

THE WOLVERINE WORKOUT

Vol 2

**Get Strong.
Get Big.
Get Lean.**

by David Kingsbury



Wolverine Workout Vol. 2

Contents

Intro	1
Goal of the plan	1
Phase information	2
Beginner phase notes	4
5 rep max week information	4
Strength phase information	5
Hypertrophy phase information	6
Lean out phase information	6
Strength chart notes	7
Hypertrophy chart notes	9
Tempo	11
Exercise selection	12

The Plans

3 day

3 day beginner	13
3 day 5 rep max test	14
3 day strength	15
3 day hypertrophy	16
3 day lean out	17
3 day review	18

4 day

4 day beginner	19
4 day 5 rep max test	21
4 day strength	23
4 day hypertrophy	25
4 day lean out	27
4 day review	28

5 day

5 day beginner	29
5 day 5 rep max test	31
5 day strength	33
5 day hypertrophy	35
5 day lean out	37
5 day review	39

Calorie consumption	40
Cardio information	41
Conclusion	43

Intro

Welcome to the Wolverine Workout Volume 2. Those of you who have followed my previous work will have seen the Volume 1 edition released from my blog and followed the system with great success.

As with any plan in order to maximise results you need natural progressions and adaptations to keep driving the human body to new levels.

Having had the Wolverine Workout Volume 1 gain such widespread attention through magazines, websites and TV shows, I wanted to document in more detail the plan we followed to take Hugh to even greater shape for “X-Men Days of Future Past”.

This plan will address 4 key stages of training with the addition of a beginner’s introduction for people who are new to lifting.

The 4 key stages are

- Beginners phase
- Strength phase
- Hypertrophy phase
- Lean up phase.

Depending on your goals you can adjust the length of each phase and utilise the system to achieve great results. My recommendation is you follow the plan from Day 1, right to the end, sticking to it as closely as possible. This will ensure your hard work and consistency pays off and the best possible results are delivered in the desired time.

This book uses the system Hugh used during the “X-Men Days of Future Past” film, which once again reveals Hugh in the best shape of his career. However this plan, unlike the Wolverine Workout Volume 1, it doesn’t just detail Hugh’s training it also covers multiple systems and phases to fit to anyone’s schedule and level of fitness.

The goal of the plan

The original goal of this plan was simply take Hugh to the next level of his physique for his new project, but in the development I decided to make the plan suitable and effective for everyone.

What the plan includes.

The plan includes details on everything you need to get in great shape, from a range of weekly schedules, exercise selection charts and percentage tables.

Here I will break down the key aspects of the plan. First we begin with details on the different phases.

- 4 week beginner set up phase
- 5 rep max testing week

- 8-12 week strength plan
- 8-12 week hypertrophy plan
- 6-8 week lean out plan

For each of these plans there are also different options to cater for people that train a different number of times each week.

- 3 weight sessions per week
- 4 weights sessions per week
- 5 weight sessions per week

Both the strength and hypertrophy phases also include detailed percentage charts. These charts work by adding the numbers from your five rep max tests to the chart, It then calculates the weights you should be lifting for the main movements during the phase of training.

Phasing

A really important note to cover early in this plan is that I believe that gaining muscle and losing fat should be split into two different phases of training. What this means for people starting this plan is that, depending on your initial and long term goals, the phasing may differ.

When suggesting phases I may say for example 8-12 weeks. In order for you to translate this into your training, you should monitor progress measuring changes in strength, size and also body fat. If the results are really working well and you are happy with progress then continue, if things start to slow down then shift to the next phase. Always use my recommended minimum as your minimum but, if at the end of the maximum, you are still happy with progress then by all means continue for longer.

Some examples of different phasing

If you are starting this plan and are relatively new to training but happy with your current body fat levels, then I suggest you follow the plan in this sequence:

1. 4 weeks beginner phase
2. 5 rep max test week
3. 8-12 week strength phase
4. 5 rep max test week (2)
5. 8-12 week hypertrophy phase
6. 6-8 week lean out phase (if needed)

If you are new to training but not happy with your body fat and firstly would like to reduce it before aiming to put on size, then try this sequence.

1. 2 week beginner phase
2. 6-8 week lean out phase
3. 5 rep max test week
4. 8-12 week strength phase
5. 5 rep max test week (2)

6. 8-12 week hypertrophy phase
7. 6-8 week lean out phase (if needed)

If you are an experienced lifter who is happy with current body fat levels, then this would be my suggestion for you, again only moving onto the next phase when you feel you have maximised the previous one.

1. 5 rep max test week
2. 8-12 week strength phase
3. 5 rep max test week (2)
4. 8-12 week hypertrophy phase
5. 6-8 week lean out phase (if needed)

If you are an experienced lifter who feels like losing some fat first before starting the muscle building plan then I recommend this sequence.

1. 6-8 week lean out phase
2. 5 rep max test week
3. 8-12 week strength phase
4. 5 rep max test week (2)
5. 8-12 week hypertrophy phase
6. 6-8 week lean out phase (if needed)

The last phase of each plan is the lean out. I have added “if needed” because this phase is optional and can be used at any point in time. I would generally use the lean out phase 6-8 weeks before you want to be at your leanest. If at no point you wish to lose body fat and you just want to continue with the other phases, then follow my suggestion below:

1. Beginner phase
2. 5 rep max test week
3. 8-12 week strength
4. 5 rep max test week (2)
5. 8-12 week hypertrophy
6. 5 rep max test week
7. 8-12 week strength
8. 5 rep max test week (2)
9. 8-12 week hypertrophy

Beginner phase notes

Don't be fooled by the name of this phase. Although aimed at those who are new to lifting, this phase can be a really valuable tool for even the most experienced person.

For those that are new to training, this section will prepare the body for what's to come. This part of the plan works through a slightly higher rep range than the section that follows. This will help you learn new techniques and engrain the movement patterns into you before you start the next section. In order to become proficient at the exercises you will have to perform them through this phase with good technique and a full range of movement. If you workout with someone else, get them to critique your form and if you train alone, take a video so you can look at your own form and see where improvements can be made.

The format can also work as a useful recovery phase for experienced heavy lifters. If your current plan includes reps under 5 on a weekly basis then 2 weeks on this plan would be a valuable back off period that would provide your body useful recovery time before testing your 5 rep maxes.

The basic format of this phase is

Main lifts	4 sets of 8 reps
Accessory lifts	3-4 sets of 8-15 reps

Note – Make sure to visit the tempo information section for a better understanding of the speed and style of tempo for each phase of training.

5 rep max week notes (5 rep max week 2)

Once the beginner phase is complete, there is a week dedicated to strength testing in order to set the weights for the next phase which is the strength phase.

During this phase the aim is to test your 5 rep maxes in the main lifts so essentially you will find out your maximum 5 rep lift for each of the movements. There are several ways that you can work up to testing your 5 rep max. My preferred method would be to start with a warm up set of 12 reps, then gradually increase the weight for a further 4-5 more sets but just doing 5 reps each set. Once this is done, sensibly choose a weight you believe to be your 5 rep max and test it. When going through the warm up sets make sure to take sufficient rest, the heavier the weight the more rest you will need to recover for the next set. For the heavier warm up sets rest for 2-4 minutes.

The 5 rep max week 2 will be testing your 5 rep max in a slightly different way. You use the same format to build up to the weight, but I want you to use a 3-4 second eccentric (negative) for each movement with the exception of the deadlift which will remain a normal tempo. The hypertrophy phase uses a different tempo to the other phases and the 5 rep max week 2 is designed to be used between the strength and hypertrophy phases.

Strength phase notes

The strength phase of this plan is an edited version of the Wolverine Workout Vol.1. These edits have been made to help with continued progression over long periods of time. The changes are quite small but cater well to people just starting and those with many years training experience.

In the strength section the main lifts are formatted as shown below (for full details see the percentage chart which will go through all the numbers in more detail)

Week 1	4x5 Reps Heavy
Week 2	4x4 Reps Heavy
Week 3	4x3 Reps Heavy
Week 4	4x5 Reps Light
Week 5-8	Same reps but 5% heavier

Week 2 is slightly heavier than week 1, week 3 is slightly heavier than week 2, and week 4, being a back off week, is therefor considerably lighter than the other weeks.

The goal of the strength phase isn't just to increase strength, although this is one of the key reasons for it, it will also increase your capacity to be able to perform heavier sets for higher reps in the hypertrophy phase. Also with strength work comes myofibril hypertrophy. This is high quality muscle mass that comes from increases in muscle fibre size when performing low reps with very heavy weights.

Increasing strength is an important aspect of creating any successful plan, strength being the foundation that everything else is laid upon. For more details on myofibril hypertrophy visit <http://www.davidkingsbury.co.uk/are-you-building-the-right-kind-of-muscle/>

Note – Make sure to visit the tempo information section for a better understanding of the speed and style of tempo for each phase of training.

Hypertrophy phase notes

The aim of the hypertrophy phase is to build quality muscle. It utilises higher volume sets with more time under tension for the key lifts which will build muscle quickly and effectively.

This phase is both physically and psychologically tough but the results are worth it. There is an increased number of sets on the main lifts with the exception of the deadlift. The main lifts look like this:

Week 1	8x6 Reps Heavy
Week 2	8x5 Reps Heavy
Week 3	8x4 Reps Heavy
Week 4	8x8 Reps Lighter
Week 5-8	Same reps but 5% heavier

The exception in this plan, as I have mentioned before, is the deadlift which continues with the 5/4/3/5 format from the strength phase.

Note – Make sure to visit the tempo information section for a better understanding of the speed and style of tempo for each phase of training.

Lean out phase notes

This phase brings some additional intensity to the plan utilising short rest periods, drop sets and 50 club training format.

The reduced rest period and increased intensity will help to burn more calories whilst performing the sessions and also help to burn more calories when the sessions are over.

The main lifts in this phase will be performed using drop sets of 6+6 meaning you perform six reps then reduce the weight and immediately perform another 6 reps. During this phase of training there is also an additional emphasis on the cardio aspect of training so make sure you check out the cardio section on the eBook for more details.

Weeks 1-8	4x6+6 reps Drop sets
-----------	----------------------

Note - The exception to this phase is also the deadlift, which continues to follow the 5/4/3/5 strength template.

Strength chart notes

In order to work out your weights for the strength phase you simply input your 5 rep max into the chart provided.

If you wish to work without using the chart, the percentages are listed below. In order to get your starting number once you have tested your 5 rep max, multiply your 5 rep max by 1.2. This will give you your 1 rep max. Then multiply this number by 0.95 which gives you your working 1 rep max and is the number you will use.

Example

100kg 5 rep max

$100 \times 1.2 = 120\text{kg}$ 1 rep max

$120 \times 0.95 = 114\text{kg}$ which is your working 1 rep max.

Percentage for week 1 -

Set 1	5 reps	60% of working one rep max
Set 2	5 reps	65% of working one rep max
Set 3	5 reps	75% of working one rep max
Set 4	5 reps	75% of working one rep max

Percentage for week 2 –

Set 1	4 reps	65% of working one rep max
Set 2	4 reps	75% of working one rep max
Set 3	4 reps	80% of working one rep max
Set 4	4 reps	80% of working one rep max

Percentage for week 3 –

Set 1	3 reps	70% of working one rep max
Set 2	3 reps	80% of working one rep max
Set 3	3 reps	85% of working one rep max
Set 4	3 reps	85% of working one rep max

Percentage for week 4 –

Set 1	5 reps	40% of working one rep max
Set 2	5 reps	50% of working one rep max
Set 3	5 reps	60% of working one rep max
Set 4	5 reps	60% of working one rep max

Percentage for week 5 -

Set 1	5 reps	5% increase on week 1
Set 2	5 reps	5% increase on week 1
Set 3	5 reps	5% increase on week 1
Set 4	5 reps	5% increase on week 1

Percentage for week 6 –

Set 1	4 reps	5% increase on week 2
Set 2	4 reps	5% increase on week 2
Set 3	4 reps	5% increase on week 2
Set 4	4 reps	5% increase on week 2

Percentage for week 7 –

Set 1	3 reps	5% increase on week 3
Set 2	3 reps	5% increase on week 3
Set 3	3 reps	5% increase on week 3
Set 4	3 reps	5% increase on week 3

Percentage for week 8 –

Set 1	5 reps	5% increase on week 4
Set 2	5 reps	5% increase on week 4
Set 3	5 reps	5% increase on week 4
Set 4	5 reps	5% increase on week 4

Notes –

To successfully use the strength charts you must ensure you are testing your 5 rep max accurately and not exaggerating your numbers.

To use the downloadable chart simply add your 5 rep max into the section that says “5 rep max”. Once you do this it will automatically input all your numbers for a 12 week phase.

When completing your sessions each week, ensure you follow the numbers accurately and this will help to guarantee continuous gains.

- If you miss your numbers on one of the weeks, it may simply be a bad day or it could be that you are not recovering effectively. Make sure you are resting sufficiently and are consuming enough calories to see continuous growth.
- If you miss your numbers on more than one occasion, then reduce your 5 rep max number by 5-10% at the top and continue from where you missed the weights.
- If your numbers feel easy then well done! What you can aim to do is on the last set of each strength movement go for as many reps as possible. Then after the 4 week block is over input a larger number for your 5 rep max number for the next block, around a 5-10% increase.
- I recommend doing several lighter warm up sets before starting your first working set.

Hypertrophy chart notes

To work out your numbers for the hypertrophy block, you should have already tested your 5 rep max using the “5 rep max test week 2” format. Once you have your 5 rep maxes set, you then have to work out your 1 rep max. For my plans I multiply the 5 rep max by 1.2, then multiply this number by 0.85 to determine your working 1 rep max

Example

100kg 5 rep max

$100 \times 1.2 = 120\text{kg}$

$120 \times 0.85 = 102$

The charts follow this percentage system with all percentages being based off your working 1 rep max as worked out above.

Week 1 – all 8 sets	6 reps at 70% of working 1 rep max
Week 2 – all 8 sets	5 reps at 5% increase on week 1
Week 3 – all 8 sets	4 reps at 5% increase on week 2
Week 4 – all 8 sets	8 reps at 50% of working 1 rep max

Week 5 – all 8 sets	6 reps at 5% increase on week 1
Week 6 – all 8 sets	5 reps at 5% increase on week 2
Week 7 – all 8 sets	4 reps at 5% increase on week 3
Week 8 – all 8 sets	8 reps at 5% increase on week 4

Week 9 – all 8 sets	6 reps at 5% increase on week 5
Week 10 – all 8 sets	5 reps at 5% increase on week 6
Week 11 – all 8 sets	4 reps at 5% increase on week 7
Week 12 – all 8 sets	8 reps at 5% increase on week 8

Notes-

Once the strength phase is over you will do another week of 5 rep max tests. You will use the 5 rep max test week 2 to get your new and hypertrophy specific 5 rep maxes. The only exception during this phase is the deadlift. For the deadlift you will test in the same way as you did for the strength phase and run another strength phase plan for the deadlift.

Once you have all your hypertrophy numbers, apply them to the chart and it will plan your number for the next phase.

- If in the first week you miss your numbers of 8x6 don't be alarmed. Generally if the weight is right you won't be able to finish all of the sets with that many reps. I will give you two

examples of how it may look and let you know what I recommend you do in both circumstances.

Example 1	
Set 1 – 6 reps	Set 5 – 6 reps
Set 2 – 6 reps	Set 6 – 5 reps
Set 3 – 6 reps	Set 7 – 5 reps
Set 4 – 6 reps	Set 8 – 4 reps

Example 2	
Set 1 – 6 reps	Set 5 – 4 reps
Set 2 – 6 reps	Set 6 – 4 reps
Set 3 – 5 reps	Set 7 – 3 reps
Set 4 – 5 reps	Set 8 – 2 reps

- Example 1 is how I would expect the plan to look in the first week and if yours does look like this then I am very happy for you to continue as planned.
- If your first week looks more like example 2, then I would like you to reduce your 5 rep max number by 5-10% and use it to reset the chart, then begin week 2 of the plan with your new numbers.
- If you are finding this section easy and you are comfortably getting through all of your reps and sets, then go back and reset the chart with a 5-10% increase on your 5 rep max number. You can then continue on to the second week of the plan with the new numbers.

Tempo Chart

Beginners phase	
Main lifts	2010
Accessory lifts	2010

Strength phase	
Main lifts	20X0
Accessory lifts	20X0

Hypertrophy phase	
Main lifts	4010
Accessory lifts	2010

Lean out	
Main lifts	2010
Accessory lifts	1010

Tempo explained

The First Number – The first number refers to the lowering (eccentric) phase of the lift. Using a squat as an example, the first number would represent the amount of time (in seconds) that it should take you to descend to the bottom of the squat. *(The first number always refers to the lowering/eccentric phase, even if the movement begins with the ascending/concentric phase, such as in a pull-up.)*

The Second Number – The second number refers to the amount of time spent in the bottom position of the lift – the point in which the lift transitions from lowering to ascending. In our squat example, if prescribed as 0 it would mean that the athlete should reach the bottom position and immediately begin their ascent.

The Third Number – The third number refers to ascending (concentric) phase of the lift – the amount of time it takes you to get to the top of the lift. X signifies that the athlete should EXPLODE the weight up as quickly as possible. If the number is a 1 or 2 it means the concentric phase shouldn't be done explosively but with a controlled push.

The Fourth Number – The fourth number refers to how long you should pause at the top of the lift. Take, for example, a weighted pull-up prescription of 20X2, the athlete would be expected to hold his or her chin over the bar for two seconds before beginning to come down.

Exercise selection

Exercise selection is an important process when planning your training as choosing the right movements to build a balanced physique isn't easy as it is always dependent on the individual.

I have planned the workouts to best of my ability to suit a general person with a well-rounded physique. Naturally people will want to make variations to best suit their goal. In the chart below there are variations of the movements that can be used. These aren't definitive as there are far more movements than I could ever list but they are some good suitable alternatives. If you feel there are better options for you, by all means make the swap and any questions about these can be sent to my blog for the Wolverine Workout Volume 2.

Prime movement			
Barbell back squat	Barbell front squat		
Deadlift	Trap bar deadlift		
Pull up/chin up	Any pull up variation		
Incline Bench (dumbbell or barbell)	Flat bench (Dumbbell or barbell)		
Dumbbell shoulder press	Barbell shoulder press		
Secondary movements			
Narrow bench	Parallel bar dips	Floor press	Narrow press ups
Pull ups	Any pull up variation	Lat pull down	
Incline dumbbell bench	Incline barbell bench	Flat dumbbell bench	Flat barbell bench
Single arm rows	Bent over rows	Cable row	T-bar rows
Single leg leg press	Bulgarian split squat	Weighted step ups	Barbell lunges
Arnold press	Dumbbell shoulder press	Behind the neck press	
Weighted press up	Flat dumbbell bench	Flat barbell bench	Chest press
Body weight row	Bent over row	Seated row	
Barbell bicep curl	Dumbbell bicep curl	Cable curl	
Dumbbell shoulder press	Barbell shoulder press	Shoulder press machine	
Window wipers	Russian twists	Barbell landmines	
Roll outs	Dragon flags	Hanging leg raises	Weighted plank

3 day - Beginner plan								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1a	Barbell Bench press	60	4 x 8					
1b	Single arm rows	60	4 x 8					
2a	Dumbbell shoulder press	60	3x10					
2b	Bent over rows	60	3x10					
3a	Arnold press	60	3x12					
3b	Face pull with tricep rope	60	3x12					
4	Lateral raise, Front raise, Rear fly, Overhead press	60	3 x 8+8+8+8					4 movements back to back. Then rest for 60 sec
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Barbell back squat	120	4x8					
2	Barbell front squat	60	3x10					
3	Leg press	60	3x10					
4a	Calf raise	60	3x12					
4b	Swiss ball roll outs	60	3x12					
5	Hanging leg raises	60	3x10					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x8					
2a	Pull ups	60	4x8					
2b	Incline bench press	60	4x10					
3a	Body weight rows	60	3x10					
3b	Press ups	60	3x10					
4a	Barbell bicep curl	60	3x10					
4b	Rope tricep pushdown	60	3x10					
	Flexibility	Static stretching, Foam rolling						

3 day - 5 rep max test week								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1a	Barbell Bench press	60	4x5					5 rep max test
1b	Single arm rows	60	3 x 8					
2a	Dumbbell shoulder press	60	3x10					
2b	Bent over rows	60	3x10					
3a	Arnold press	60	3x12					
3b	Face pull with tricep rope	60	3x12					
4	Lateral raise, Front raise, Rear fly, Overhead press	60	3 x 8+8+8+8					4 movements back to back. Then rest for 60 sec
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Barbell back squat	120	4x5					5 rep max test
2	Barbell front squat	60	3x10					
3	Leg press	60	3x10					
4a	Calf raise	60	3x12					
4b	Swiss ball roll outs	60	3x12					
5	Hanging leg raises	60	3x10					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x5					5 rep max test
2a	Pull ups	60	4x5					5 rep max test
2b	Incline bench press	60	3x10					
3a	Body weight rows	60	3x10					
3b	Weighted press ups	60	3x10					
4a	Barbell bicep curl	60	3x10					
4b	Rope tricep pushdown	60	3x10					
	Flexibility	Static stretching, Foam rolling						

3 day - Strength								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1a	Barbell Bench press	60	4 x 5/4/3/5					See % chart
1b	Single arm rows	60	4 x 8					
2a	Dumbbell shoulder press	60	4x10					
2b	Bent over rows	60	4x10					
3a	Behind the neck press	60	3x12					
3b	Upright row	60	3x12					
4	Lateral raise, Front raise, Rear fly, Overhead press	60	3 x 8+8+8+8					4 movements back to back. Then rest for 60 sec
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Barbell back squat	120	4x5/4/3/5					See % chart
2	Barbell front squat	60	4x10					
3	Single leg - leg press	60	4x10					4 sets on each side
4a	Calf raise	60	4x12					
4b	Hanging leg raises	60	4x12					
5	Ab wheel roll outs	60	4x10					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x5/4/3/5					See % chart
2a	Pull ups	60	4x5/4/3/5					See % chart
2b	Incline bench press	60	4x10					
3a	Body weight rows	-	50 club					
3b	Weighted press ups	-	50 club					
4a	Incline dumbbell bicep curl	60	4x10					
4b	Rope tricep pushdown	60	4x10					
	Flexibility	Static stretching, Foam rolling						

3 day – Hypertrophy								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1a	Barbell Bench press	60	8x6/5/4/10					See % chart
1b	Single arm rows	60	8x8					
2a	Dumbbell shoulder press	60	4x10					
2b	Bent over rows	60	4x10					
3	Hang clean and press	60	4x12					
4	Plate front raise, dumbbell lateral raise, dumbbell rear delt fly	60	3 x 8+8+8					3 movements back to back. Then rest for 60 sec
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	dynamic stretch, foam roll						
1	Barbell back squat	90	8x6/5/4/10					See % chart
2	Barbell front squat	60	4x10					
3	Single leg - leg press	60	4x10					4 sets on each side
4a	Calf raise	60	4x12					
4b	Hanging leg raises	60	4x12					
5	Ab wheel roll outs	60	4x10					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x5/4/3/5					See % chart
2a	Pull ups	60	8x6/5/4/10					See % chart
2b	Dumbbell Incline bench press	60	8x8					
3a	Body weight rows	-	50 club					See notes
3b	Parallel bar dips	-	50 club					See notes
4a	Incline dumbbell bicep curl	60	4x10					
4b	Body weight skull crusher	60	4x10					
	Flexibility	Static stretching, Foam rolling						

3 day - Lean out								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1a	Barbell Bench press	60	4x6+6					
1b	Single arm rows	60	4 x 6+6					
2a	Hang clean and press	-	50 club					See notes
2b	Bent over rows	-	50 club					See notes
3	12 press ups, 12 body weight rows, 12 squats, 12 squat thrusts							15 min circuit all back to back
		Static stretching, Foam rolling						
	Flexibility							
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Barbell back squat	120	4x6+6					
2	Barbell front squat	-	50 club					See notes
3	Single leg - leg press	60	4x12					4 sets on each side
4a	Calf raise	60	4x12					
4b	Hanging leg raises	60	4x12					
5	10 Ab wheel roll outs, 12 jumping lunges(each leg) 12 sit ups, 12 lunges each leg							10 min circuit - back to back
		Static stretching, Foam rolling						
	Flexibility							
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x5/4/3/5					
2a	Pull ups	60	4x6+6					
2b	Incline bench press	60	4x6+6					
3a	Body weight rows	-	50 club					See notes
3b	Weighted press ups	-	50 club					See notes
4	8 pull ups, 12 narrow press ups, 12 squats, 12 mountain climbers(each side)							15 min circuit Back
		Static stretching, Foam rolling						
	Flexibility							

3 day review

The 3 day plan suits people either with limited time or those that are new to training and want to start with slightly less volume.

The 3 day plan can also be very useful for those who play a sport and are looking to achieve the results without too much negative impact on their performance due to fatigue.

I really like the 3 day set up and I personally tend to just train weights 3 times per week as then it doesn't interfere with my training for my sport but still keeps me in shape.

In terms of the sequence you perform the plan in, it is completely dependent on your goals. I discussed sequence for aesthetic goals earlier. If your goals are performance based then you may be better off using the most suitable phase of training for a longer period. For example if you are a sumo wrestler you may not do the lean out phase.

4 day - Beginner plan								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 8					
2	Front squat	60	4x10					
3	Leg press	60	4x12					
4a	Hanging knee raise	60	4x12					Superset
4b	Calf raise 45 degree leg press	60	4x12					Superset
5	Russian twists	60	4x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Barbell Bench press	60	4x8					
1b	Pull ups	60	4x8					
2	Military Press	60	3x12					
		-						
3	Weighted inverted row	60	3x12					
4a	Bicep pair Hammer curls, cross body curls	60	3x8+8					
4b	Tricep pair Dips, narrow push up	60	3x8+8					
4c	Shoulder pair Lateral raise Rear delt fly	60	3x 10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	120	4x8					
2	Trap bar deadlift	60	3x10					
3	Split squat	-	3x12					Each side
4a	Resisted decline sit ups	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					

5	Russian twists	60	3x10					5-10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x8					
1b	Dumbbell incline bench	60	4x8					
2a	Incline dumbbell flys	60	3x12					
2b	Single arm rows	60	3x12					
3	Hang clean and press	60	3x10					
4a	Barbell bicep curls	60	3x12					
4b	Shoulder Circuit Seated lateral raise Seated rear delt fly Seated shoulder press	60	3x 8+8+8					Back to back movements rest once complete.
	Flexibility	Static stretching, Foam rolling						

4 day - 5 rep max test week								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5					5 rep max test
2	Front squat	60	3x10					
3	Leg press	60	3x10					
4a	Hanging knee raise	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					
5	Russian twists	60	3x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Barbell Bench press	60	4x5					5 rep max test
1b	Pull ups	60	4x5					5 rep max test
2	Military Press	60	3x12					
		-						
3	Weighted inverted row	60	3x12					
4a	Bicep pair Hammer curl, cross body curl	30	3x8+8					
4b	Tricep pair Dips, narrow push up	30	3x8+8					
4c	Shoulder pair Overhead lateral raise Rear delt fly	30	3x 10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	120	4x5					5 rep max test
2	Trap bar deadlift	60	4x10					
3	Split squat	-	4x12					Each side
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Russian twists	60	4x10					5-10 each side

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x8					
1b	Dumbbell incline bench	60	4x8					
2a	Incline dumbbell flys	60	3x10					
2b	Single arm rows	60	3x10					
3	Hang clean and press	60	3x10					
4a	Barbell bicep curls	30	3x12					
4b	Shoulder Circuit Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	3x 8+8+8+8					Back to back movements rest once complete.
	Flexibility	Static stretching, Foam rolling						

4 day - Strength plan								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % calculator
2	Front squat	60	4x8					
3	Single leg 45 degree leg press	60	4x10					Each leg
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Window wipers	60	4x10					5-10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Barbell Bench press	60	4x 5/4/3/5					See % calculator
1b	Pull ups	60	4x5/4/3/5					See % calculator
2	Military Press	60	4x12					
3	Weighted inverted row	60	3x10					
4a	Bicep pair Zottman curls, cross body	60	3x8+8					
4b	Tricep pair Dips, narrow push up	60	3x8+8					
4c	Shoulder pair Lateral raise Rear delt fly	60	3x 10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	120	4x5/4/3/5					See % calculator
2	Trap bar deadlift	60	4x10					
3	Dumbbell Split squat	-	4x12					Each side
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Russian twists	60	4x10					10 each side

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x8					
1b	Dumbbell incline bench	60	4x8					
2a	3 degree drop (dumbbell bench)	60	3x8+8+8					
2b	Single arm rows drop set	60	3x6+6					
3	Hang clean and press	-	50 club					
4a	Barbell bicep curls	30	3x12					
4b	Shoulder circuit Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	3x 8+8+8+8					Back to back movements rest once complete.
	Flexibility	Static stretching, Foam rolling						

4 day – Hypertrophy plan								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % calculator
2	Front squat	-	50 club					
3	Single leg 45 degree leg press	60	4x12					Each leg
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Window wipers	60	4x10					5-10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Barbell Bench press	60	8x 6/5/4/10					See % calculator
1b	Pull ups	60	8 x6/5/4/10					See % calculator
2	Military Press	60	4x12					
3	Weighted inverted row	60	3x10					
4a	Bicep pair Zottman curls, cross body curls	60	3x8+8					
4b	Tricep pair Dips, narrow push up	60	3x8+8					
4c	Shoulder pair Lateral raise Rear delt fly	60	3x 10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	120	8x6/5/4/10					See % calculator
2	Trap bar deadlift	60	4x10					
3	Dumbbell split squat	-	4x12					Each side
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Russian twists	60	4x10					10 each side

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x6+6					
1b	Dumbbell incline bench	60	4x6+6					
2a	3 degree drop (dumbbell bench)	60	3x8+8+8					
2b	Single arm rows	60	3x20					
3	Hang clean and press	-	50 club					
4a	Barbell bicep curls	30	3x12					
4b	Shoulder circuit Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	3x 8+8+8+8					Back to back movements rest once complete.
	Flexibility	Static stretching, Foam rolling						

4 day – Lean out								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % calculator
2	Front squat	-	50 club					
3	45 degree leg press	60	4x20					
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	30	4x12					
5	10 Ab wheel roll outs, 12 jumping lunges(each leg) 12 sit ups, 12 lunges each leg							Back to back for 10 min
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Barbell Bench press	60	4x6+6					
1b	Pull ups	60	4x6+6					
2	Military Press	60	4x12					
3	Weighted inverted row	-	50 club					
4a	Bicep Pair Zottman, cross body	60	3x8+8					
4b	Tricep Pair dips, narrow push up	60	3x8+8					
4c	Shoulder pair Lateral raise Rear delt fly	60	3x 10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	120	4x6+6					
2	Trap bar deadlift	-	50 club					
3	Bulgarian Split squat	-	4x12					Each side
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	30	4x12					
5	8 pull ups, 12 narrow press ups, 12 squats, 12 mountain climbers(each side)							15 min circuit Back to back

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Pull ups	-	50 club					
2	Weighted press ups	-	50 club					
3a	3 degree drop (dumbbell bench)	60	3x8+8+8					
3b	Single arm rows drop set		3x20					
4	Hang clean and press		50 club					
5	Cable rear delt fly	60	3x12					
6a	Barbell bicep curls	30	3x12					
6b	Circuit 2 Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	3x 8+8+8+8					Back to back movements rest once complete.
	Flexibility	Static stretching, Foam rolling						

4 day review

The 4 day plan allows for the additional lower body session. The addition of the extra session increases the overall weekly training volume especially on the lower body. This is great for total developments in strength, size and body composition.

The 4 and 5 day plans can be used as a progression from the 3 day plan as the weekly volume is increased. For example, a beginner may follow the 3 day plan for the beginner phase, then move onto the 4 or 5 day plan for the next stages.

In terms of the sequence you perform the plan in, it is completely is dependent on your goals. I discussed sequence for aesthetic goals earlier. If your goals are performance based then you may be better off using the most suitable phase of training for a longer period. For example if you are a sumo wrestler you may not do the lean out phase.

5 day – Beginner								
	Day 1 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 8					
2	Front squat	60	3x10					
3	Leg press	60	3x10					
4a	Hanging knee raise	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					
5	Russian twists	60	3x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Incline barbell bench	60	4x8					
1b	Pull ups	60	4x8					
2a	Flat barbell Bench	60	3x10					
2b	Weighted inverted row	60	3x10					
3	Weighted push up	60	3x12					
4a	Bicep Pair Hammer curls, cross body curls	60	3x8+8					
4b	Tricep Pair Dips, narrow push up	60	3x8+8					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Military Press	120	4x8					
2	Dumbbell shoulder press	60	3x10					
3	Hang clean and press	60	3x10					
4	Shoulder circuit Overhead lateral raise Plate front raise Rear delt fly	60	3x 10+10+10					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						

	Day 4 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	60	4x8					
2	Romanian deadlift	60	3x12					
3	Split squat	-	3x12					Each leg
4a	Resisted decline sit ups	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					
5	Russian twists	60	3x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 5 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x8					
1b	Dumbbell incline bench	60	4x8					
2a	Incline dumbbell flys	60	3x12					
2b	Single arm rows		3x12					
3a	Incline dumbbell curl	60	3x12					
3b	Tricep pushdown	60	3x12					
	Flexibility	Static stretching, Foam rolling						

5 day – 5 rep max test week								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5					5 rep max test
2	Front squat	60	4x10					
3	Leg press	60	3x10					
4a	Hanging knee raise	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					
6	Russian twists	60	3x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Incline barbell bench	60	4x 5					5 rep max test
1b	Pull ups	60	3x8					
2a	Flat barbell Bench	60	3x10					
2b	Weighted inverted row	60	3x10					
3	Weighted push up	60	3x12					
4a	Bicep pair Hammer curls, cross body curls	60	3x8+8					
4b	Tricep pair Dips, narrow push up	60	3x8+8					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Military Press	120	4x5					5 rep max test
2	Dumbbell shoulder press	60	3x10					
3	Hang clean and press	60	3x10					
4	Shoulder Circuit 1 Overhead lateral raise Plate front raise Rear delt fly	60	3x 10+10+10					Back to back movements rest once complete
5	Shoulder Circuit 2 Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	2x 8+8+8+8					Back to back movements rest once complete.

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	60	4x5					5 rep max test
2	Romanian deadlift	60	3x12					
3	Split squat	60	3x12					Each leg
4a	Resisted decline sit ups	60	3x12					
4b	Calf raise 45 degree leg press	60	3x12					
5	Russian twists	60	3x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 5 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x5					5 rep max test
1b	Dumbbell incline bench	60	3x8					
2a	Incline dumbbell flyes	60	3x12					
2b	Single arm rows	60	3x12					
3a	Incline dumbbell curl	60	3x12					
3b	Tricep pushdown	60	3x12					
	Flexibility	Static stretching, Foam rolling						

5 day – Strength plan								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % chart
2	Front squat	60	4x10					
3	Single leg 45 degree leg press	60	4x10					Each leg
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
6	Window wipers	60	4x10					5-10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Incline barbell bench	60	4x5/4/3/5					See % chart
1b	Pull ups	60	4x8					
2a	Flat barbell Bench	60	4x10					
2b	Weighted inverted row	60	4x10					
3	Weighted push up	60	4x12					
4a	Bicep pair Zottman, hammer, cross body	60	4x8+8+8					
4b	Tricep pair Body weight skull crusher, dips, narrow push up	60	4x8+8+8					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Military Press	120	4x5/4/3/5					See % chart
2	Dumbbell shoulder press	60	4x10					
3	Hang clean and press	60	50c club					
4	Shoulder circuit 1 Overhead lateral raise Plate front raise Rear delt fly	60	4x 10+10+10					Back to back movements rest once complete
5	Shoulder circuit 2 Seated lateral raise Seated front raise Seated rear delt fly Seated shoulder press	60	4x 8+8+8+8					Back to back movements rest once complete.

	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	60	4x5/4/3/5					See % chart
2	Romanian deadlift	60	4x12					
3	Bulgarian split squat	60	4x12					Each leg
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Russian twists	60	4x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 5 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	4x5/4/3/5					See % chart
1b	Dumbbell incline bench	60	4x8					
2a	3 degree drop (dumbbell bench)	60	3x8+8+8					See notes
2b	Single arm rows drop set	60	3x6+6					
3a	Dumbbell incline fly	60	4x12					
3b	Cable rear delt fly	60	4x12					
4a	Incline dumbbell curl	60	3x12					
4b	Tricep pushdown	60	3x12					
	Flexibility	Static stretching, Foam rolling						

5 day – Hypertrophy plan								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % chart
2	Front squat	-	50 club					See notes
3	Single leg 45 degree leg press	60	4x10					Each leg
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
6	Window wipers	60	4x10					5-10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Incline barbell bench	60	8x6/5/4/10					See % chart
1b	Pull ups	60	8x8					
2a	Flat barbell Bench	60	4x10					
2b	Weighted inverted row	60	4x10					
3a	Bicep pair Zottman, hammer, cross body	60	4x8+8+8					
3b	Tricep pair Body weight skull crusher, dips, narrow push up	60	4x8+8+8					
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Military Press	120	8x6/5/4/10					See % chart
2	Behind the neck press	60	3x15					
3	Hang clean and press	-	50 reps					See notes
4	Shoulder circuit 1 Overhead lateral raise Plate front raise Rear delt fly	60	3x 10+10+10					Back to back movements rest once complete
5	Shoulder circuit 2 Seated lateral raise Seated front raise	60	3x 8+8+8+8					Back to back movements rest once complete.

	Seated rear delt fly Seated shoulder press							
	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	90	8x6/5/4/10					See % chart
2	Romanian deadlift	60	4x12					
3	Bulgarian Split squat	60	4x12					Each leg
4a	Resisted decline sit ups	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	Russian twists	60	4x10					10 each side
	Flexibility	Static stretching, Foam rolling						
	Day 5 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Pull ups	60	8x6/5/4/10					See % chart
1b	Dumbbell incline bench	60	8x8					
2a	3 degree drop (dumbbell bench)	60	3x8+8+8					See notes
2b	Single arm rows drop set	60	3x6+6					
3	Cable rear delt fly	60	3x12					
4a	Incline dumbbell curl	60	3x12					
4b	Tricep pushdown	60	3x12					
	Flexibility	Static stretching, Foam rolling						

5 day – Lean out plan								
	Day 1 -	Rest	SetsxReps	Set 1/5	Set 2	Set 3	Set 4	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Deadlift	120	4x 5/4/3/5					See % chart
2	Front squat	-	50 club					
3	Single leg 45 degree leg press	60	4x10					Each leg
4a	Hanging knee raise	60	4x12					
4b	Calf raise 45 degree leg press	60	4x12					
5	10 Ab wheel roll outs, 12 jumping lunges(each leg) 12 sit ups, 12 lunges each leg							10 min circuit – back to back movements
	Flexibility	Static stretching, Foam rolling						
	Day 2 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Incline barbell bench	60	4x6+6					
1b	Pull ups	30	4x6+6					
2a	Flat barbell Bench	60	4x10					
2b	Weighted inverted row	60	4x10					
3	Weighted push up	60	4x12					
4a	Bicep circuit Zottman, hammer, cross body	60	4x8+8+8					Back to back movements rest once complete
4b	Tricep circuit Body weight skull crusher, dips, narrow push up	60	4x8+8+8					Back to back movements rest once complete
	Flexibility	Static stretching, Foam rolling						
	Day 3 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1	Military Press	90	4x6+6					
2	Dumbbell shoulder press	60	4x12					
3	Hang clean and press	-	50 club					
4	Shoulder circuit 1 Overhead lateral raise Plate front raise Rear delt fly	60	4x 10+10+10					Back to back movements rest once complete
5	Shoulder circuit 2 Seated lateral raise Seated front raise Seated rear delt fly	60	4x 8+8+8+8					Back to back movements rest once complete.

	Seated shoulder press							
	Flexibility	Static stretching, Foam rolling						
	Day 4 -	Rest	SetsxReps	Set 1/5	Set 2/6	Set 3/7	Set 4/8	Notes
	Warm up	Dynamic stretch, Foam roll						
1	Back Squat	60	4x6+6					
2	Romanian deadlift	60	4x12					
3	Leg press	60	4x20					
4a	Resisted decline sit ups	60	4x12					
5	8 pull ups, 12 narrow press ups, 12 squats, 12 mountain climbers(each side)							15 min circuit - Back to back movements
	Flexibility	Static stretching, Foam rolling						
	Day 5 -	Rest	SetsxReps	Set 1	Set 2	Set 3	Set 4	Notes
	Warm up	dynamic stretch, foam roll						
1a	Body weight rows	-	50 club					
1b	Weighted push ups	-	50 club					
2a	3 degree drop (dumbbell bench)	60	3x8+8+8					
2b	Single arm rows drop set		3x6+6					
3a	Dumbbell incline fly	60	3x12					
3b	Cable rear delt fly	60	3x12					
4a	Incline dumbbell curl	60	3x12					
4b	Tricep pushdown	60	3x12					
	Flexibility	Static stretching, Foam rolling						

5 day review

The 5 day training plan again increases weekly volume. There is still the same focus on compound movements but this format allows for an additional upper body day. For those who have 5 days available to train each week then this may be the plan for you.

The 4 and 5 day plans can be used as a progression from the 3 day plan as the weekly volume is increased. For example, a beginner may follow the 3 day plan for the beginner phase, then move onto the 4 or 5 day plan for the next stages.

In terms of the sequence you perform the plan in, it is completely is dependent on your goals. I discussed sequence for aesthetic goals earlier. If your goals are performance based then you may be better off using the most suitable phase of training for a longer period. For example if you are a sumo wrestler you may not do the lean out phase.

Calorie consumption

My first recommendation would be to follow this plan in combination with my Advanced Fast Nutrition plan. If you don't wish to purchase it I have included a segment here

Caloric intake is very specific to each and every one of us, therefore plans should be designed based on the calorie requirements of the individual. It is very important to know how many calories you require each day if you are looking for serious results in the gym, whether it be building lean muscle or maximising fat loss while maintaining muscle mass.

Here is the formula I use to work out calories required for each individual. The answer that this gives us is your maintenance level. So if your aim is to gain weight then add 15% to this number. If it is to lose weight then take 20% away from it.

This formula works out your BMR which is calories burned at rest.

Imperial BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Metric BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Take this number and multiply your answer by your activity level number (generally work to the lower end of your activity level).

Activity level number	Activity level	Breakdown
1.0	Sedentary	No exercise
1.2	Very light activity	1-3 hours of exercise a week
1.4	Light activity	3-5 hours of exercise a week
1.6	Moderate activity	5-8 hours of a week
1.8	High activity	8-12 hours a week
2.0	Extreme activity	12+ hours a week

I will use myself as an example, using my height, weight and age in the metric sum.

Men: $BMR = 66 + (13.7 \times 88) + (5 \times \text{height in } 185) - (6.8 \times 25) = \text{Answer } 2,021$

As I am highly active I now multiple this number (2021) by 1.8 = **Answer 3,703**

My current goal is to maintain weight, so this is the correct amount of calories for me. However if my goal was to gain or lose weight then these would be my calories below.

Loss = 3,703 divided by 1.2 = 3,085 Gain = 3,703 times by 1.15 = 4,258

Cardiovascular training

When working towards aesthetic goals I like to use the check list format for cardio.

In any given week you have a number of cardio sessions to complete and you can fit them in as and when you can. Once a session is complete it can be ticked off the list.

Beginner phase

3x30-45min low intensity

2xInterval workout

5 rep max week

3x30-45min low intensity

Strength phase

2-3x interval workout

2x low intensity

Hypertrophy phase

2-3x interval workout

2x low intensity

Lean out phase

2-3 x Interval sessions

3-4x 30-45min low intensity session

Notes

- On days you are doing both weights and cardio together, aim to do the cardio after the weights and for no more than 30 minutes.
- On non-weight training days it is great to do intervals followed by low intensity.
- On days you are training twice do weights separately to the cardio when possible.

Cardio

Rowing machine 1600m of sprints

For this set of intervals first row at a steady pace for 500m as a warm up. Once the warm up is complete, the intervals begin.

Sprint with maximal effort for 100m

Row very gently for 100m

Repeat this a further 7 times until the 1600m is covered.

Then row for a couple of minutes as a cool down.

Rower intervals 2

Row for 3 min as a warm up at a steady pace.

Sprint with maximal effort for 30 seconds

Row very gently for 1 minute

Repeat this 8 times

Then row for a couple of minutes as a cool down

Spin bike intervals

Cycle for 3 min as a warm up at a steady pace.

Sprint with maximal effort for 30 seconds

Cycle very gently for 1 minute

Repeat this 8 times

Then cycle for a couple of minutes as a cool down

Hill sprints

Jog for 5-10min then perform a dynamic warm up.

Sprint with maximal effort for 30 seconds

Cycle very gently for 2 minutes

Repeat this 5-8 times

Then walk for 5-10 minutes as a cool down

Sled workout

Jog for 5-10min and perform a dynamic warm up

Sprint with maximal effort for 15-30 seconds

Rest for 1-2min

Repeat this 8 times

Then perform a cool down.

Low intensity cardio (walking, xtrainer, bike)

Duration 30-90min

Important factor – this workout should be performed before the first meal of the day.

Choose from one of the cardio methods and stick to a steady pace, i.e. a brisk walk

Heart rate shouldn't exceed 65% of your max heart rate.

If being used after weights it should be limited to 30 minutes.

Conclusion

Thank you for taking the time to read this eBook, I hope you have found the information helpful. If you stick to the plans for the recommended time you will see great results but be patient as they won't happen overnight. Remember to train to your maximum during each session and try to enjoy it!

If you have any questions then send them to me at my Wolverine Workout 2 blog post and I will do my upmost to answer them.

Thanks again

David

Always consult a qualified medical professional before beginning any nutritional program or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read in "The Wolverine Workout Volume 2", or on www.davidkingsbury.co.uk. Any content or information provided by David Kingsbury, www.davidkingsbury.co.uk or "Wolverine Workout Volume 2", is for informational and educational purposes only and any use thereof is solely at your own risk. "Wolverine Workout Volume 2." David Kingsbury, and www.davidkingsbury.co.uk take no responsibility thereof.

The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. All information contained in David Kingsbury, www.davidkingsbury.co.uk or "Wolverine Workout Volume 2", including but not limited to text, graphics, images, information, third party information and/or advice, food, recipes, exercises, diets, psychology, websites, links, including but not limited to any content by employees, consultants or writers and contributors, and or any other material contained herein are for informational and educational purposes only.

By entering the "Wolverine Workout Volume 2" or www.davidkingsbury.co.uk the reader and/or viewer does hereby acknowledge that it is your sole responsibility to review this Disclaimer and any other disclaimer or waiver.