



Welcome to your free 4-week training program.

I hope you find these workouts fun, effective, and challenging at the same time.

Talk soon.

-JP

PS: If you enjoy these workouts and you want me to take care of your training and nutrition, you can apply for coaching [here](#).

PUSH-PULL-LEGS Program

Coach's Notes:

DON'T SKIP PAST THESE!!!! READ THOROUGHLY...

3-SECOND NEGATIVES: For this program, make sure you are focusing on technique and using a 3-second eccentric. This means the negative movement.

Example: In a pull-up, it would be the lowering portion.

KEEPING TRACK: In order to make progress week-to-week, I want you to be recording your sets, reps, and weight in these trackers below.

PROGRESSING: We will use progressive overload. This means either increasing reps (within the given range) or weight used (with good technique).

Please watch the technique videos in the program that I've taken the time to link and record myself.

REST TIMES: Please rest at least 2-3 minutes between sets. This will allow your muscles to recover and get the most out of your workouts. THIS IS SO IMPORTANT!!

SUPERSETS: I have made a lot of these exercises supersets. You will perform one set of the first exercise, then one set of the second exercise, and then rest for the full 2-3 minutes before doing this again.

Superset exercises are marked with 1a.) and 1b.) etc...

WARM-UP SETS: Please do 1-2 warm-up sets with lightweight before going into your heavy sets. These are very important to get your nervous system ready to work and prevent injury.

Enjoy!

Push Day!

Exercise	Sets Completed	Reps Completed	Weight Used	Difficulty (1-10)	NOTES
1a.) Incline DB Bench 3x10-12					
1b.) Incline DB Shoulder Press 3x10-12					
2a.) Double Rope Tricep Extension 3x10-12					
2b.) Pec Deck 3x10-12					
3.) Russian Twists 3x10-12/side					

Pull Day!

Exercise	Sets Completed	Reps Completed	Weight Used	Difficulty (1-10)	NOTES
1.) One-Arm Lat Pull-Down					

3x10-12/side					
2a.) Rear Delt Rows 3x12-15					
2b.) Humble Rows 3x10-12					
3.) Brachialis Curls 3x10-12					
4.) Side planks 2x30 secs. per side					

Legs!

Exercise	Sets Completed	Reps Completed	Weight Used	Difficulty (1-10)	NOTES
1.) Glute Leg Press 3x10-12					
2.) Heel-elevated DB Goblet Squat 3x10-12					
3.) BB Glute Bridge 3x10-12 OR DB Glute Bridge 3x10-12					
4a.) Leg Extension 3x12-15					
4b.) Leg Curl 3x12-15					