

SUMMARY

Follow the plan.

LOWERBODY DAY 1

| | SETS | REPS |
|-------------------------|-------------|------|
| HIP THRUST, SINGLE LEG | 3 | 12 |
| REVERSE LUNGE, DUMBBELL | 3 (per leg) | 12 |
| GOBLET SQUAT | 3 | 12 |
| HIP ABDUCTION, BANDED | 3 | 15 |

UPPERBODY & CORE DAY 2

| | SETS | REPS |
|-----------------------|-------------------------|------------------------|
| SHOULDER PRESS | 3 | 12 |
| PUSH UP, KNEELING | 3 | 12 |
| PLANK POSITION (CORE) | Hold for 45-80 seconds! | |
| RUSSIAN TWISTS | 1 | 3 rounds of 30 seconds |
| CRUNCHES | 1 | 3 rounds of 30 seconds |

LOWERBODY DAY 3

| | SETS | REPS |
|-----------------------------------|------|---------|
| BULGARIAN SPLIT SQUAT, BODYWEIGHT | 3 | 12 |
| GLUTE BRIDGE, BANDED, ELEVATED | 3 | 12 - 15 |
| PLIE SQUAT | 3 | 12 |
| CLAMSHELL ABDUCTION WITH BAND | 3 | 15 |

3 DAY HOME BASED WORKOUT PLAN

The order in which you follow through the workout schedule is completely up to you- All three workouts should be completed over the course of a entire week, take rest days when you need them or when they best fit your schedule!

EXERCISE EXPLAINED: LOWERBODY DAY 1



HIP THRUST, SINGLE LEG

3 Sets 12 Reps

3 sets per leg, starting on the side you struggle with more, or feel more imbalanced with. Keep your vision in front of you, and push with the base of your heel to drive up your glutes. You should be able to wiggle your toes whilst doing this (you don't need too, but in case you need to check your foot placement is correct you would be able too). Complete 3 sets one side and then 3 on the other.



REVERSE LUNGE, DUMBBELL

3 Sets (per leg) 12 Reps

Start on your weaker leg. Drop your back leg down and keep your front foot stable on the floor. Complete 3 sets on one side then move onto the other!



GOBLET SQUAT

3 Sets 12 Reps

Hold something heavy if you find these too easy! For example fill up a backpack with books or water bottles if you do not have access to a dumbbell at home!



HIP ABDUCTION, BANDED

3 Sets 15 Reps

Leaning slightly forward, place your resistance band around your lower thighs, keeping your feet securely placed onto the floor, I want you to pulse your knees outwards creating a stretch in your abductors (side glutes). Complete 3 sets of 15, with no more than 40 seconds between sets.

HOME BASED PLAN

EXERCISE EXPLAINED: UPPERBODY & CORE DAY 2



SHOULDER PRESS

3 Sets 12 Reps

If you have dumbbells, use these! If not, replace with heavy water bottles. I do suggest investing in a 6-10kg set of dumbbells! Press the weight over your head not allowing your elbows to drop below your shoulders!



PUSH UP, KNEELING

3 Sets 12 Reps

Progress to push ups on your toes when you find this too easy!



PLANK POSITION (CORE)

Hold for 45-80 seconds!

Hold for 45-80 seconds!



RUSSIAN TWISTS

3 rounds of 30 seconds on,
30 seconds off!

Twist your body around making sure you turn your head. To begin with keep your feet on the floor, as you progress you can lift up your feet for extra intensity! Keep these slow and controlled.



CRUNCHES

3 rounds of 30 seconds on,
30 seconds off!

Keep your back flat on the floor, tucking in your chin as you crunch up, engaging your abdominal muscles.

EXERCISE EXPLAINED: LOWERBODY DAY 3



BULGARIAN SPLIT SQUAT, BODYWEIGHT

3 Sets 12 Reps

Quad focused Bulgarian split squat, rest your back leg on the bench behind you (for an at home alternative, use a low chair or a bed that is approximately 30-45cm off the floor). Push up from the ground from the base of your heel with your foot on the floor. Keep all the tension in your quads! Add dumbbells once you find your balance!



GLUTE BRIDGE, BANDED, ELEVATED

3 Sets 12-15 Reps

Place a band around your knees and thrust your hips up. If you feel lower back pressure, pain or discomfort reduce the elevation.



PLIE SQUAT

3 Sets 12 Reps

Take a wider stance than shoulder width, turn out your toes, hold either a dumbbell or a heavy object between your legs. Squat down, keeping your back straight, allowing the dumbbell to add extra resistance to each repetition.



CLAMSHELL ABDUCTION WITH BAND

3 Sets 15 Reps

Laying on your side, lift your upper leg in a parallel motion over the other leg. If you want to add intensity, lift your foot off the ground too. You need to be controlling this movement, so 2 seconds up and 2 seconds down. You should feel the burn by the end of set 3. Start on your weaker side, complete one full side before moving onto the other.

REPEAT!

4 DAY GYM HYPERTROPHY FAT LOSS PLAN - SUMMARY

The order in which you follow through the workout schedule is completely up to you- All four workouts should be completed over the course of a entire week, take rest days when you need them or when they best fit your schedule!

LOWER BODY WORKOUT A

SETS

REPS

| | | |
|--|---|----|
| HIP THRUST, BARBELL | 3 | 12 |
| BULGARIAN SPLIT SQUAT, DUMBBELL | 3 | 10 |
| BULGARIAN SPLIT SQUAT, BODYWEIGHT | 3 | 10 |
| GLUTE KICKBACK STANDING, CABLE OR RESISTANCE BANDS | 3 | 10 |
| LEG EXTENSION | 3 | 12 |

UPPER BODY WORKOUT A

SETS

REPS

| | | |
|----------------------------------|---|---------|
| PULL DOWN, WIDE GRIP | 3 | 12 - 15 |
| ROW, CABLE, SEATED | 3 | 12 |
| SHOULDER PRESS, DUMBBELL, SEATED | 3 | 12 |
| STRAIGHT ARM PULL DOWN | 3 | 15 |

LOWER BODY WORKOUT B AND CARDIO

SETS

REPS

| | | |
|------------------------|---|----|
| LEG PRESS | 3 | 12 |
| HIP ADDUCTION, MACHINE | 2 | 10 |
| LEG CURL, SEATED | 3 | 12 |
| CARDIO | 200m runs, run at your own pace for 200m, walk for 2 minutes and repeat | |

UPPER BODY WORKOUT B AND CARDIO

SETS

REPS

| | | |
|-------------------------------|------------------------|----|
| OVERHEAD PRESS | 3 | 10 |
| LATERAL RAISE, DUMBBELL | 3 | 20 |
| FACE PULL, CABLE | 3 | 12 |
| TRICEP EXTENSION, CABLE, ROPE | 3 | 12 |
| STAIRMASTER | 1 Round for 10 minutes | |

4 DAY GYM HYPERTROPHY FAT LOSS PLAN

EXERCISES EXPLAINED: LOWER BODY WORKOUT A

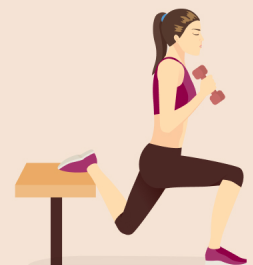


HIP THRUST, BARBELL

3 Sets 12 Reps

Warm up with the bar. Stretch out your hamstrings squatting down without a weight prior to squatting to open up your hip flexors. If you cannot reach depth then place a plate under each heel. The bar should sit nicely below your traps. Slow and controlled - 2 seconds on each phase!

SUPERSET (COMPLETE ONE EXERCISE AFTER THE OTHER IN A SEQUENCE OF 3 ROUNDS)



BULGARIAN SPLIT SQUAT, DUMBBELL 10 Reps

BULGARIAN SPLIT SQUAT, BODYWEIGHT 10 Reps

Pick a weight you can manage without losing balance. Lean your body slightly forward. Control every rep - do not rush through!

Drop the weight and take to failure.



GLUTE KICKBACK STANDING, CABLE OR RESISTANCE BANDS

3 Sets 10 Reps

Push your back leg diagonally backwards away from your body, keep your back straight - bend over to 90 degrees - hold onto the cable machine for your stability and keep your stable foot planted on the floor.



LEG EXTENSION

3 Sets 12 Reps

3 sets of 12 - drop the last set and take to failure!

EXERCISES EXPLAINED: UPPER BODY WORKOUT A



PULL DOWN, WIDE GRIP

3 Sets 12-15 Reps

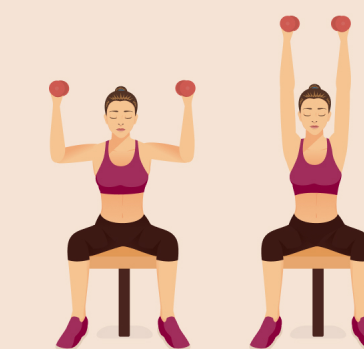
Pick a weight that challenges you - pull the bar down into your chest as you retract your scapula.



ROW, CABLE, SEATED

3 Sets 12 Reps

Lean your body forward slightly, pulling the cable into your stomach, do not sway or use momentum, your back should be doing all the work!



SHOULDER PRESS, DUMBBELL, SEATED

3 Sets 12 Reps

Slow and controlled - do not let your elbows dip below your shoulders!



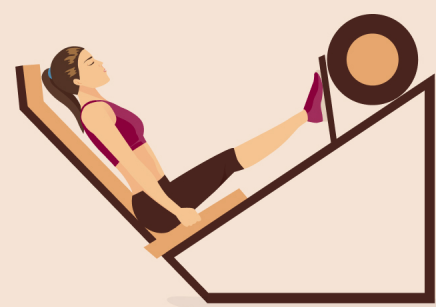
STRAIGHT ARM PULL DOWN

3 Sets 15 Reps

High reps to finish! Bend your knees pulling the long bar attachment down into your thighs!

4 DAY GYM HYPERTROPHY FAT LOSS PLAN

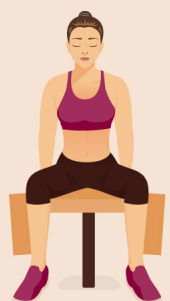
EXERCISES EXPLAINED: LOWER BODY WORKOUT B AND CARDIO



LEG PRESS

3 Sets 12 Reps

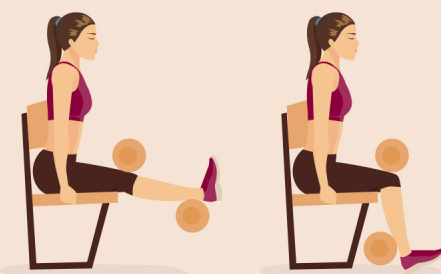
Neutral stance - focusing on the quads, shoulder width apart with your feet on the push board, neutral, press with your heels.



HIP ADDUCTION, MACHINE

2 Sets 10 Reps

Drive your knees outwards, leaning your body forward to engage your glutes.



LEG CURL, SEATED

3 Sets 12 Reps

Your third and final set - drop weight and take to failure.



CARDIO

5 Sets

200m runs, run at your own pace for 200m, walk for 2 minutes and repeat 5 times on the treadmill or outdoors.

EXERCISES EXPLAINED: UPPER BODY WORKOUT B AND CARDIO



OVERHEAD PRESS

3 Sets 10 Reps

Tuck in your tailbone and try not to use any momentum throughout the entire movement. As you push the barbell over your head.



LATERAL RAISE, DUMBBELL

3 Sets 20 Reps

Take 2 sets of dumbbells. One should be much lighter. Complete 10 reps with the heavier set and then complete a further 10 reps with the lighter set. Ensure you are not using any momentum and controlling the movement to your best ability.



FACE PULL, CABLE

3 Sets 12 Reps

Pull the cable into your upper chest, adjusting the attachment to ensure it is inline with your body.



TRICEP EXTENSION, CABLE, ROPE

3 Sets 12 Reps

Stand relatively close to the cable machine slight bend in your knees pulling down the cable to reach full tricep extension.



CARDIO, STAIRMASTER

1 Set 10 Minutes

Optional - But don't hold on. Put on a youtube video, scroll through TikTok, the time will fly and you'll be feeling great after! If you don't have a stairmaster in your gym then ROW for 1000m afterwards.