



9B

WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

WOMEN'S TRAINING PROGRAM

LEVEL: ADVANCED

WARNING

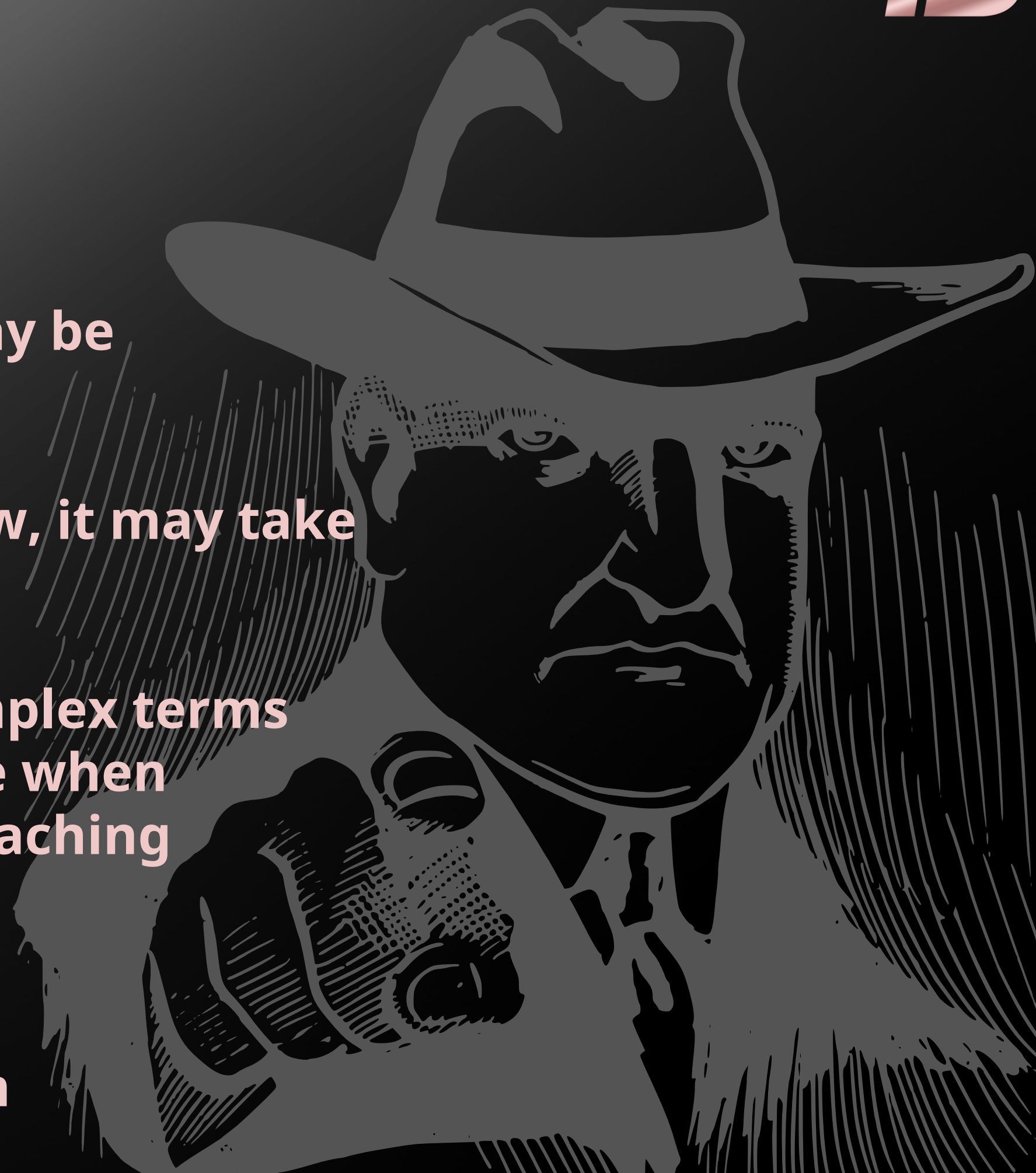
DO NOT Fear the following terms.

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**

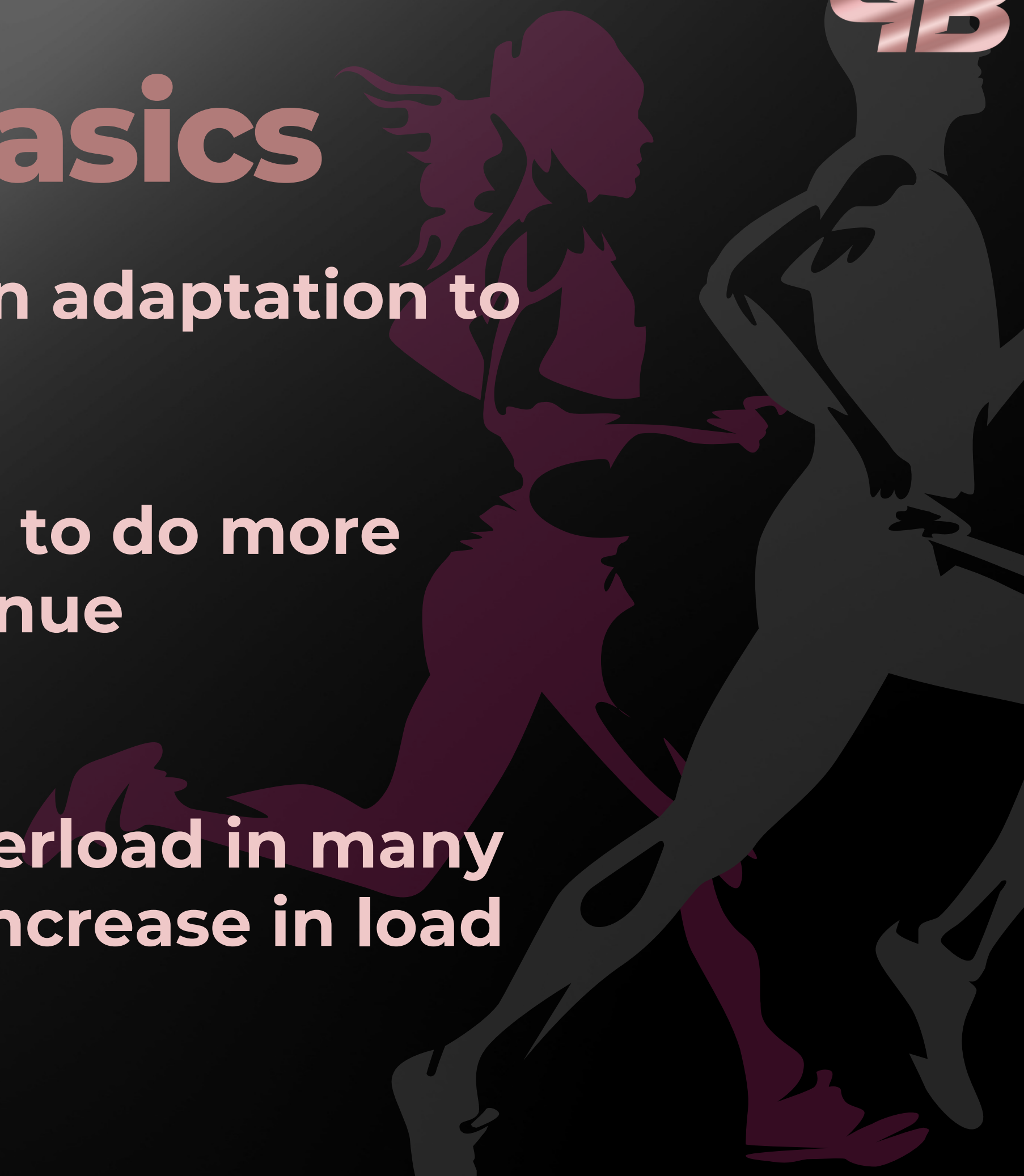


Covering the Basics

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.



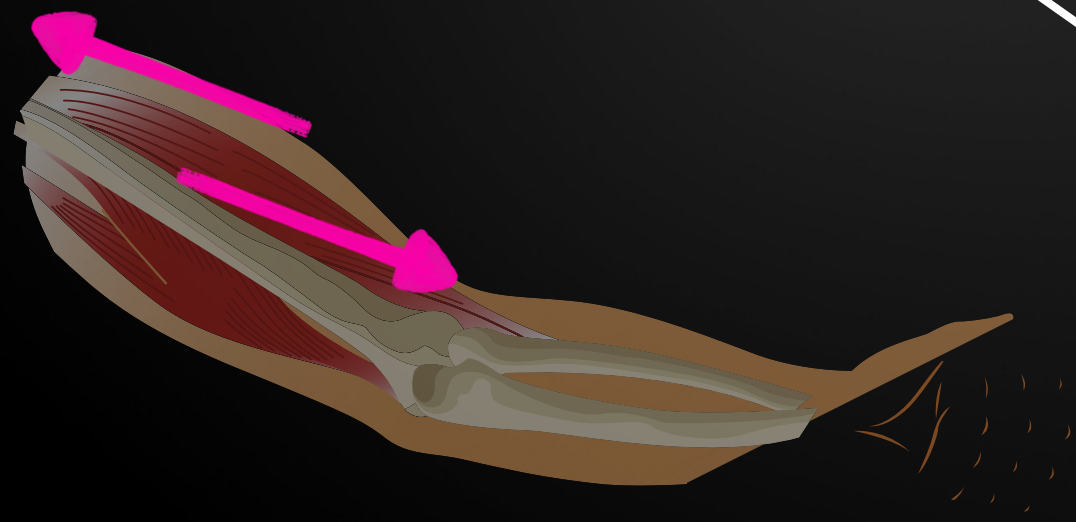
TEMPO & EXECUTION MUST BE STANDARDISED

ECCENTRIC

CONCENTRIC

ISOMETRIC

4-1-1



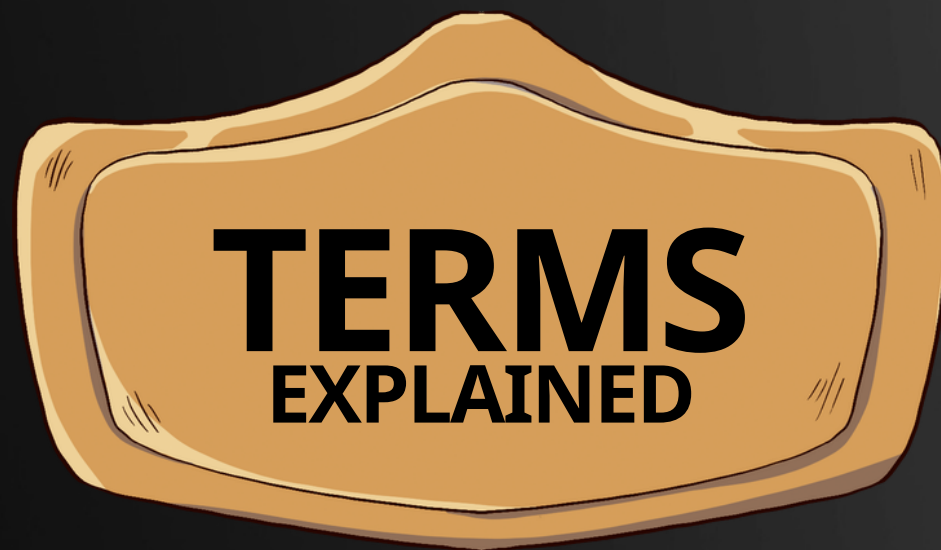
**TERMS
EXPLAINED**

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**



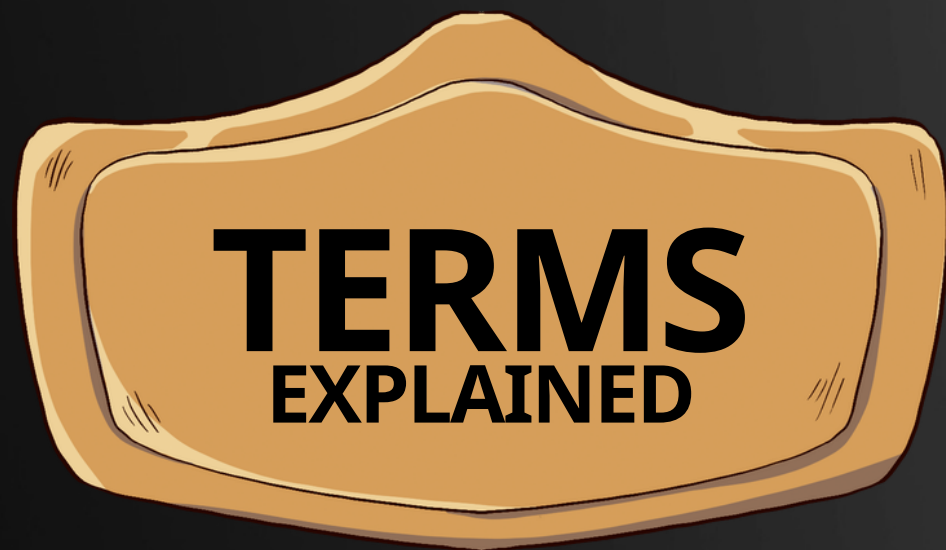


WORKING SETS

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...



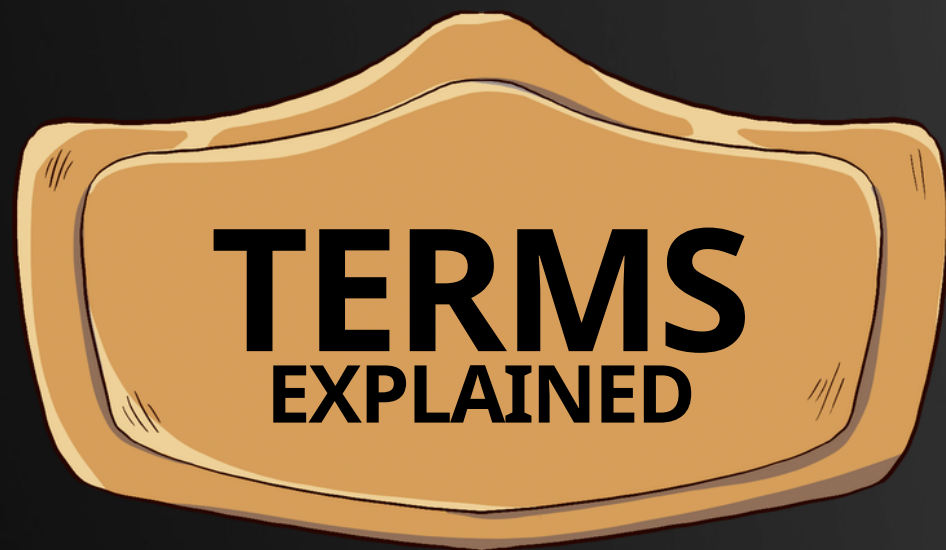


TOP SETS

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



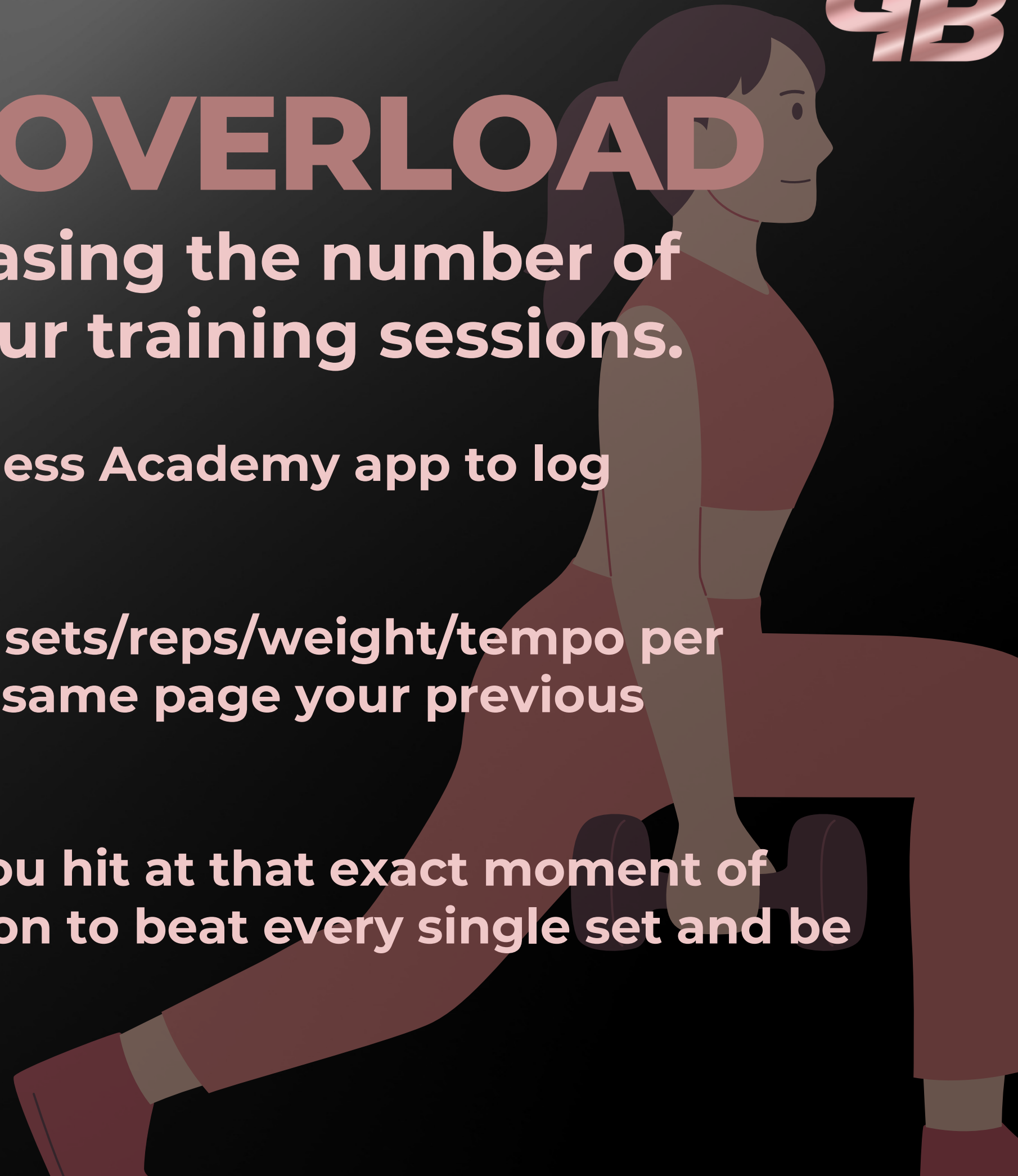
PROGRESSIVE OVERLOAD

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

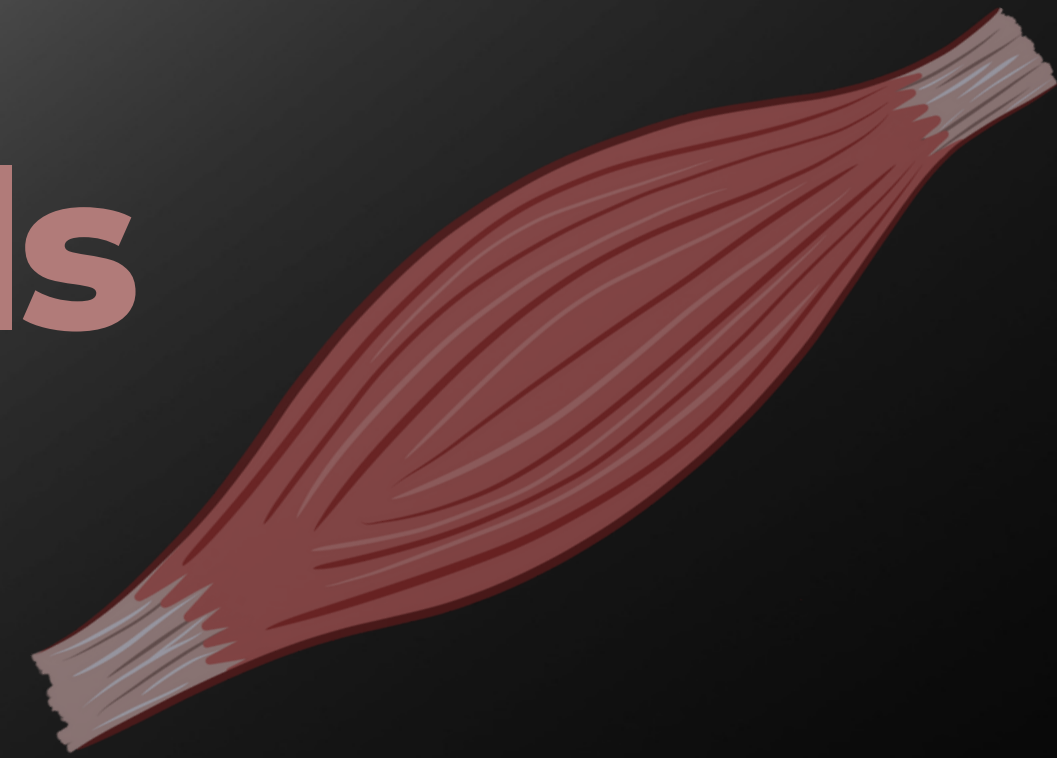
This is why we have created the PB Fitness Academy app to log workouts in such a specific way.

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

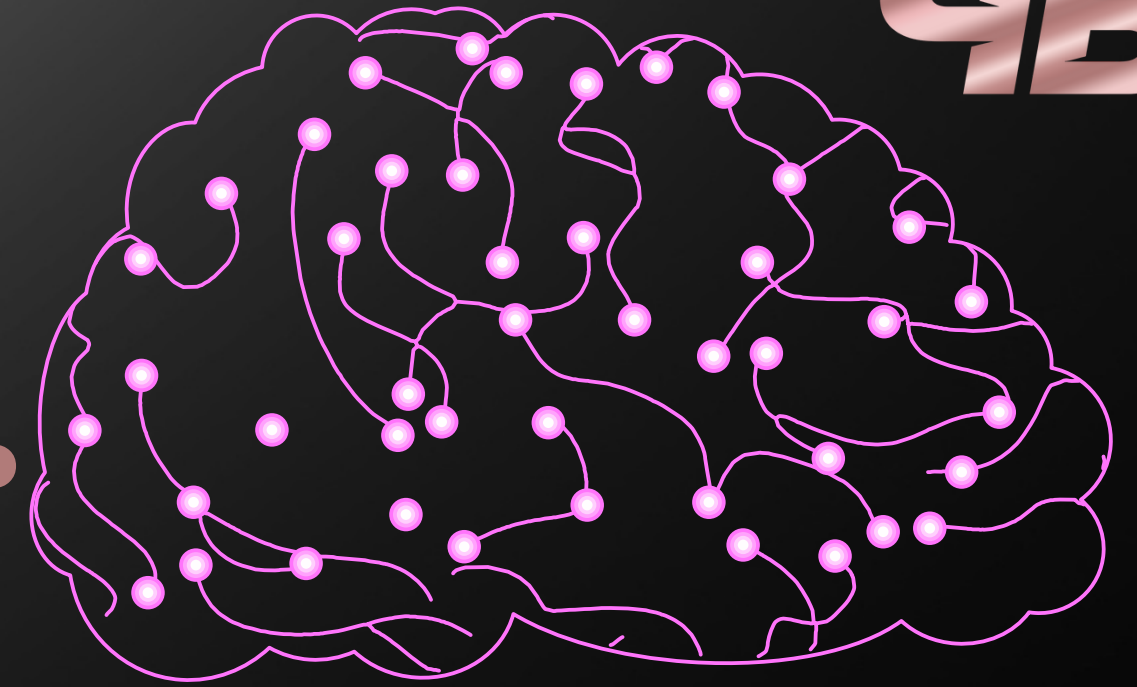
The number of reps completed each set.

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

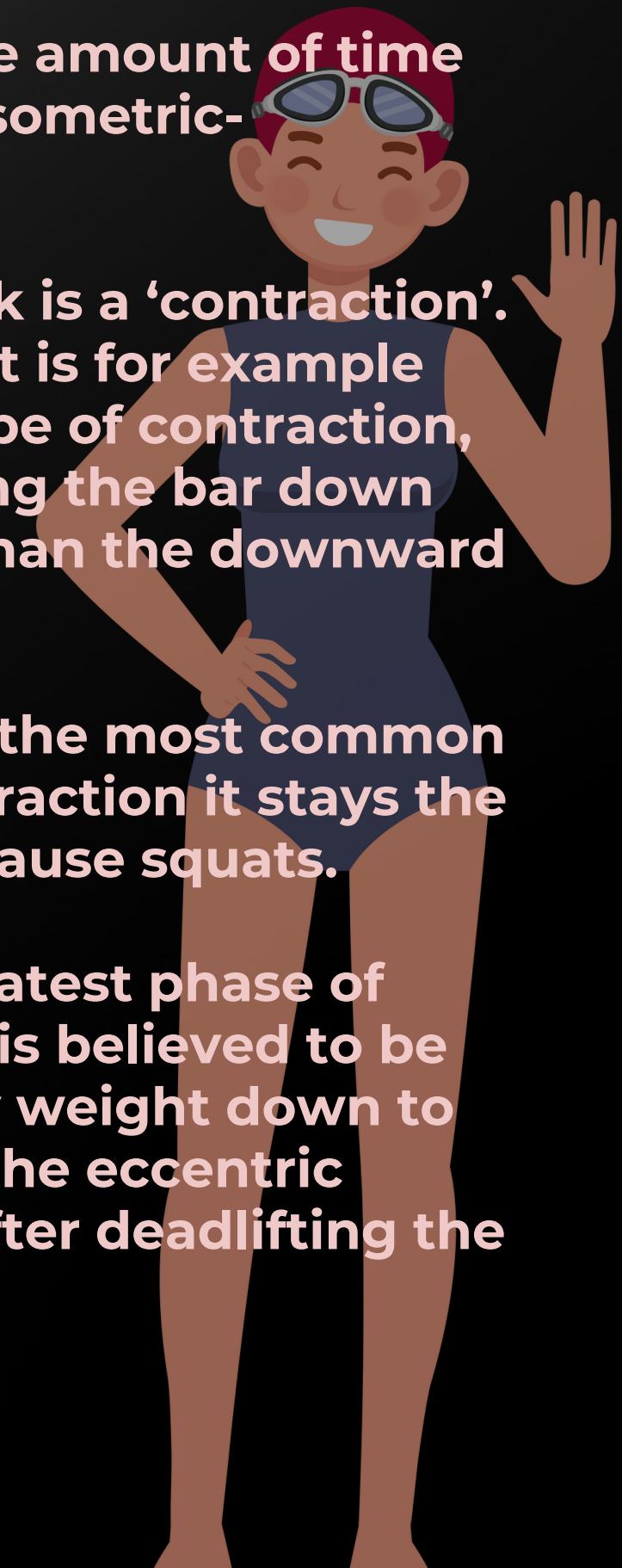


TEMPO: You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

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 - ADVANCED - LOWER BODY

(POSTERIOR FOCUSSED)

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
SEATED HAMSTRING CURL	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.	3	Priming 12-15 Top Set 8-10 Back Off 15-20	3-1-2	1-2
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 nuetral. 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.	2	Top Set 8-10 Back Off 15-20	3-1-1	1-3
NAUTILUS GLUTE DRIVE	Set yourself up on the machine in the most comfortable position for you. Firstly, place your feet in what would be a usual squat stance, feet just outside shoulder width with your toes pointing slightly outwards. Strap the belt around your waist and take the weight of the machine whilst unhooking the safety mechanism. Lower the eccentric phase whilst actively thinking about pressing the majoriry of the weight through your heel but making sure your feet stay flat to the platform 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.	2	Top Set 8-10 Back Off 15-20	2-2-1	1-2
SPLIT SQUATS GLUTE FOCUSED	Set up with dumbbells in both hands. Place your working legs foot forward and move your non working legs foot behind. You will need to find the most comfortable position for you. Using your back leg only for support, try and press all of the weight through your mid foot. The tempo should be slow on both the concentric and eccentric phase, never fully locking out the knee.	2	Top Set 8-10 Back Off 15-20	3-1-2	1-2
WIDE AND HIGH 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	12-15 10-12 8-10	3-1-1	1-3
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	12-15	2-1-2	1
CABLE KICKBACKS	Set one cable up on the lowest point with a cuff attachment. Firstly, set yourself up by taking one big step away from the machine. Facing the machine set your non working leg with a slight bend in the knee to maintain a steady position, using your arms to lean forward and hold on to the machine. Place your working ankle in the cuff and make sure you are strapped in tight so you dont have to worry about the cuff slipping. Keeping a sligh bend in your knee throughout, kick back until your glutes are fully contracted. Control the eccentric and squeeze hard through the glute at the top of the movement to establish a better mind muscle connection.	3	12-15	2-2-2	1



TRAINING PLAN - ADVANCED - PUSH

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

DB INCLINE PRESS

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. Use as much power as possible on the concentric.

2

Top Set 8-10
Back Off 15-20

2-0-1

1-2

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.

2

Top Set 8-10
Back Off 15-20

2-0-1

1-2

CABLE CUFFED INCLINE LATERAL RAISES

Set up a 30degree incline bench facing a close cable stack machine. Strap both wrists to the opposing cables cuffs. Keep your elbows slightly bent throughout the set. Raise both cuffs 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.

3

Priming 12-15
Top Set 8-10
Back Off 15-20

3-1-2

1-3

CABLE CUFFED CRUCIFIX LATERAL RAISES

Strap both wrists to the opposing cables cuffs, stand with your knees slightly bent creating a strong stable body position. Elbows fully extended to maintain the 'crucifix' throughout the set. Raise both cuffs 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.

3

Priming 12-15
Top Set 8-10
Back Off 15-20

2-1-2

1-2

CABLE OVERHEAD EXTENSIONS

Set the cable at the highest setting with a rope attachment. Stand facing away from the cables, lean back and press your glutes into the cable machine for support whilst leaning your upper body forward. Grip the rope and move yourself into the starting position with your upper body leaning over and locking your upper arms as high as possible without flaring the elbows. 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

Top Set 8-10
Back Off 15-20

2-2-2

1-2

CABLE ROPE EXTENSIONS

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.

3

12-15
10-12
8-10

3-1-2

1

BODYWEIGHT PLANK

This is a progression from the usualy plank set up, using 2 exercise balls, one underneath your feet to begin with. The next progression from that would be to use an exercise ball as the foundation for your feet and hands, creating a very wobbly and unstable base. Set yourself up in a press up position with your feet and hands shoulder width apart. It's important you make sure that your hips stay in line with your torso throughout, not too high and not too low. A good way to make sure of this is to flex the lumbar (lower) spine, doing this will also contract and engage the abs. Hold this position for the required time. You can make this movement more difficult by placing your hands higher in line with your head.

3

60 Sec Hold

1



TRAINING PLAN - ADVANCED - PULL

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
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	8-10	2-0-1	1-2
UNILATERAL PULLDOWN	Set up an adjustable bench at around 45-60degrees facing away from the cable stack, then set up the cable stack at a high point so that the line of pull is the same angle as the incline of the bench. Supinated grip, strapped in tight to the handle which takes focus off the grip (forearms won't fatigue/fail first). Mentally focusing on using your hands as hooks and driving your elbows down towards your back pockets. Locked in nicely using your non-working arm to stabilise yourself holding the lever from the opposing side. Knees fixed to the seat, and sternum pressed against the pad. Using slight lateral flexion to fully shorten the lat. Maintaining shoulder extension at the top of the eccentric to keep the tension on the lats.	2	Top Set 8-10 Back Off 15-20	3-1-1	1-3
CHEST SUPPORTED ROW	Set up on the machine with your feet first so that you are still supporting your own bodyweight. Allow a slight bend at the knee to stabilise your upper body into position. Place your sternum on the pad and retract your scapula. Grip the machine with a pronated grip, just outside of shoulder width, going too wide here is actually counter productive. Row back with your elbows flared throughout the movement, control the eccentrics!	3	12-15 10-12 8-10	3-1-1	1-2
CONVENTIONAL DEADLIFT	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 knee flexion at the bottom, as soon as the bar passes your knees, push your hips through and lock the knees out.	2	Top Set 5-8 Back Off 12-15	2-0-1	1-3
CABLE ROPE LAT PULLOVERS	Set up a cable machine with the rope attachment at the highest setting. Maintain a slight bend in your elbows throughout the set. Face the cable stack holding the rope with both arms, walk back untill you take the weight. Stand in a strong position dragging the rope down finishing with your elbows by your side so that your lats are fully contracted. Control the eccentrics and focus on the lengthened range (stretch) here.	3	Priming 12-15 Top Set 8-10 Back Off 15-20	2-2-2	1
MACHINE REAR DELT FLYS	Maintain a slight bend in your elbow throughout the set, control both the concentric and eccentric with the same slow steady pace. Squeeze hard at the top. Actively think about pushing the handles away from you to recruit the rear fibres of the delt.	3	12-15	3-1-2	1
HANGING LEG RAISES	Hang from a fixed bar with your arms fully locked out. Before initiating the first rep, roll your hips forward and maintain that position so that your hip flexors are disengaged. Using your abs only, crunch upwards bringing your upper leg and knees up until your abs are fully contracted. Hold for a slight pause at the top before controlling the eccentric phase down. Do not fully relax at the bottom, keep the abs under tension by keeping your hips rolled forward.	3	12-15	2-1-2	1



TRAINING PLAN - ADVANCED - LOWER BODY

(QUAD FOCUSSED)

EXERCISE

DESCRIPTION/LINK

SETS

REPS

TEMPO

FEEDERS

SEATED ADDUCTORS

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.

2

Top Set 8-10
Back Off 12-15

3-1-2

1-2

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.

2

Top Set 5-8
Back Off 12-15

3-1-1

1-3

PLATE LOADED LEG PRESS

Place your feet at the most comfortable position just about shoulder width apart. Lower with control, go as deep as you can before your lower back starts to leave the pad. Press all of your weight through your heels whilst keeping your feet flat.

3

12-15
10-12
8-10

3-1-1

1-2

HEEL WEDGED DB SPLIT SQUAT

Place a heel wedge OR plate on the floor, place your working legs heel on the wedge and move your non working legs foot behind you. You will need to find the most comfortable position for you whilst holding dumbbells in both hands. Using your back leg only for support, try and press all of the weight through your front foot. You should be actively thinking about allowing your knee to travel forward over your foot to bias the quad. The tempo should be slow on both the concentric and eccentric phase, never fully locking out the knee at the top to keep constant tension on the quads.

1

12-15

3-1-2

1-3

LEG EXTENSIONS

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

Priming 12-15
Top Set 8-10
Back Off 15-20

2-2-2

1

STANDING CALF RASIES

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

Priming 12-15
Top Set 8-10
Back Off 15-20

3-1-2

1

CABLE ROPE CRUNCH

Set up a cable machine at mid height with a cable rope attachment. Using a yoga matt, 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.

3

12-15

2-0-1

1

Q/B

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