



Hi I'm Sam, your online coach

Contents

Having trouble reading this PDF on your phone?.....	2
How This Plan Should Be Used	3
Tailored Plan.....	3
Programming Options	4
Tabata	4
HIIT / Circuit.....	4
Calisthenics	4
Resistance Bands	4
Cardio Vascular	4
Weight Training	4
Session 1	5
Session 2	6
Session 3	7
Session 4	7
How to Stretch.....	8
Hamstring	8
Calf	8
Quad	9
Glute	9
Tricep	10
Chest	10
Shoulder.....	11
Lats.....	11
Biceps.....	12

Having trouble reading this PDF on your phone?

Please download Adobe Acrobat Reader from your app store and use the Liquid option.

https://play.google.com/store/apps/details?id=com.adobe.reader&hl=en_US

<https://apps.apple.com/us/app/adobe-acrobat-reader-for-pdf/id469337564>

How This Plan Should Be Used

This is a full week training plan. The plan can be run every week until lockdown 2 is over.

It's been designed to try and build or retain as much hard-earned muscle as possible without needing any equipment except a place to pull up.

Don't just stop everything again if you did that. This routine will get you through this next month or so.

Beginner (trained under 1 year):

If you're a beginner going to failure might not be the best practice. Try and go under 5 reps from failure. Concentrate on doing the exercises with correct form.

Intermediate (1-3 years):

Intermediate's should be training with good form to failure.

Advanced (3 years +):

Training full bodies probably won't cut it at this point. Switch to a split routine. The exercises have been split up into compound exercises of push, pull, legs, core. Start with the hardest exercise for you and finish on the easiest. Good form to failure on every set is a must, if you can't do that you aren't advanced in my opinion.

If you feel like you want/need more exercises? I have more exercises on my YouTube channel, nothing fancy just a quick demonstration. The playlists you want are named calisthenics push, pull, etc.

https://www.youtube.com/channel/UC-T9qpPF7OC_bKXCJKgurZw

The run is optional but I would always recommend some type of CV training to keep your heart as healthy as possible.

If you have found any of this plan useful, please throw me a like on Facebook as it really helps.

Tailored Plan

If you would like a plan that would better suit your ability, fitness goals, equipment etc. Please get in contact. Options on next page.

Programming Options

Tabata

This type of exercise is a type of interval training that repeats an exercise 4 times for 30 seconds with 15 seconds rest in between. After this you move onto the next one. I usually plan 4 exercises in a “set”, then allow for a rest. I will mostly plan for 3 sets per exercise session. Best used for burning calories, weight loss and toning up.

HIIT / Circuit

High intensity interval training or circuit is like Tabata but you perform the exercise for a whole minute, with 15 seconds rest. There are 8 exercises per set. Each set should be repeated 3 times with a rest in between. Very good for burning calories, weight loss and toning up.

Calisthenics

This simply means using your bodyweight as the resistance for training. This will be structured like most weight training programs. This type of training is good for building/retaining muscle and strength.

Resistance Bands

Very similar to training with weights and will be structured almost the same. Very good for building muscle and strength.

Cardio Vascular

This type of exercise trains the cardio vascular system. Exercise types in this group are running, cycling, cross trainer, etc. This is the best type of exercise for burning calories.

Weight Training

This type of exercise is best for building muscle and strength. This type of exercise uses free weights or machines.

Session 1

Warm up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Resistance:

Exercise	Sets	Reps / Time	Video Link
Press Up	3	Fail	https://youtu.be/BrCkCYxvGhw
Pull Up	3	Fail	https://youtu.be/QmyBcv6HmKA
Sit Up	3	40	https://youtu.be/U1Qr3CtM-mY
Assisted Pistol Squat	3	Fail	https://youtu.be/aK5sZQOgYBo

More Info:

Going to failure is really important if you want to retain hard earned muscle. Give your muscles a reason to stay there. If you're a beginner refer to "How this plan should be used" section at the start.

Sit ups can be done to failure as well.

Do 3 sets of each exercise. Then move onto the next exercise.

Cooldown: Stretches

Session 2

Warm up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Resistance:

Exercise	Sets	Reps / Time	Video Link
Elevated Pike Press Up	3	Fail	https://youtu.be/sqFzL5KE6gE
Chin up	3	Fail	https://youtu.be/Ar4ars6F9Uw
Plank	3	1min	https://youtu.be/CUqBFRa86yA
Bulgarian Split Squats	3	Fail	https://youtu.be/UNXmOr_uLm4

More Info:

Going to failure is really important if you want to retain hard earned muscle. Give your muscles a reason to stay there. If you're a beginner refer to "How this plan should be used" section at the start.

Plank can be held until you drop.

Do 3 sets of each exercise. Then move onto the next exercise.

Cooldown: Stretches

Session 3

Warm up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Resistance:

Exercise	Sets	Reps / Time	Video Link
Archer Press Up	3	Fail	https://youtu.be/Q08M_8zd8OQ
Wide Chin Up Hold	3	Fail	https://youtu.be/h3WCsgHbvQA
Toe Reach	3	40	https://youtu.be/LeA5UGA5rXM
Single leg wall sit	3	30 secs each leg	https://youtu.be/P3S3IYim3wU

More Info:

Going to failure is really important if you want to retain hard earned muscle. Give your muscles a reason to stay there. If you're a beginner refer to "How this plan should be used" section at the start.

Ideally go to failure on Toe Reach

Do 3 sets of each exercise. Then move onto the next exercise.

Cooldown: Stretches

Session 4

Warm up: 5min walk

Work: 20 min Jog

How to Stretch

Hold each Stretch for at least 30 seconds. If you are particularly tight in certain areas, you should hold it for 1 minute.

Hamstring

Start standing with feet together. Keeping legs straight, slowly try and touch your toes. Go as far as comfortable.



Calf

This is best to do with a wall for support. Put foot in front of you and the other behind. Then place both hand on the wall and lean forward until you feel a stretch in your calf. Keep your heel on the floor.



Quad

Start standing. Hold onto something if your balance isn't good. Lift one foot up behind you. While keeping your knees together in both directions.



Glute

Lie on the ground. Keeping one leg straight, pull the opposite up to your chest.



Tricep

Put one arm above your head and bend at the elbow. Then use the other arm to push your arm backwards to achieve the stretch.



Chest

To perform this stretch, stand side on to a door frame and placing your lower arm on the door frame (elbow to hand). Then keeping a side on stance to the door frame and not twisting the shoulders, slowly moving your torso forward, so your elbow is moving towards your back. Carry on until you feel the stretch in your chest muscle.



Shoulder

Move one arm across the chest and pull it towards you with the other arm.



Lats

Holding onto something in front of you. Gradually move your torso backwards and down. Increasing the distance between your upper arm and torso.



Biceps

Place both arms out to your sides then twist your arms moving your thumbs down and round as far behind you as you can.

