

TRAINING OVERVIEW

CHRIS EMMETT
TRAINING AND NUTRITION

Name: Push, Pull, Legs, Upper

Start Date: 01/01/2020

Coach: Chris Emmett

End Date: 29/01/2020

YOUR WEEKLY TRAINING SPLIT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Push	Pull	Rest Day	Legs	Upper	Rest Day

Your training plan can start on any day. You can also change days around to suit your week, however try to keep the same amount training over the week.

YOUR EXERCISES

DAY 1	DAY 2	DAY 3
Push	Pull	Legs
Bench press	Bent over row	Back squat
Kneeling landmine press	Close grip pull down	Reverse lunge
Incline cable flys	Face pull	Romanian deadlift
DB lateral raise	Smith shrug	Leg extension
DB front raise	Smith inverted row	Lying ham curl
Incline smith	Incline DB curls	Leg press
Tricep cable extension		

DAY 4	DAY 5	DAY 6
Upper		
Incline DB press		
SA DB row		
SA DB shoulder press		
DB lateral raise		
Cable close row		
Low to high cable fly		
Barbell curl		
Close grip push up		

TRAINING SPECIFICS

HOW TO DELOAD

Rest:	Tempo:	Deload Week:	Deload Type:
2 Minutes	3-0-1-0	N/A	N/A

Use this as a guide unless it indicates otherwise in your diary notes

HOW TO PROGRESS

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Form focus	Building loads	Reps go up	Sets/reps go up	X	X
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
X	X	X	X	X	X

Push

Push

Pull

Legs

Upper

Week 1									
<i>This week's focus:</i>	<i>Form focus</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bench press	Lock shoulders and feet in	3	8	/	/	/	/	/	
Kneeling landmine press	Split lunge stance	3	8	/	/	/	/	/	
Incline cable flies	Drop set on last set	3	12	/	/	/	/	/	
DB lateral raise	Superset	3	10	/	/	/	/	/	
DB front raise	Superset	3	8	/	/	/	/	/	
Incline smith	Focus on smooth reps	2	15	/	/	/	/	/	
Tricep cable extension	Lean over/drive hands down	3	10	/	/	/	/	/	
				/	/	/	/	/	
Week 2									
<i>This week's focus:</i>	<i>Building loads</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bench press	Lock shoulders and feet in	3	8	/	/	/	/	/	
Kneeling landmine press	Split lunge stance	3	8	/	/	/	/	/	
Incline cable flies	Drop set on last set	3	12	/	/	/	/	/	
DB lateral raise	Superset	3	10	/	/	/	/	/	
DB front raise	Superset	3	8	/	/	/	/	/	
Incline smith	Focus on smooth reps	2	15	/	/	/	/	/	
Tricep cable extension	Lean over/drive hands down	3	10	/	/	/	/	/	
				/	/	/	/	/	
Week 3									
<i>This week's focus:</i>	<i>Reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bench press	Lock shoulders and feet in	3	8	/	/	/	/	/	
Kneeling landmine press	Split lunge stance	3	8	/	/	/	/	/	
Incline cable flies	Drop set on last set	3	13	/	/	/	/	/	
DB lateral raise	Superset	3	11	/	/	/	/	/	
DB front raise	Superset	3	9	/	/	/	/	/	
Incline smith	Focus on smooth reps	2	16	/	/	/	/	/	
Tricep cable extension	Lean over/drive hands down	3	11	/	/	/	/	/	
				/	/	/	/	/	
Week 4									
<i>This week's focus:</i>	<i>Sets/reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bench press	Lock shoulders and feet in	4	8	/	/	/	/	/	
Kneeling landmine press	Split lunge stance	4	8	/	/	/	/	/	
Incline cable flies	Drop set on last set	3	13	/	/	/	/	/	
DB lateral raise	Superset	3	11	/	/	/	/	/	
DB front raise	Superset	3	9	/	/	/	/	/	
Incline smith	Focus on smooth reps	2	16	/	/	/	/	/	
Tricep cable extension	Lean over/drive hands down	4	11	/	/	/	/	/	
				/	/	/	/	/	

Pull

Push

Pull

Legs

Upper

Week 1									
<i>This week's focus:</i>	<i>Form focus</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bent over row	Full ROM and no momentum	3	8	/	/	/	/	/	
Close grip pull down	Keep chest up	3	10	/	/	/	/	/	
Face pull	Drop set on last set	3	15	/	/	/	/	/	
Smith shrug	Superset	2	10	/	/	/	/	/	
Smith inverted row	Superset	2	AMRAP	/	/	/	/	/	
Incline DB curls	Squeeze hard at top	4	8	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 2									
<i>This week's focus:</i>	<i>Building loads</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bent over row	Full ROM and no momentum	3	8	/	/	/	/	/	
Close grip pull down	Keep chest up	3	10	/	/	/	/	/	
Face pull	Drop set on last set	3	15	/	/	/	/	/	
Smith shrug	Superset	2	10	/	/	/	/	/	
Smith inverted row	Superset	2	AMRAP	/	/	/	/	/	
Incline DB curls	Squeeze hard at top	4	8	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 3									
<i>This week's focus:</i>	<i>Reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bent over row	Full ROM and no momentum	3	9	/	/	/	/	/	
Close grip pull down	Keep chest up	3	11	/	/	/	/	/	
Face pull	Drop set on last set	3	17	/	/	/	/	/	
Smith shrug	Superset	2	11	/	/	/	/	/	
Smith inverted row	Superset	2	AMRAP	/	/	/	/	/	
Incline DB curls	Squeeze hard at top	4	9	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 4									
<i>This week's focus:</i>	<i>Sets/reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Bent over row	Full ROM and no momentum	3	8	/	/	/	/	/	
Close grip pull down	Keep chest up	3	10	/	/	/	/	/	
Face pull	Drop set on last set	3	17	/	/	/	/	/	
Smith shrug	Superset	3	10	/	/	/	/	/	
Smith inverted row	Superset	3	AMRAP	/	/	/	/	/	
Incline DB curls	Squeeze hard at top	4	9	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	

Legs

Push

Pull

Legs

Upper

Week 1									
<i>This week's focus:</i>	<i>Form focus</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Back squat	Focus on depth and then load	3	6	/	/	/	/	/	
Reverse lunge	Relax back leg	3	10	/	/	/	/	/	
Romanian deadlift	Brace abs and hinge	3	8	/	/	/	/	/	
Leg extension	1 second pause at top	3	10	/	/	/	/	/	
Lying ham curl	Keep hips down	3	12	/	/	/	/	/	
Leg press	ROM is key	2	15	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 2									
<i>This week's focus:</i>	<i>Building loads</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Back squat	Focus on depth and then load	3	6	/	/	/	/	/	
Reverse lunge	Relax back leg	3	10	/	/	/	/	/	
Romanian deadlift	Brace abs and hinge	3	8	/	/	/	/	/	
Leg extension	1 second pause at top	3	10	/	/	/	/	/	
Lying ham curl	Keep hips down	3	12	/	/	/	/	/	
Leg press	ROM is key	2	15	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 3									
<i>This week's focus:</i>	<i>Reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Back squat	Focus on depth and then load	3	7	/	/	/	/	/	
Reverse lunge	Relax back leg	3	11	/	/	/	/	/	
Romanian deadlift	Brace abs and hinge	3	9	/	/	/	/	/	
Leg extension	1 second pause at top	3	11	/	/	/	/	/	
Lying ham curl	Keep hips down	3	13	/	/	/	/	/	
Leg press	ROM is key	2	15	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	
Week 4									
<i>This week's focus:</i>	<i>Sets/reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Back squat	Focus on depth and then load	3	7	/	/	/	/	/	
Reverse lunge	Relax back leg	3	11	/	/	/	/	/	
Romanian deadlift	Brace abs and hinge	3	9	/	/	/	/	/	
Leg extension	1 second pause at top	3	11	/	/	/	/	/	
Lying ham curl	Keep hips down	3	13	/	/	/	/	/	
Leg press	ROM is key	3	17	/	/	/	/	/	
				/	/	/	/	/	
				/	/	/	/	/	

Upper

Push

Pull

Legs

Upper

Week 1									
<i>This week's focus:</i>	<i>Form focus</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Incline DB press	Pull elbows below shoulders	3	10	/	/	/	/	/	
SA DB row	Pull DB back to hip	3	8	/	/	/	/	/	
SA DB shoulder press	Superset	3	8	/	/	/	/	/	
DB lateral raise	Superset	3	10	/	/	/	/	/	
Cable close row	Stretch lats and pull	2	12	/	/	/	/	/	
Low to high cable fly	1 second pause at top	2	12	/	/	/	/	/	
Barbell curl	50 reps in as few sets/20kgBB	1	50	/	/	/	/	/	
Close grip push up	Back neutral	2	AMRAP	/	/	/	/	/	
Week 2									
<i>This week's focus:</i>	<i>Building loads</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Incline DB press	Pull elbows below shoulders	3	10	/	/	/	/	/	
SA DB row	Pull DB back to hip	3	8	/	/	/	/	/	
SA DB shoulder press	Superset	3	8	/	/	/	/	/	
DB lateral raise	Superset	3	10	/	/	/	/	/	
Cable close row	Stretch lats and pull	2	12	/	/	/	/	/	
Low to high cable fly	1 second pause at top	2	12	/	/	/	/	/	
Barbell curl	50 reps in as few sets/20kgBB	1	50	/	/	/	/	/	
Close grip push up	Back neutral	2	AMRAP	/	/	/	/	/	
Week 3									
<i>This week's focus:</i>	<i>Reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Incline DB press	Pull elbows below shoulders	3	11	/	/	/	/	/	
SA DB row	Pull DB back to hip	3	9	/	/	/	/	/	
SA DB shoulder press	Superset	3	9	/	/	/	/	/	
DB lateral raise	Superset	3	11	/	/	/	/	/	
Cable close row	Stretch lats and pull	2	12	/	/	/	/	/	
Low to high cable fly	1 second pause at top	2	12	/	/	/	/	/	
Barbell curl	50 reps in as few sets/20kgBB	1	50	/	/	/	/	/	
Close grip push up	Back neutral	2	AMRAP	/	/	/	/	/	
Week 4									
<i>This week's focus:</i>	<i>Sets/reps go up</i>	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	
Incline DB press	Pull elbows below shoulders	3	11	/	/	/	/	/	
SA DB row	Pull DB back to hip	3	9	/	/	/	/	/	
SA DB shoulder press	Superset	3	9	/	/	/	/	/	
DB lateral raise	Superset	3	11	/	/	/	/	/	
Cable close row	Stretch lats and pull	2	15	/	/	/	/	/	
Low to high cable fly	1 second pause at top	2	15	/	/	/	/	/	
Barbell curl	50 reps in as few sets/20kgBB	2	50	/	/	/	/	/	
Close grip push up	Back neutral	3	AMRAP	/	/	/	/	/	