

PLT Free 3_4 Day Resistance Training

- This free PLT training plan covers all body parts
- This free PLT training plan covers 6 weeks, pls rest week 7 & perform active recover, before commencing Meso Cycle 2
- The plan has 3 or 4 days training, depending on your available time and recovery.
- The additional 4th training day adds another Leg focused workout
- The training days should be performed in sequence to allow for recovery
- '3/failure' means, perform as many reps as you can but stop 3 reps from failure
- If you find the number of reps possible are >20, pls add weight to the movement
- We have chosen movements that would be typical to resistance training
- If you find you cannot perform a certain movement, pls use Google to find an alternative solution
- 'DB' = Dumbbell

*** This free training plan is an aid to compliment your nutrition coaching service & does not include coaching.



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PLT Free 3_4 Day Resistance Training



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Week 1

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Bent Over Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Cable Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Rear Elevated Split Squat | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |

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Week 2

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Bent Over Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Cable Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Rear Elevated Split Squat | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

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Week 3

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | One Arm DB Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Hammer Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

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Week 4

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | One Arm DB Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Hammer Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

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Week 5

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|---------------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|---------------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|---------------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | One Arm DB Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Hammer Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | N/A | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|---------------------------|--------------|-------------------|------|--------|-----------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |

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Week 6

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|---------------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Incline Bench | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Bench Dips | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | One Arm DB Rows | 3 | | 8-12 | |
| | Back | DB Shrugs | 3 | | 8-12 | |
| | Biceps | Hammer Curls | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | N/A | 3/failure | |
| | | | | | | |
| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

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Week 1

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

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Week 2

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |

PLT Free 3_4 Day Resistance Training



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Week 3

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

PLT Free 3_4 Day Resistance Training



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Week 4

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

PLT Free 3_4 Day Resistance Training



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Week 5

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT (Push) Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------|------|--------|-----------|------|
| PLT (Legs) Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |

PLT Free 3_4 Day Resistance Training



Nutrition & Fitness

Week 6

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|--------------|--------------|----------------------------------|------|--------|-----------|------|
| PLT Day 1 | Chest | Bench Press (barbell or machine) | 3 | | 2/failure | |
| | Chest | DB Fly | 3 | | 8-12 | |
| | Shoulders | DB Seated Press | 3 | | 8-12 | |
| | Shoulders | DB Lat Raises | 3 | | 8-12 | |
| | Tricep | Skull Crushers | 3 | | 2/failure | |
| | Triceps | Cable Push Downs | 3 | | 10-12 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------|--------------|-------------------|------|--------|-----------|------|
| Day 2 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | DB Walking Lunges | 3 | | 8-12 | |
| | Legs | Goblet Squat | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | N/A | 3/failure | |
| | Abs | Cable Crunch | 3 | N/A | 3/failure | |
| | | | | | | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|------------------------|--------------|-------------------------|------|--------|-----------|------|
| PLT (Pull) Day 3 | Back | Seated Lat Pull-Down | 3 | | 8-12 | |
| | Back | Seated Machine Rows | 3 | | 8-12 | |
| | Back | Chest Supported Row | 3 | | 8-12 | |
| | Back | Face Pulls | 3 | | 8-12 | |
| | Biceps | Hammer Curl | 3 | | 12-16 | |
| | Biceps | Seated incline DB Curls | 3 | | 12-16 | |
| | Abs | Sit-Ups | 3 | | 3/failure | |
| | Abs | Leg Raise | 3 | | 3/failure | |

| | Muscle Group | Exercise | Sets | Weight | Rep Goal | Reps |
|-------------------|--------------|-----------------------|------|--------|--------------|------|
| Optional Day 4 | Legs | Back/Hack Squat | 3 | | 8-12 | |
| | Legs | Walking Lunges | 3 | | 15 Steps/leg | |
| | Legs | Stiff Legged Deadlift | 3 | | 8-12 | |
| | Legs | Leg Press | 3 | | 8-12 | |
| | Abs | Bench Knee Tucks | 3 | | 3/failure | |
| | Abs | Cable Crunch | 3 | | 3/failure | |
| | | | | | | |