Workout plan

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Prepared by	**Alex Morgan**
Goal	**Muscle growth (hypertrophy)**
Level	**Intermediate**
Frequency	**3× per week**
Block length (mesocycle)	**4 weeks**

This block keeps the SAME exercises on the same training day for all 4 weeks. That is deliberate: a heavier weight only means something when the exercise stayed the same (Williams et al. 2017). The load builds week after week (progressive overload, ACSM/NSCA) and is shown as "+X% vs. week 1". In week 1 write down a workable starting weight; only add load once the client clears the target reps by 1-2. Variation comes with the NEXT block, which rotates to different exercises (Kassiano et al. 2022). Always skip or adapt an exercise if it hurts, and consult a physician or physiotherapist if in doubt.

Day 1: Full body A

Same exercises for all 4 weeks of this block. Write the load used in that week's box; the previous week sits right next to it. Only add weight once the client clears the target reps by 1-2 (ACSM).

Warm-up

Ankle and wrist circles	1 × 50s
Standing chest opener (arms opening backwards)	1 × 50s
Neck rolls (calm, half circle)	1 × 50s

Cool-down

Quadriceps stretch (standing, with support)	1 × 30s
Lower back stretch (cat-cow, slow)	1 × 30s
Neck stretch (gentle lateral flexion)	1 × 30s

Main block

EXERCISE	SETS × REPS	REST	Week 4 target +10%
Side-lying hip abduction (leg raise) Lie on your side, bottom leg bent, top leg straight. Lift the top leg sideways. Adaptation: Keep the pelvis perpendicular to the floor and limit the height.	3 × 10	75s	
Straight-leg raise lying (single leg) Lie on your back, one knee bent, the other leg straight. Tighten the thigh and lift the straight leg. Adaptation: Keep the other leg bent with the foot flat on the floor.	3 × 10	75s	
Leg press (machine) Feet shoulder-width on the plate, lower to a 90° knee angle, press back through the heels.	3 × 10	75s	
Assisted pull-up (counterweight machine) Knees or feet on the pad, pick a counterweight that lets you do 8-10 clean reps.	3 × 10	75s	
Single-arm dumbbell floor press Like the floor press but with one dumbbell. An anti-rotation challenge for the core.	3 × 10	75s	

Core

EXERCISE	SETS × REPS	REST	Week 4 target +10%
TRX plank with knee tuck (crunch) Feet in the TRX loops in a push-up position. Pull both knees towards the chest.	2 × 8	30s	
Side plank on the feet Same as the knee version but extended on the feet — harder because of the longer lever.	2 × 30s	30s	
Dead bug Lie on your back, arms and legs up, lower opposite arm and leg alternately.	2 × 8	30s	