

3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

Name:		Assessment date:	
Age:		Weight:	
Waist (ins):	BMR:	BMI:	
FAT %:	WATER:	BONE:	
MUSCLE:			

## Day 1 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



### Elliptical or Rowing Machine

Zone 2 intensity  
Time: 8–10 minutes

### 1. KETTLEBELL CLEAN WALK



### Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

10 m LENGTHS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Male	2x 8kgs 10 lengths	2x 8kgs 12 lengths	2x 12kgs 8 lengths	2x 12kgs 10 lengths	2x 14kgs 8 lengths	2x 8kgs 10 lengths

### 2. BENCH PRESS



3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Male	3x 10 reps bar only	3x 8 reps 10kgs	3x 10 reps 10kgs	3x 8 reps 15kgs	3x 10 reps 15kgs	3x 6 reps 20kgs

### 3. STRAIGHT ARM LAT PULLDOWNS



3 SETS of 10	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Male	16-20 Kgs	20-24 Kgs	24-28 Kgs	28-32 Kgs	32-36 Kgs	36- 40kgs

3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

<p>4. CABLE PALLOFS</p> 	<p>3 x SETS p/side</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p>5. CABLE MACHINE CHOPPERS</p> 	<p>2 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p>6. CABLE CRUNCHES</p> 	<p>3 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p>7. EGYPTIAN LATERAL RAISES</p> 	<p>3 SETS</p>	<p>Week 1</p>	<p>Week 2</p>	<p>Week 3</p>	<p>Week 4</p>	<p>Week 5</p>	<p>Week 6</p>
<p>BATTLE ROPE – ALTERNATING WAVES</p> 	<p>1:1 interval</p>	<p>5 x 20 sec waves - 20 sec intervals</p>	<p>6 x 20 sec waves - 20 sec intervals</p>	<p>7 x 20 sec waves - 30 sec intervals</p>	<p>8 x 20 sec waves - 30 sec intervals</p>	<p>9 x 20 sec waves - 30 sec intervals</p>	<p>10 x 20 sec waves - 30 sec intervals</p>
<p>Male</p>	<p>8 reps 10- 12kgs p/side</p>	<p>10 reps 10- 12kgs p/side</p>	<p>8 reps 12- 16kgs p/side</p>	<p>10 reps 12- 16kgs p/side</p>	<p>8 reps 16- 20kgs p/side</p>	<p>10 reps 16- 20kgs p/side</p>	<p>8 reps 12- 15kgs p/side</p>
<p>Male</p>	<p>8 reps 15- 18kgs p/side</p>	<p>8 reps 15- 18kgs p/side</p>	<p>8 reps 19- 22kgs p/side</p>	<p>8 reps 19- 22kgs p/side</p>	<p>8 reps 23- 25kgs p/side</p>	<p>8 reps 23- 25kgs p/side</p>	<p>6 reps 5kgs p/side</p>
<p>Male</p>	<p>6 reps 5kgs p/side</p>	<p>8 reps 5kgs p/side</p>	<p>10 reps 5kgs p/side</p>	<p>6 reps 6-8kgs p/side</p>	<p>8 reps 6-8kgs p/side</p>	<p>10 reps 6-8kgs p/side</p>	<p>10 reps 6-8kgs p/side</p>

# 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

**Cool Down Stretches** Hold & pulse each 30-60 sec

### GOOD MORNING STRETCH

**DISCIPLINE FOCUS CONSISTENCY RESULTS**

**FORM CUES**

- 1. NEUTRAL NECK**  
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**  
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**  
Hinge from your hips by pushing them back while maintaining a flat back.
- 4. FEEL THE STRETCH**  
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

**KEY POINTS**

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

**TO STAND**

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back

### WORLD'S GREATEST STRETCH

**DISCIPLINE FOCUS CONSISTENCY RESULTS**

**FORM CUES**

- 1. REACH UP**  
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**  
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**  
Keep your back leg straight and actively push your heel back.
- 4. DEEP LUNGE**  
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**  
Place your hand inside your foot to create a stable base.

**KEY POINTS**

- Move with control
- Keep your core engaged
- Breathe and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

**TO STAND**

- Press through your front foot
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side

### CAT COW

**MOBILITY & SPINAL FLEXIBILITY**

- 1. CAT**  
Round your back toward the ceiling as you tuck your chin to your chest.
- 2. COW**  
Drop your belly toward the floor, lift your chest and tailbone toward the ceiling, and look slightly up.

**FORM CUES**

- ROUND YOUR BACK**  
Push the tail away and round your spine.
- TUCK YOUR CHIN**  
Look toward your navel.
- LIFT YOUR CHEST**  
Open up the chest, lift the sternum.
- DROP YOUR BELLY**  
Let your belly sink toward the floor.
- LIFT YOUR TAILBONE**  
Point your tailbone toward the ceiling.

**KEY POINTS**

- Move with control
- Breathe and flow
- Focus on spinal movement
- Engage your core
- Feel the stretch and release tension

**HOW TO PERFORM**

- Start on your hands and knees in a neutral position.
- Inhale as you drop into Cat.
- Exhale as you round into Cow.
- Repeat for 5-10 slow, controlled breaths.

**WHY IT MATTERS:** Improves spinal mobility, relieves tension in the back and neck, and helps with posture and movement efficiency.

### CHILD'S POSE

**STRETCH & RELAX**

**FORM CUES**

- EXTEND YOUR ARMS**  
Reach your arms forward and place your hands on the floor.
- ROUND YOUR BACK**  
Belly toward your spine and relax your back.
- SIT YOUR HIPS BACK**  
Sit your hips back toward your heels.
- RELAX YOUR HEAD**  
Rest your forehead on the floor and relax your neck.

**KEY BENEFITS**

- Relaxes tension in your back, shoulders and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports healthy and powerful breathing

**HOW TO PERFORM**

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

**QUICK TIPS**

- Breathe deeply and relax.
- Let go of tension with each exhale.
- Stay in the stretch for 30-90 seconds or longer.

**REMEMBER:** This is your time to reset. Breathe, relax, and let your body recover.

## Day 2 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



### Elliptical or Rowing Machine

Zone 2 intensity

Time: 8–10 minutes

### 1. BACK SQUAT (Smith Machine)



#### Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

3 x 10 Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Male</b>	Bar only	10kgs	12.5kgs	15kgs	17.5 kgs	20 kgs

### 2. LAT PULLDOWN



3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Male</b>	8 reps 26- 30kgs	10 reps 26- 30kgs	8 reps 30- 34kgs	10 reps 30- 34kgs	8 reps 34- 38kgs	10 reps 34- 38kgs

### 3. TRICEPS DIPS




3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Female Male</b>	8 assist- ed	10 assist- ed	12 assist- ed	6 unass- isted	8 unass- isted	10 unass- isted

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<p>4.CHIN UPS</p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>5.DUMBBELL SHOULDER PRESS</p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>6.PREACHER CURLS</p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>7.LEG PRESS</p> 	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Male	8 assisted	10 assisted	12 assisted	6 unassisted	8 unassisted	10 unassisted	
Male	8 reps 5 kgs p/arm	10 reps 5 kgs p/arm	8 reps 7.5 kgs p/arm	10 reps 7.5 kgs p/arm	8 reps 10 kgs p/arm	10 reps 10 kgs p/arm	
Male	8 reps 5 10 Kgs	10 reps 12.5 Kgs	8 reps 12.5 Kgs	10 reps 12.5 Kgs	8 reps 15 Kgs	10 reps 15Kgs	
Male	8 reps 40kgs	10 reps 40kgs	8 reps 60kgs	10 reps 60kgs	8 reps 80kgs	10 reps 80kgs	

# 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

StairMaster 15 min	Pace	Pace	Pace	Pace	Pace	Pace
	22	22	24	24	24	24
	gradient	gradient	gradient	gradient	gradient	gradient
	24	24	24	24	26	26

<b>Cool Down Stretches</b>	<b>Hold &amp; pulse each 30-60 sec</b>
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### DISCIPLINE FOCUS CONSISTENCY RESULTS

## GOOD MORNING STRETCH

FORM CUES

- 1. NEUTRAL NECK**  
Keep your neck in a neutral position with your gaze down.
- 2. CHEST PROUD**  
Lift your chest and keep your back flat.
- 3. PUSH HIPS BACK**  
Hinge from your hips by pushing them back while maintaining a flat back.
- 4. FEEL THE STRETCH**  
Feel a stretch in your hamstrings while keeping a slight bend in your knees.

**KEY POINTS**

- Hinge from the hips
- Keep your back flat
- Core tight
- Weight through mid-foot and heels
- Stop when you lose spinal neutrality

**TO STAND**

- Drive hips forward
- Squeeze glutes at the top
- Stand tall without overextending your lower back

### DISCIPLINE FOCUS CONSISTENCY RESULTS

## WORLD'S GREATEST STRETCH

FORM CUES

- 1. REACH UP**  
Reach your arm toward the ceiling and follow your hand with your eyes.
- 2. OPEN YOUR CHEST**  
Rotate your torso and open up your chest toward the sky.
- 3. EXTEND YOUR HIPS**  
Keep your back leg straight and actively push your heel back.
- 4. DEEP LUNGE**  
Step your foot outside your hand and sink into a deep lunge.
- 5. HAND TO THE GROUND**  
Place your hand inside your foot to create a stable base.

**KEY POINTS**

- Move with control
- Keep your core engaged
- Breathe and flow
- Feel the stretch in your hips, groin, and thoracic spine
- Switch sides and repeat

**TO STAND**

- Press through your front heel
- Bring your back foot forward
- Stand tall and reset
- Repeat on the other side

### COUCH STRETCH

— HIP FLEXOR MOBILITY —

Improve hip mobility, reduce tightness, and enhance performance.

- 1. TALL CHEST**  
Keep your chest up and shoulders back.
- 2. TUCK PELVIS**  
Slump with your pelvis by rounding your glutes.
- 3. DRIVE HIPS FORWARD**  
Cavalry push your hips forward until you feel a stretch in the front of your hip.
- 4. KNEE POSITION**  
Keep your back knee off the ground and your arm along the couch.

**MUSCLES TARGETED**

- Hip Flexors (Psoas & Iliacus)
- Quadriceps
- Rectus Femoris
- TFL

**KEY BENEFITS**

- Improves hip flexor mobility
- Reduces lower back and hip tightness
- Enhances posture
- Supports athletic performance
- Helps prevent injuries

**HOW TO PERFORM**

- Kneel on the floor with your back knee against a couch, bench, or elevated surface.
- Place the top of your back foot on the couch.
- Step your front foot forward to a 90-degree knee angle.
- Tuck your pelvis slightly and squeeze your glute.
- Drive your hips forward until you feel a stretch in the front of your hip.
- Hold, then switch sides.

**QUICK TIPS**

- Keep your core engaged
- Don't overarch your lower back
- Alternate holds and rests
- Hold for 30-60 seconds per side

**REMEMBER:** Consistency is key! Add the couch stretch to your routine to move and feel better every day.

### CHILD'S POSE

STRETCH & RELAX

- EXTEND YOUR ARMS**  
Reach your arms forward and place your hands on the floor.
- ROUND YOUR BACK**  
Arch through your spine and relax your back.
- SIT YOUR HIPS BACK**  
Sit your hips back toward your heels.
- RELAX YOUR HEAD**  
Rest your forehead on the floor and relax your neck.

**KEY BENEFITS**

- Relaxes tension in your back, shoulders and neck
- Improves flexibility and mobility
- Promotes relaxation and stress relief
- Supports mobility and overall well-being

**HOW TO PERFORM**

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

**QUICK TIPS**

- Breathe deeply and relax.
- Get up if tension with each inhale.
- Stay in this stretch for 30-60 seconds or longer.

**REMEMBER:** This is your time to reset. Breathe, relax, and let your body recover.

## Day 3 of 3

- Click images to open the demo video and exercise description.
- Rest 90 seconds to 2 minutes between sets.



### Elliptical or Rowing Machine

Zone 2 intensity  
Time: 8–10 minutes

### 1. DEAD LIFT



### Progressive Overload Plan

Rest 90 seconds to 2 minutes between sets.

3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female Male	8 reps 10 kgs	10 reps 10 kgs	6 reps 20 kgs	8 reps 20 kgs	10 reps 20 kgs	6 reps 25 kgs
3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Female Male	10 reps bar only	10 reps 5 kgs	8 reps 7.5 kgs	10 reps 7.5 kgs	8 reps 10 kgs	10 reps 10 kgs
3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Male	8 reps 7.5 kgs p/arm	10 reps 7.5 kgs p/arm	8 reps 10 kgs p/arm	10 reps 10 kgs p/arm	8 reps 12.5 kgs p/arm	10 reps 12.5 kgs p/arm

### 2. ZERCHER SQUAT



### 3. SINGLE ARM DUMBBELL ROWS



3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

4. LOW TO HIGH CABLE CROSS OVER	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Male	8 reps 5 kgs p/arm	10 reps 5 kgs p/arm	8 reps 7.5 kgs p/arm	10 reps 7.5 kgs p/arm	8 reps 10 kgs p/arm	10 reps 10 kgs p/arm
5.HAMSTRING CURLS	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Male	8 reps 8-12kg	10 reps 8-12kg	12 reps 8-12kg	8 reps 12-- 16kg	10 reps 12- 16kgs	12 reps 12- 16kg
6. HIP ADBUCTORS	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Male	12 reps 18- 24kgs	14 reps 18- 24kgs	12 reps 24- 28kgs	14 reps 24- 28kgs	12 reps 28- 32kgs	14 reps 28- 32kgs
7.HIP EXTENSIONS	3 SETS	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Male	10 reps 60kgs	6 reps 70kgs	8 reps 70kgs	10 reps 78kgs	6 reps 60kgs	8 reps 80kgs
<b>FINISHER</b>  15 Min Incline Treadmill walk		Pace  7-8 gradient  3.5	Pace  7-8 gradient  4.0	Pace  5 gradient  4.5	Pace  5 gradient  5.0	Pace  5 gradient  5.5	Pace  5 gradient  6.0

### 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

**Cool Down Stretches** Hold each 30-60 sec

#### BUTTERFLY STRETCH

OPEN HIPS & IMPROVE FLEXIBILITY

A simple and effective stretch to open your hips, improve mobility, and reduce lower body tension.

- SIT TALL**  
Sit up tall with a straight back and open chest.
- KNEES OUT**  
Let your knees fall out to the sides. Use your elbows to gently press them toward the floor.
- HOLD YOUR FEET**  
Grab your feet or ankles and keep your heels close to your body.
- LEAN FORWARD**  
Hinge at your hips and lean forward slightly while keeping your back straight. Stop where you feel a gentle stretch.

**KEY BENEFITS**

- Opens hips, groin, and inner thighs.
- Improves hip mobility and flexibility.
- Reduces lower back tension.
- Enhances posture and length of stride.
- Supports recovery and relaxation.

**HOW TO PERFORM**

- Sit on the floor with the soles of your feet together.
- Keep your feet or ankles with your knees.
- Sit up tall and engage your core.
- Gently press your knees toward the floor with your elbows.
- Hinge at your hips and lean forward slightly.
- Hold the stretch and breathe deeply.

**QUICK TIPS**

- Keep your back straight.
- Don't force your knees down.
- Breathe slowly and deeply.
- Hold for 30-60 seconds or longer.

**REMEMBER:** Consistency is key. A few deep breaths can make a big difference in how you feel.

#### FROG STRETCH

OPEN HIPS & IMPROVE MOBILITY

A great stretch to improve hip mobility, groin flexibility, and lower body recovery.

- WIDE KNEES**  
Place your knees wide apart, wider than hip-width.
- TOES OUT**  
Turn your toes out slightly and keep your feet in line with your knees.
- SINK YOUR HIPS**  
Gently lower your hips toward the floor.
- CHEST DOWN**  
Walk your hands forward and lower your chest toward the ground.
- RELAX & BREATHE**  
Relax into the stretch and take slow, deep breaths.

**KEY BENEFITS**

- Improves hip and groin mobility.
- Increases tightness in the inner thigh.
- Enhances lower back flexibility.
- Supports squat depth and athletic performance.

**HOW TO PERFORM**

- Start on your hands and knees.
- Spread your knees wide and turn your toes out.
- Slowly lower your hips toward the floor.
- Walk your hands forward and lower your chest.
- Hold the stretch and breathe deeply.

**QUICK TIPS**

- Go only as deep as comfortable.
- Keep your core relaxed.
- Breathe deeply and hold for 30-60 seconds or longer.

#### DOWNWARD DOG

STRETCH & LENGTHEN

A full-body stretch that lengthens your spine, opens your shoulders and hips, and improves mobility.

- HANDS SHOULDER-WIDTH APART**  
Spread your fingers wide and press through your palms.
- LENGTHEN YOUR SPINE**  
Push the floor away and create a straight line from your wrists to your hips.
- HIPS HIGH**  
Lift your hips up and back toward the ceiling.
- LEGS STRAIGHT (SOFT KNEES)**  
Keep a slight bend in your knees if needed.
- HEELS TOWARD THE FLOOR**  
Push your heels down toward the floor.
- RELAX YOUR HEAD**  
Let your head hang between your arms and breathe.

**KEY BENEFITS**

- Strengthens hamstrings, calves, shoulders, and neck.
- Improves spinal decompression.
- Enhances mobility and flexibility.
- Promotes circulation and reduces tension.
- Supports recovery and stress relief.

**HOW TO PERFORM**

- Start on your hands and knees.
- Walk your feet out to your hips up and back.
- Press through your hands and lengthen your spine.
- Straighten your legs (soften your knees if needed) and drop your heels toward the floor.
- Relax your head and neck.
- Hold and breathe deeply.

**QUICK TIPS**

- Focus on long, deep breaths.
- Keep your core engaged.
- Make sure your hamstrings are tight.
- Shove your heels or feet to feel what feels best.

#### CHILD'S POSE

STRETCH & RELAX

A restorative stretch that calms the mind and relaxes the body.

- EXTEND YOUR ARMS**  
Reach your arms forward and place your hands on the floor.
- ROUND YOUR BACK**  
Gently round your spine and ease your back.
- SIT YOUR HIPS BACK**  
Sit your hips back toward your heels.
- RELAX YOUR HEAD**  
Rest your forehead on the floor and relax your neck.

**KEY BENEFITS**

- Relieves tension in your back, shoulders, and neck.
- Improves flexibility and mobility.
- Promotes relaxation and stress relief.
- Supports recovery and overall well-being.

**HOW TO PERFORM**

- Start on your hands and knees.
- Sit your hips back toward your heels.
- Extend your arms forward and lower your chest.
- Rest your forehead on the floor.
- Breathe deeply and relax.

**QUICK TIPS**

- Breathe deeply and relax.
- Let go of tension with each exhale.
- Stay in the stretch for 30-60 seconds or longer.

**REMEMBER:** This is your time to reset. Breathe, relax, and let your body recover.

### 13<sup>th</sup> Week Review

Review Date:	Assessment date:	
Weight:		
Waist (ins):	BMR:	BMI:
FAT %:	WATER:	BONE:
MUSCLE:		

Now take a  
**7 Day Rest**  
from resistance training

## **Workout Plan Disclaimer**

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You should stop exercising immediately and seek appropriate medical advice if you experience pain, dizziness, shortness of breath, chest pain, or any other unusual symptoms.

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### 3-Day Whole Body SPLIT – PHASE 2 [Weeks 7-13 Male]

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