

# Workout plan

Sarah Bennett

|                          |                                    |
|--------------------------|------------------------------------|
| Prepared by              | <b>Alex Morgan</b>                 |
| Goal                     | <b>Muscle growth (hypertrophy)</b> |
| Level                    | <b>Intermediate</b>                |
| Frequency                | <b>3× per week</b>                 |
| Block length (mesocycle) | <b>4 weeks</b>                     |

This plan builds load week after week (progressive overload, ACSM/NSCA). The weight for each exercise is given as "+X% vs. week 1". In week 1, write down a workable starting weight yourself and increase by that percentage. Always skip or adapt an exercise if it hurts, and consult a physician or physiotherapist if in doubt.

## Week 4 · Session 10

Focus: Full body

### Warm-up (± 8 min)

| EXERCISE                                                                                                                                 | SETS | REPS/TIME | REST | WEIGHT |
|------------------------------------------------------------------------------------------------------------------------------------------|------|-----------|------|--------|
| <b>Ankle and wrist circles</b><br>Calm circles in both directions, preparing wrist and ankle for load.                                   | 1    | 50s       | -    | ___ kg |
| <b>Standing chest opener (arms opening backwards)</b><br>Stand upright, bring both arms straight back and slightly up to a mild stretch. | 1    | 50s       | -    | ___ kg |
| <b>Neck rolls (calm, half circle)</b><br>Let the head roll calmly from ear to shoulder, passing through the chin.                        | 1    | 50s       | -    | ___ kg |

### Main block

| EXERCISE                                                                                                                                                                                                                             | SETS | REPS/TIME | REST | WEIGHT |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------|------|--------|
| <b>Side-lying hip abduction (leg raise)</b><br>Lie on your side, bottom leg bent, top leg straight. Lift the top leg sideways.<br><i>Adaptation: Keep the pelvis perpendicular to the floor and limit the height.</i>                | 3    | 10        | 75s  | ___ kg |
| <b>Straight-leg raise lying (single leg)</b><br>Lie on your back, one knee bent, the other leg straight. Tighten the thigh and lift the straight leg.<br><i>Adaptation: Keep the other leg bent with the foot flat on the floor.</i> | 3    | 10        | 75s  | ___ kg |
| <b>Leg press (machine)</b><br>Feet shoulder-width on the plate, lower to a 90° knee angle, press back through the heels.                                                                                                             | 3    | 10        | 75s  | ___ kg |
| <b>Assisted pull-up (counterweight machine)</b><br>Knees or feet on the pad, pick a counterweight that lets you do 8-10 clean reps.                                                                                                  | 3    | 10        | 75s  | ___ kg |
| <b>Single-arm dumbbell floor press</b><br>Like the floor press but with one dumbbell. An anti-rotation challenge for the core.                                                                                                       | 3    | 10        | 75s  | ___ kg |

### Core

| EXERCISE                                                                                                                    | SETS | REPS/TIME | REST | WEIGHT |
|-----------------------------------------------------------------------------------------------------------------------------|------|-----------|------|--------|
| <b>TRX plank with knee tuck (crunch)</b><br>Feet in the TRX loops in a push-up position. Pull both knees towards the chest. | 2    | 8         | 30s  | ___ kg |
| <b>Side plank on the feet</b><br>Same as the knee version but extended on the feet — harder because of the longer lever.    | 2    | 30s       | 30s  | ___ kg |
| <b>Dead bug</b><br>Lie on your back, arms and legs up, lower opposite arm and leg alternately.                              | 2    | 8         | 30s  | ___ kg |

### Cool-down (± 5 min)

| EXERCISE                                                                                                                          | SETS | REPS/TIME | REST | WEIGHT |
|-----------------------------------------------------------------------------------------------------------------------------------|------|-----------|------|--------|
| <b>Quadriceps stretch (standing, with support)</b><br>Stand with support against a wall, pull one heel calmly towards your glute. | 1    | 30s       | -    | ___ kg |
| <b>Lower back stretch (cat-cow, slow)</b><br>On hands and knees, cycling slowly between full rounding and full arching.           | 1    | 30s       | -    | ___ kg |
| <b>Neck stretch (gentle lateral flexion)</b><br>Seated or standing, let the ear drop calmly towards the shoulder. Both sides.     | 1    | 30s       | -    | ___ kg |