



FINLAY FITNESS SYSTEMS

TRAINING · NUTRITION · LIFESTYLE

4 WEEK TRAINING PROGRAM

4 WEEK TRAINING PROGRAM

FOR PERSONAL TRAINING WITH FINLAY FITNESS SYSTEMS
AND INFORMATION RELATING TO STRENGTH TRAINING



WHO IS THIS TRAINING PROGRAM DESIGNED FOR?

This training program was designed to suit someone with a beginner to intermediate level of training experience, with no current injuries or major limitations on how they can move. So, if you are relatively new to training, have been training for a little while but aren't confident you are doing the right things, or just aren't making the progress you think you should be then this is for you! As always, if you have never set foot in a gym before and have no idea what you are doing I would always recommend doing at least a session or two with either a PT or an experienced friend just to get some initial pointers on technique, build some confidence and make sure you start out on the right foot!

HOW TO GET THE MOST OUT OF THIS PROGRAM

Consistency in training: You've probably heard coaches talk about the importance of being consistent with your training a thousand times before, but that's only because it is so important. Things like exercise selection, how hard you push when you are in the gym and the program you follow don't really matter if you aren't training consistently. So, if you want to get the most out of this training program, try to have 4 weeks ahead of you where you can really commit and crush it. Remember, a poor program with 100% commitment will always get better results than a "perfect" program done poorly. Luckily for you this program is pretty good!

This program is a PROGRAM, not 4 random workouts per week: Keeping with the theme of consistency, we want to make sure we are doing the program in the order it was designed to be done. Things like which muscles you train on which days, exercise order, rest days and how often you do specific movements per week have all been considered when I put this program together. So, try to stay as close as you can to the program as it has been prescribed. Here are some overall pointers to keep things running smoothly:

- Avoid training the same muscles on back-to-back days, your muscles should take roughly 48 hours to recover and be ready to train again
- If you can't train for a few days and miss sessions, when you get back into the gym go back and pick up where you left off. Don't "skip" to the start of a new week
- As much as possible do the exercises in the order they are prescribed, generally you want to perform the big compound movements first and finish with the smaller isolation movements

WHAT'S THE DIFFERENCE BETWEEN THIS PROGRAM AND ACTUAL COACHING?

If you're looking at the training program and thinking things like:

- "What if I want to train a different number of days per week?"
- "What should I be eating overall and around training to get the most out of this?"
- "I'm not sure if I can perform all these exercises correctly?"
- "What do I swap these exercises with if the equipment is taken?"
- "What do I do once I finish the program?"

This is where actual coaching has its benefits over just following a program. I'm not going to spend long trying to convince you to get a coach, but the main benefits of coaching over just a program is in the planning and flexibility. In terms of planning, a coach will make a program specific to your training goals, how many days per week you can train and what exercises you are comfortable performing. The flexibility side of the equation is for when things change, you might be ready to progress certain exercises, be able to train more or less days per week, get an injury and need to make adjustments, or your goals may change. A coach can take all these factors into consideration and change your plan as you go, as well as helping with accountability, nutrition, and technical feedback.

This program is designed to be a taste of the coaching experience. If you haven't really had a program in the past (or had a bad one) this should get you started on the right track. **So now that's out of the way, let's get into the fun stuff!**

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TRAINING TIPS

If you are not familiar with **training jargon**, here is a quick rundown of some of the common terms you'll read about in the program and probably hear around the gym:

- **Reps:** Short for "repetitions." Reps refers to the number of times you perform an exercise within a set.
- **Set:** A set is a cycle. You will perform a number of reps for each set, then rest, and you will perform a number of sets for each exercise. For example: You do 3 sets of 10 reps for squats. 3 sets x 10 reps = 30 squats.
- **Super Set:** When you do 2 or more exercises without rest periods in between them. For example: bench press set—no rest—dumbbell curl set. In this program a superset will have (A1, A2) written next to it.
- **Target Muscle(s):** The muscle(s) that will be most active during any given exercise. These should be the muscles you feel when doing the movement. Note in the program the muscles will be listed from most to least activated.
- **Regression:** A less technical version of the exercise that is best used if/when the prescribed exercise is too difficult to perform optimally. For example, a leg press is a regression of a Barbell Back Squat. Not all exercises will have regressions included, just the more technical ones.
- **Cue:** A cue is a word or phrase designed to help someone achieve a specific movement. Basically, something to think about when doing an exercise which will help you perform better. For example, a coach may tell a client to "Brace" during a squat to remind them to keep their core engaged during the movement.

PROGRESSING

Your aim should be to increase the weights used during the program week to week. So generally, with any program the first week should be used to get confident with the exercises and set a baseline which can be built upon going forward. You don't want to go all out week one and end up injuring yourself. Any new exercises you perform may feel awkward the first time you do them, but by keeping consistent with training this will go away quite quickly. The analogy I like to use is when you throw a ball with your non-dominant arm it feels really uncoordinated, well your whole body is like that when you get started and the only way to get better is to practice.

Pick weights where you reach near failure at the reps prescribed. If we want our muscles to grow and get stronger we need to give them a reason. So, if you are meant to be doing 8 reps of an exercise and you reach it easily, it's a sign you need to up the weight! For most bigger compound exercises (squats, deadlifts, bench press, etc) you'll want to leave 1-3 reps in the tank depending on how confident you are with the exercise. For smaller exercises (bicep curls, shoulder raises, machine movements) you can push closer to actual failure. Remember, you want to push close to actual failure, not just when the set starts to feel hard.

Exercise Regressions: For some of the more technical movements in the program I have included a "regressed" version of the exercise if you don't feel confident performing the prescribed exercise. These less technical exercise will still target the same muscles so can simply be swapped in the program.

Tracking your progression: Unless you have an amazing brain, as you progress it will be pretty hard to remember exactly what weights you used for each exercise you did the week before. This is where it can come in handy to use a training app to track your weights. I use Train-Heroic with my clients, but any app that allows you to make your own sessions will do. There are plenty of free apps in the app store. Simply download one, enter the exercises I prescribe into it and it should save them so you don't have to guess what you used the next time you train!

Rest Times:

Generally, I would advise to take as much rest as you need to give the next set your best effort. You'll want to take longer breaks after bigger, more taxing exercises and take smaller breaks for smaller, less taxing exercises. Use the below as guide:

Prime/Accessory/Compound Movement (1-5 Reps) 2-5 minutes: more time if an advanced lifter. As we are in a strength range, we want maximum power output for the set so greater rest is needed.

Prime/Accessory/Compound Movement (6-12+ Reps) 2-3 minutes: the lower the reps the longer the rest as lower reps should mean you are moving heavier weight.

Isolation Movement (8+ Reps) 60s-2 minutes: as these movements will usually be less fatiguing, we don't need as much rest between sets.

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THE PROGRAM

The workout will consist of 4 training days spread out over a week. Ideally you will perform the first two days back-to-back, followed by a rest day, then the following two days. So, on a perfect week your schedule might look like this:

- Monday: Session 1
- Tuesday: Session 2
- Wednesday: Rest
- Thursday: Session 3
- Friday: Session 4
- Saturday: Rest
- Sunday: Rest

Don't stress if your week doesn't look exactly as above! The main thing is being consistent with the total amount of sessions every week, not so much doing the sessions on the exact day prescribed.

WHY FOUR SESSIONS PER WEEK?

The reason I like a 4-day split is because it allows for plenty of training volume but gives you a bit of wiggle room in regard to moving the days around during the week. You can easily do a session on the weekend if you have to miss a day during the week and you still get 3 days where you don't have to go to the gym, very achievable for most people! The program is designed to be predominantly an UPPER/LOWER split with some slight tweaks, which means we will be able to hit most muscle groups 2x per week. This is generally the optimal frequency with which we want to hit each muscle group, while allowing plenty of days for your muscles to recover.

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WEEK 1 FOCUS POINTS:

- Use this week to familiarise yourself with the movements and build a solid foundation to improve upon in future weeks.
- If unsure about what weights to use on an exercise, simply start light and work your way up to a weight that feels hard and count that as your first working set.
- Remember, we want to increase the weights on all these lifts in the following weeks, focus on technique and leave a few reps in the tank so you can beat what you do this week, next week.

	EXERCISE	SETS X REPS	EXERCISE REGRESSIONS / SUBSTITUTIONS	TARGET MUSCLES
Week 1: Session 1 Upper Body Focus	A1) DB Bench Press	4x10	Machine Chest Press, Push Up Seated Cable Row, Bent Over Row	Chest, Shoulders, Triceps Back, Biceps
	A2) Chest Supported DB Row	4x10		
	B1) Lat Pulldown	3x12	N/A	Back, Biceps
	B2) DB Shoulder Press	3x12	Machine Shoulder Press	Shoulders, Triceps
	C1) Cable Crossover	3x12	DB Fly, Machine Chest Fly	Chest
	D1) DB Lateral Raise	4x10	N/A	Side Delt
	D2) DB Bicep Curl D3) Tricep Pushdown	4x12 4x12	N/A N/A	Biceps Triceps
E1) Cable Face Pull	3x15	Machine Rear Delt Fly	Rear Delts	
Week 1: Session 2 Lower Body Focus	A1) Barbell Back Squat	4x8	Box Squat, Goblet Squat, Hack Squat	Quads, Glutes
	B1) Hyperextension	3x10	Hip Thrust, Glute Drive, Glute Bridge Single leg Press, Dumbbell Lunge	Glutes, Hamstrings Quads, Glutes
	B2) Step Ups	3x10		
	C1) Leg Press	4x12	N/A	Quads
	D1) DB Romanian Deadlifts	3x8	Barbell Romanian Deadlift Plank, Deadbugs	Hamstrings, Glutes Abdominals
	D2) Hollow Holds	3xMAX		
E1) Seated Calf Raise	3x15	N/A	Calves	
Week 1: Session 3 Upper Body Focus	A1) Bench Press	4x8	DB Bench Press, Machine Chest Press	Chest, Shoulders, Triceps
	B1) Assisted Chin Up	4x10	Close Grip Pulldown	Back, Biceps
	C1) Incline DB Bench Press	3x10	N/A	Chest, Shoulders, Triceps Back, Biceps
	C2) Single Arm Machine Row	3x10	Single Arm DB Row	
	D1) Barbell Shoulder Press	3x8	Machine Shoulder Press	Shoulders
	E1) Cable Lateral Raise E2) Bent over Rear Delt Fly	3x12 3x12	DB Lateral Raise Machine Rear Delt Fly	Side Delts Rear Delts
Week 1: Session 4 Lower Body and Arm Focus	A1) Deadlift	4x6	Trap/Hex Bar Deadlift, RDL	Glutes, Hamstrings, Quads
	B1) Goblet Squat	4x10	Goblet Box Squat, Leg Press N/A	Quads, Glutes Quads
	B2) Leg Extension	4x10		
	C1) Lying Leg Curl	3x12	Seated Leg Curl, Physio-ball Leg Curl	Hamstrings
	D1) EZ Bar Curl	3x12	N/A	Biceps
	D2) DB Skullcrusher	3x12	Overhead Tricep Extension Crunch	Triceps Abdominals
	D3) Lying Leg Raise	3xMAX		
	E1) Cable Curl E2) Tricep Rope Pulldowns	3x15 3x15	Barbell Bicep Curl N/A	Biceps Triceps

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WEEK 2 FOCUS POINTS:

- Now that you have done a full week of training it's time to start pushing yourself a bit more.
- Reps remain the same this week as previous, focus on increasing the weight slightly on all lifts where possible, even if it is just a few kgs.
- If you substituted any exercises in week 1, do the same exercises in this week and future weeks. You want to be doing the same exercises each week to ensure you are progressing.

	EXERCISE	SETS X REPS	EXERCISE REGRESSIONS / SUBSTITUTIONS	TARGET MUSCLES
Week 2: Session 1 Upper Body Focus	A1) DB Bench Press	4x10	Machine Chest Press, Push Up Seated Cable Row, Bent Over Row	Chest, Shoulders, Triceps Back, Biceps
	A2) Chest Supported DB Row	4x10		
	B1) Lat Pulldown	3x12	N/A	Back, Biceps
	B2) DB Shoulder Press	3x12	Machine Shoulder Press	Shoulders, Triceps
	C1) Cable Crossover	3x12	DB Fly, Machine Chest Fly	Chest
	D1) DB Lateral Raise	4x10	N/A	Side Delt
	D2) DB Bicep Curl D3) Tricep Pushdown	4x12 4x12	N/A N/A	Biceps Triceps
E1) Cable Face Pull	3x15	Machine Rear Delt Fly	Rear Delts	
Week 2: Session 2 Lower Body Focus	A1) Barbell Back Squat	4x8	Box Squat, Goblet Squat, Hack Squat	Quads, Glutes
	B1) Hyperextension	3x10	Hip Thrust, Glute Drive, Glute Bridge Single leg Press, Dumbbell Lunge	Glutes, Hamstrings Quads, Glutes
	B2) Step Ups	3x10		
	C1) Leg Press	4x12	N/A	Quads
	D1) DB Romanian Deadlifts	3x8	Barbell Romanian Deadlift Plank, Deadbugs	Hamstrings, Glutes Abdominals
	D2) Hollow Holds	3xMAX		
E1) Seated Calf Raise	3x15	N/A	Calves	
Week 2: Session 3 Upper Body Focus	A1) Bench Press	4x8	DB Bench Press, Machine Chest Press	Chest, Shoulders, Triceps
	B1) Assisted Chin Up	4x10	Close Grip Pulldown	Back, Biceps
	C1) Incline DB Bench Press	3x10	N/A	Chest, Shoulders, Triceps Back, Biceps
	C2) Single Arm Machine Row	3x10	Single Arm DB Row	
	D1) Barbell Shoulder Press	3x8	Machine Shoulder Press	Shoulders
	E1) Cable Lateral Raise E2) Bent over Rear Delt Fly	3x12 3x12	DB Lateral Raise Machine Rear Delt Fly	Side Delts Rear Delts
Week 2: Session 4 Lower Body and Arm Focus	A1) Deadlift	4x6	Trap/Hex Bar Deadlift, RDL	Glutes, Hamstrings, Quads
	B1) Goblet Squat	4x10	Goblet Box Squat, Leg Press N/A	Quads, Glutes Quads
	B2) Leg Extension	4x10		
	C1) Lying Leg Curl	3x12	Seated Leg Curl, Physio-ball Leg Curl	Hamstrings
	D1) EZ Bar Curl	3x12	N/A	Biceps
	D2) DB Skullcrusher	3x12	Overhead Tricep Extension Crunch	Triceps Abdominals
	D3) Lying Leg Raise	3xMAX		
	E1) Cable Curl E2) Tricep Rope Pulldowns	3x15 3x15	Barbell Bicep Curl N/A	Biceps Triceps

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WEEK 3 FOCUS POINTS:

- In this week we have a change in reps. This will help with progressive overload and drives increases in training volume.
- For any exercises where the reps have decreased, increase the weights you use. For any exercises where the reps have increased, try to keep the weight the same as previous weeks.
- By now you should be feeling more confident in your training and be able to push yourself a bit harder during sessions.
- Some exercises this week will have different rep ranges for different sets (6,6,10,10), for these do a heavier weight on the lower rep sets.

	EXERCISE	SETS X REPS	EXERCISE REGRESSIONS / SUBSTITUTIONS	TARGET MUSCLES
Week 3: Session 1 Upper Body Focus	A1) DB Bench Press A2) Chest Supported DB Row B1) Lat Pulldown B2) DB Shoulder Press C1) Cable Crossover D1) DB Lateral Raise D2) DB Bicep Curl D3) Tricep Pushdown E1) Cable Face Pull	4x8 4x12 3x10 3x10 3x15 4x12 4x10,10,15,15 4x10,10,15,15 3x20	Machine Chest Press, Push Up Seated Cable Row, Bent Over Row N/A Machine Shoulder Press DB Fly, Machine Chest Fly N/A N/A N/A Machine Rear Delt Fly	Chest, Shoulders, Triceps Back, Biceps Back, Biceps Shoulders, Triceps Chest Side Delt Biceps Triceps Rear Delts
Week 3: Session 2 Lower Body Focus	A1) Barbell Back Squat B1) Hyperextension B2) Step Ups C1) Leg Press D1) DB Romanian Deadlifts D2) Hollow Holds E1) Seated Calf Raise	4x6,6,10,10 3x12 3x8 4x10 3x10 3xMAX 3x20	Box Squat, Goblet Squat, Hack Squat Hip Thrust, Glute Drive, Glute Bridge Single leg Press, Dumbbell Lunge N/A Barbell Romanian Deadlift Plank, Deadbugs N/A	Quads, Glutes Glutes, Hamstrings Quads, Glutes Quads Hamstrings, Glutes Abdominals Calves
Week 3: Session 3 Upper Body Focus	A1) Bench Press B1) Assisted Chin Up C1) Incline DB Bench Press C2) Single Arm Machine Row D1) Barbell Shoulder Press E1) Cable Lateral Raise E2) Bent over Rear Delt Fly	4x6,6,10,10 4x8 3x12 3x12 3x10 3x15 3x15	DB Bench Press, Machine Chest Press Close Grip Pulldown N/A Single Arm DB Row Machine Shoulder Press DB Lateral Raise Machine Rear Delt Fly	Chest, Shoulders, Triceps Back, Biceps Chest, Shoulders, Triceps Back, Biceps Shoulders Side Delts Rear Delts
Week 3: Session 4 Lower Body and Arm Focus	A1) Deadlift B1) Goblet Squat B2) Leg Extension C1) Lying Leg Curl D1) EZ Bar Curl D2) DB Skullcrusher D3) Lying Leg Raise E1) Cable Curl E2) Tricep Rope Pulldowns	4x5,5,8,8 4x8 4x12 4x10,10,15,15 3x15 3x15 3xMAX 3x12 3x12	Trap/Hex Bar Deadlift, RDL Goblet Box Squat, Leg Press N/A Seated Leg Curl, Physio-ball Leg Curl N/A Overhead Tricep Extension Crunch Barbell Bicep Curl N/A	Glutes, Hamstrings, Quads Quads, Glutes Quads Hamstrings Biceps Triceps Abdominals Biceps Triceps

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WEEK 4 FOCUS POINTS:

- Final Week! Time to finish off strong. Continue to increase weights used while sticking to the rep ranges prescribed.
- By now you should be proficient at most of the exercises and it may not be as easy to add weight as previous weeks. But this is where it is important to train with intent and push yourself on all sets.
- If you have stuck to the program and completed the 4 weeks, you should be feeling stronger and performing better, congratulations! If for any reason you haven't been able to complete the program in all 4 weeks, or had drop offs in consistency, this is a good chance to have a look back at why and make adjustments for the future.

	EXERCISE	SETS X REPS	EXERCISE REGRESSIONS / SUBSTITUTIONS	TARGET MUSCLES
Week 4: Session 1 Upper Body Focus	A1) DB Bench Press A2) Chest Supported DB Row B1) Lat Pulldown B2) DB Shoulder Press C1) Cable Crossover D1) DB Lateral Raise D2) DB Bicep Curl D3) Tricep Pushdown E1) Cable Face Pull	4x8 4x12 3x10 3x10 3x15 4x12 4x10,10,15,15 4x10,10,15,15 3x20	Machine Chest Press, Push Up Seated Cable Row, Bent Over Row N/A Machine Shoulder Press DB Fly, Machine Chest Fly N/A N/A N/A Machine Rear Delt Fly	Chest, Shoulders, Triceps Back, Biceps Back, Biceps Shoulders, Triceps Chest Side Delt Biceps Triceps Rear Delts
Week 4: Session 2 Lower Body Focus	A1) Barbell Back Squat B1) Hyperextension B2) Step Ups C1) Leg Press D1) DB Romanian Deadlifts D2) Hollow Holds E1) Seated Calf Raise	4x6,6,10,10 3x12 3x8 4x10 3x10 3xMAX 3x20	Box Squat, Goblet Squat, Hack Squat Hip Thrust, Glute Drive, Glute Bridge Single leg Press, Dumbbell Lunge N/A Barbell Romanian Deadlift Plank, Deadbugs N/A	Quads, Glutes Glutes, Hamstrings Quads, Glutes Quads Hamstrings, Glutes Abdominals Calves
Week 4: Session 3 Upper Body Focus	A1) Bench Press B1) Assisted Chin Up C1) Incline DB Bench Press C2) Single Arm Machine Row D1) Barbell Shoulder Press E1) Cable Lateral Raise E2) Bent over Rear Delt Fly	4x6,6,10,10 4x8 3x12 3x12 3x10 3x15 3x15	DB Bench Press, Machine Chest Press Close Grip Pulldown N/A Single Arm DB Row Machine Shoulder Press DB Lateral Raise Machine Rear Delt Fly	Chest, Shoulders, Triceps Back, Biceps Chest, Shoulders, Triceps Back, Biceps Shoulders Side Delts Rear Delts
Week 4: Session 4 Lower Body and Arm Focus	A1) Deadlift B1) Goblet Squat B2) Leg Extension C1) Lying Leg Curl D1) EZ Bar Curl D2) DB Skullcrusher D3) Lying Leg Raise E1) Cable Curl E2) Tricep Rope Pulldowns	4x5,5,8,8 4x8 4x12 4x10,10,15,15 3x15 3x15 3xMAX 3x12 3x12	Trap/Hex Bar Deadlift, RDL Goblet Box Squat, Leg Press N/A Seated Leg Curl, Physio-ball Leg Curl N/A Overhead Tricep Extension Crunch Barbell Bicep Curl N/A	Glutes, Hamstrings, Quads Quads, Glutes Quads Hamstrings Biceps Triceps Abdominals Biceps Triceps

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SO YOU'VE COMPLETED THE PROGRAM, NOW WHAT?

Now that you have completed the program you have a few options. If you have been making good progress with all the lifts, I would suggest continuing with what is working! While you might have read that you need to change up your program every 4,6,8 or whatever weeks, there is no set amount of time any one person should stay on any one program. If you are making progress, feeling stronger, lifting more, looking better, why would you change things unnecessarily? If you really want to play around with exercise selection, I suggest changing some of your smaller accessory exercises around and leaving a few big compound movements the same long term so you can track improvements in strength.

If, on the other hand, you haven't been making the progress you expected, been struggling with the exercises, or just not feeling like you are getting the best out of yourself in general, it might be a good idea to get some coaching. Either 1on1 or online. While a training program is a great start if you haven't had one in the past, having a coach reviewing your progress allows them to adapt the program to your level. Think of it like getting to outsource your decision making when it comes to training, so you can simply execute the session without having to wonder if you are doing the right things! If you are interested in being coached by me, **you can see my coaching options and pricing at: www.finlayfitnesssystems.com/coaching**

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