



One-on-One Private Coaching

New Training Phase

By Mike Vacanti

“Client Name”

On The Regimen, LLC

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In other words: talk to your doctor, and have fun with the program!

Workout Schedule							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout 1	Workout 2	<i>rest</i>	Workout 3	Workout 4	<i>rest</i>	<i>rest</i>
Week 2	Workout 1	Workout 2	<i>rest</i>	Workout 3	Workout 4	<i>rest</i>	<i>rest</i>
Week 3	Workout 1	Workout 2	<i>rest</i>	Workout 3	Workout 4	<i>rest</i>	<i>rest</i>
Week 4	Workout 1	Workout 2	<i>rest</i>	Workout 3	Workout 4	<i>rest</i>	<i>rest</i>

Workout 1

Workout Set A

Directions: Perform 3 sets of A1, resting 2-4 minutes between each set.

Exercise	Sets	Reps	
A1) Barbell Back Squat	3	8	

Workout Set B

Directions: Perform 3 sets of B1, resting 2-3m between each set.

Exercise	Sets	Reps	
B1) Single Leg RDL	3	8/leg	

Workout Set C

Directions: Perform 3 sets of C1, resting 2m between each set.

Exercise	Sets	Reps	
C1) Swiss Ball Hamstring Curl	3	12	

Workout Set D

Directions: Alternate between D1 and D2, with 90-120s rest after D1 and 90-120s rest after D2.

Exercise	Sets	Reps	
D1) Hanging Knee Raise	2	10	
D2) Hanging Knee Raise w/ Twist	2	5/side	

Workout 2

Workout Set A

Directions: Perform 3 sets of A1, resting 2-4 minutes between each set. Hit 10 reps of wall slides after each set.

Exercise	Sets	Reps	
A1) Incline DB Bench Press	3	5	

Workout Set B

Directions: Perform 3 sets of B1, with 2-3m rest between each set.

Exercise	Sets	Reps	
B1) Bent Over DB Row	3	8	

Workout Set C

Directions: Perform 3 sets of C1, with 2m rest between each set.

Exercise	Sets	Reps	
C1) Machine Chest Press	3	10	

Workout Set D - OPTIONAL

Directions: Perform 3 sets of D1, resting 2m between each set.

Exercise	Sets	Reps	
D1) OPTIONAL – Lat Pulldown Leaning Back at 45 Degree Angle	3	12	

Workout Set E

Directions: Perform 4 sets of E1 resting 2m between each set.

Exercise	Sets	Reps	
E1) Standing DB Lateral Raise	4	10	

Workout Set F

Directions: Perform 3 sets of F1 resting 2-3m between each set.

Exercise	Sets	Reps	
F1) Seated Alternating DB Hammer Curl	3	6/arm	

Workout Set G

Directions: Perform 3 sets of G1 resting 2m between each set.

Exercise	Sets	Reps	
G1) Reverse Pec Deck	3	12	

Workout Set H

Directions: Perform 3 sets of H1 resting 2m between each set.

Exercise	Sets	Reps	
H1) Standing Single Arm Cable Triceps Overhead Extension	3	10/arm	

Workout 3

Workout Set A

Directions: Perform 3 sets of A1 resting 2-3m after each set.

Exercise	Sets	Reps	
A1) Barbell RDL	3	8	

Workout Set B

Directions: Perform 3 sets of A1 resting 2-3m after each set.

Exercise	Sets	Reps	
B1) DB Reverse Lunge	3	8/leg	

Workout Set C

Directions: Perform 3 sets of A1 resting 2-3m after each set.

Exercise	Sets	Reps	
C1) Seated Leg Extension	3	12	

Workout Set D

Directions: Perform 3 sets of D1 resting 2m after each set.

Exercise	Sets	Reps	
D1) Ab Wheel Roll Out	3	8	

Workout 4

Workout Set A

Directions: Perform 3 sets of A1 resting 2-3m after each set.

Exercise	Sets	Reps	
A1) Chest Supported DB Row	3	8	

Workout Set B

Directions: Perform 3 sets B1 resting 2-3m after each set. Hit 10 reps of Wall Slides during each rest.

Exercise	Sets	Reps	
B1) Feet Inclined Push up w/ 4s lowering phase	3	10	

Workout Set C

Directions: Perform 3 sets of C1 resting 2-3m between each set.

Exercise	Sets	Reps	
C1) Single Arm Half Kneeling Lat Pulldown	3	10/arm	

Workout Set D

Directions: Perform 3 sets of D1 resting 2m between each set.

Exercise	Sets	Reps	
D1) Seated Machine Shoulder Press	3	15	

Workout Set E

Directions: Perform 3 sets of E1 resting 2-3m after each set!

Exercise	Sets	Reps	
E1) 3 Point Stance Single Arm DB Row	3	10/arm	

Workout Set F

Directions: Perform 3 sets of F1 resting 2-3m between each set.

Exercise	Sets	Reps	
F1) Single Arm Cable Triceps Pushdown	3	10/arm	

Workout Set G

Directions: Perform 3 sets of G1 resting 2m between each set.

Exercise	Sets	Reps	
G1) Standing Cable Curl	3	10	

Workout Set H

Directions: Perform 3-4 sets of H1 resting 2m after each set!

Exercise	Sets	Reps	
H1) Chest Supported DB Rear Delt Fly	3-4	12	