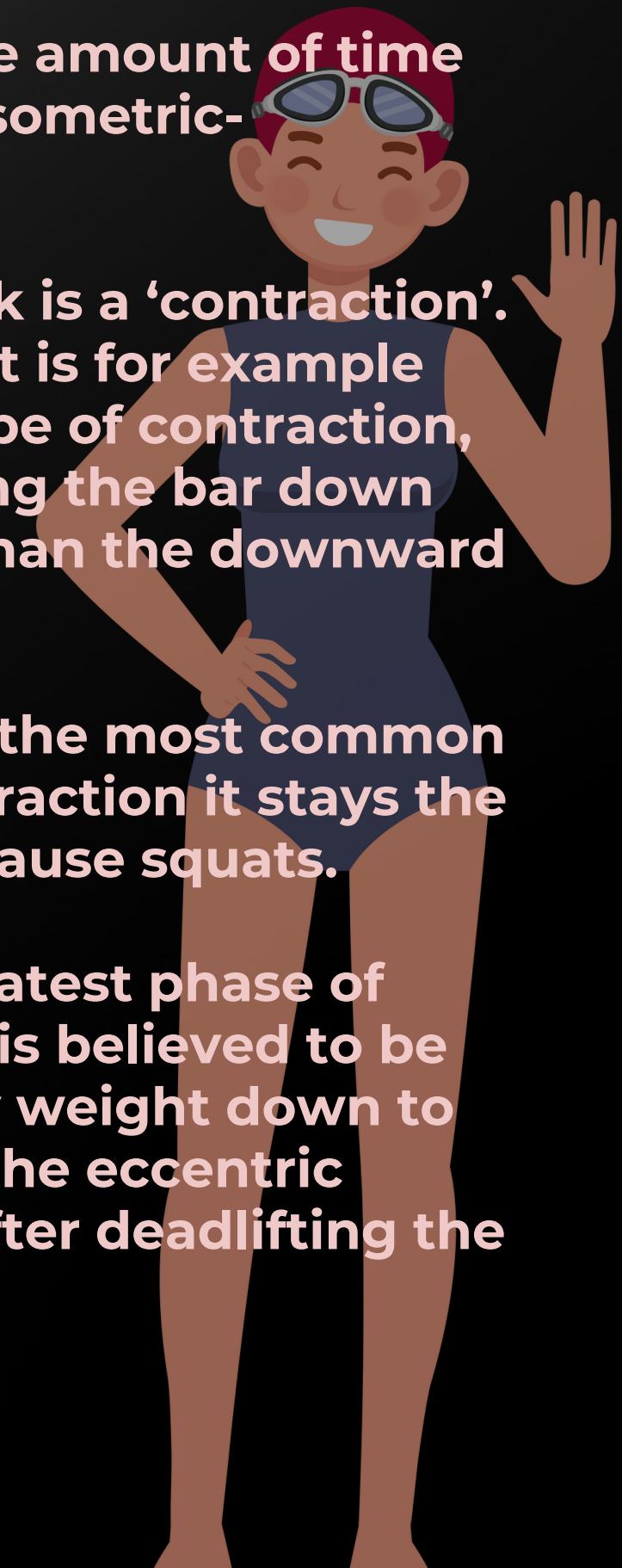


TEMPO: You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

CONCENTRIC: This is when the muscles shorten / contract. This is what most people think is a 'contraction'. That is because this is the contraction tested for strength. The concentric phase of the lift is for example on the bench press when you are pushing the bar up. Surprisingly, this is the weakest type of contraction, this is why if you are testing your 1-Rep-Max on the Bench Press - you may be able to bring the bar down slowly but unable to push it back up. This is due to the Concentric phase being weaker than the downward (Eccentric) phase, bringing me on to the next contraction.

ISOMETRIC: This is the most uncommonly trained contraction but again is stronger than the most common concentric contraction. This is when the muscle doesn't lengthen or shorten during contraction it stays the same. This can be simply exercised by pausing and holding the weight in one place e.g pause squats.

ECCENTRIC: This is when the muscles lengthen during contraction, and arguable the greatest phase of contraction for muscle hypertrophy. This is the downward phase of the bench press and is believed to be around 4x stronger than concentric contraction. This is the reason you can control heavy weight down to your chest on the bench but can't push it back up. This can be trained by slowing down the eccentric phase of the lift during any exercise, therefore instead of dropping the weight straight after deadlifting the bar off the ground; don't drop it but slowly lower the bar back to the ground.



SET YOUR EXPECTATIONS

Remember that progress is not always linear, however, you must do all you can to force adaptation.

Not every week will see an increase in load but, if you do everything in your control outside of the gym, you will see progression over time!

That is the secret to seeing changes and developments in your physique.





TRAINING PLAN - BEGINNER - FULL BODY 1

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

BARBELL HIP THRUSTS

Set yourself up sitting on the floor, with your upper back placed firmly against the side of a bench. Firstly, roll the bar (Add padding if needed) on your hips and place your feet in what would be a usual squat stance, feet just outside shoulder width with your toes pointing slightly outwards. Take the weight of the bar and hover slightly off the ground, this is your starting position. Lower the eccentric phase whilst actively thinking about pressing the majority of the weight through your heel but making sure your feet stay flat to the floor throughout. As soon as you feel the load start to shift away from the targetted area, press the weight back up thinking about squeezing the glutes hard, especially at the top.

3

8-10

2-1-2

2-3

BARBELL RDL

Place feet about shoulder width apart in then most comfortable position for you. Place grip just outside of your knees. Press all of your weight through your heels whilst keeping your feet flat. Keep the bar close, scraping your body throughout the rep. Keep your head in line with your spine (dont look up at the bottom) and keep your spine neutral. Arms fully locked out by squeezing the triceps hard. Allow slight knee flexion so that you are not completely locked out, maintain that position throughout especially the bottom of the lift.

3

8-10

3-1-2

2-3

MEDIUM GRIP LAT PULLDOWN

Grip the bar with a pronated grip just outside of shoulder width wherever is most comfortable for you. Thinking of your hands as just hooks, pull the bar down with your elbows, at the bottom of the movemnt think about turning your elbows in to shorten the lats as much as possible. Control the eccentric whilst maintaining shoulder extension. Allow for a slight lean back as you pull down.

3

8-10

2-2-2

1-2

SEATED CHEST PRESS

Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Set up the machine so that the handles finish just above your nipples. Control the eccentrics slowly, take a slight pause at the bottom to take away any elastic energy, then use as much power as possible on the concentric and squeeze hard.

3

8-10

3-1-2

1-2

CABLE ROPE EXTENSION

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 move yourself 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 slowly control the eccentric.

2

10-12

2-2-2

1-2

CABLE ROPE CURLS

Set up the cable machine at the lowest setting with a rope attachment. Grip the rope in the most comfortable position for you whilst keeping your wrists neutral throughout. Stand back from the machine untill you take the weight with your arms fully extended. Begin the set whilst keeping your upper arms and elbows locked into the same position and maintain that throughout the set.

2

10-12

2-2-2

1-2

PLANK HOLD

Place feet about shoulder width apart in then most comfortable position for you. Place grip just outside of your knees. Press all of your weight through your heels whilst keeping your feet flat. Keep the bar close, scraping your body throughout the rep. Keep your head in line with your spine (dont look up at the bottom) and keep your spine neutral. Arms fully locked out by squeezing the triceps hard. Allow slight knee flexion so that you are not completely locked out, maintain that position throughout especially the bottom of the lift.

3

45 second hold



TRAINING PLAN - BEGINNER - FULL BODY 2

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

LYING HACK SQUAT

Just like a regular free weight squat use all of the same cues. Push all of your weight through your heels whilst keeping your feet flat, knees in line with toes. Neutral spine throughout and keep your back pressed against the pad.

3

8-10

2-1-2

2-3

MACHINE SHOULDER PRESS

Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Set up the machine so that the handles finish just above your chin. Control the eccentrics slowly, take a slight pause at the bottom to take away any elastic energy, then use as much power as possible on the concentric and squeeze hard.

3

8-10

3-1-2

2-3

SEATED ROW

Strap yourself in a neutral grip position, keep your chest up throughout the set. Keep your elbows tucked as close as possible to your torso. Maintain shoulder extension here to prioritize the rhomboids.

3

8-10

2-1-2

1-2

LEG EXTENSION

Grab your hands around the handles/seat and pull yourself in hard, actively thinking about this throughout the set. Contract hard at the top, exploiting the shortened range of the quads

3

12-15

3-1-2

1-2

CABLE ROPE FACE PULLS

Set up a rope attachment to a cable at head height. Stand back, facing the cable machine with both hands holding the rope with a pronated grip. Thinking about using your rear delts, contract to start the movement and actively thinking about driving your elbows back and away from your body. Finish with your elbows flared and the shoulder externally rotated. Slowly control the rope back to the starting point.

2

12-15

2-1-2

1

CABLE ROPE CRUNCH

Set up a cable machine at mid height with a cable rope attachment. Using a yoga mat, kneel down facing the cable machine. Grip the rope with both hands and take the weight down until your upper arms are by your ears and hold them in this throughout the set. The starting position will be with your abs stretched and spine in extension, use your abs to crunch down bringing your chest to your knees, squeeze hard and slowly control the weight back into the starting position.

2

15-20

2-1-2

1

CALF RAISIES

Place top half of foot on the platform (not just toes). Slowly lower eccentrics and pause to alleviate any elastic energy. Using only your calves to contract hard out of the bottom and finish strong with a big contraction at the top.

3

15-20

4-1-2

1



TRAINING PLAN - BEGINNER - FULL BODY 3

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

SMITH MACHINE SQUATS

Establish bar grip position first, then pull the bar into your traps to activate your lats throughout the set. This will protect your spine by keeping you in a neutral spine position. Set your feet up in a comfortable position for you, usually just outside shoulder width. Make sure your toes are pointing slightly outwards, break with your knees and hips simultaneously making sure your knees move in line with your toes (dont let them cave in). Push all of your weight through your heels whilst keeping your feet flat. Focus on keeping your chest high whilst pulling the bar down, think about bending the bar. Control the eccentric and try not to bounce in and out of the hole.

3

8-10

3-2-1

2-3

INCLINE PRESS MACHINE

Retract your scapula and dig it into the bench, pressing your feet hard into the ground to create a stable base. Set up the machine so that the handles finish just above your nipples. Control the eccentrics slowly, take a slight pause at the bottom to take away any elastic energy, then use as much power as possible on the concentric and squeeze hard.

3

8-10

2-1-1

2-3

ASSISTED PULL UPS

Grip the bar with a pronated grip just outside of shoulder width wherever is most comfortable for you. Thinking of your hands as just hooks, pull yourself up, and at the top of the movemnt think about turning your elbows in to shorten the lats as much as possible. Control the eccentric whilst maintaining shoulder extension. Allow for a slight lean back as you pull up.

3

10-12

2-0-1

1-2

WIDE STANCE LEG PRESS

Place your feet at the most comfortable position just a little wider and higher than your usual stance on the leg press. Lower with control, go as deep as you can before your lower back starts to leave the pad and hit a 2 second pause at the bottom without letting the weight rest. Drive the weight back thinking about isolating the quads for this movement by thinking about sliding the floor forward. Press all of your weight through your heels whilst keeping your feet flat.

3

8-10

2-1-2

1-2

LATERAL RAISE MACHINE

Maintain a slight bend in your elbow throughout the set. Press your elbows against the pads and raise both pads using zero momentum lateral to your torso, finish with your elbows at shoulder height. Actively think about pronating your wrists so that your pinky is facing the sky. This should result in your elbow reaching shoulder height with your hands slightly below.

2

10-12

3-1-2

1

DB BICEP CURLS

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.

2

8-10

2-1-2

1

45 DEGREE HIP EXTENSION

Just Set the machine up in the most comfortable position for you. Lock your ankles into the machine, keeping a slight bend in the knee throughout. Do not fully lock the knees. Begin the movemnet with a big concentric contraction to activate the glutes, then lower your upper body down as far as possible untill you lose tension on the glutes. On the concentric phase, only extend until your glutes are fully contracted, DO NOT hyperextend your spine. The range of motion should be short and precise.

3

15-20

2-1-1

1

Q/B

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