



[latticefitness.com.au](http://latticefitness.com.au)

Lattice Nutrition & Training®

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### Week One:

<b>1. Lying down hamstring curls</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 12 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 4: 12 reps (same resistance)</li></ul>	
<b>2. Leg Press</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 12 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 4: 12 reps (same resistance)</li></ul>	
<b>3. Shoulder press</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 15 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 15 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 4: 15 reps (same resistance)</li></ul>	
<b>4. Seated lateral side-deltoid raise</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 10 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 10 reps (same resistance)</li></ul>	
<b>5. Hinge abdominals</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 20 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 20 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 20 reps</li></ul>	
<b>6. Cardiovascular training</b>	<b>Level performed</b>
Walk on treadmill with slight incline for 20 minutes Remember: fat loss 65% & aerobic training 75%	



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## Session 2:

<b>1. Latissimus pull down</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li><li>• Set 2: 12 reps</li><li>• Set 3: 12 reps (same resistance)</li><li>• Set 4: 12 reps (same resistance)</li></ul>	
<b>2. Incline dumbbell bench press</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li><li>• Set 2: 10 reps</li><li>• Set 3: 10 reps (same resistance)</li><li>• Set 4: 10 reps (same resistance)</li></ul>	
<b>3. Dips</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li><li>• Set 2: 15 reps</li><li>• Set 3: 15 reps (same resistance)</li><li>• Set 4: 15 reps (same resistance)</li></ul>	
<b>4. Dumbbell bicep curls</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 10 reps</li><li>• Set 2: 12 reps (same resistance)</li><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>5. Seated calf raise</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li><li>• Set 2: 15 reps</li><li>• Set 3: 15 reps (same resistance)</li><li>• Set 4: 15 reps (same resistance)</li></ul>	
<b>6. Cardiovascular training</b>	<b>Level performed</b>
Walk on treadmill with slight incline for 20 minutes Remember: fat loss 65% & aerobic training 75%	



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### Session 3:

<b>1. Abdominals Side middle side touching toes</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 15 reps with own body weight</li><li>• Set 2: 15 reps with own body weight</li><li>• Set 3: 15 reps with own body weight</li><li>• Set 4: 15 reps with own body weight</li></ul>	
<b>2. Deadlift</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li><li>• Set 2: 12 reps</li><li>• Set 3: 12 reps (same resistance)</li><li>• Set 4: 12 reps (same resistance)</li></ul>	
<b>3. Upright row</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 10 reps</li><li>• Set 2: 12 reps (same resistance)</li><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>4. Squat jumps</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 10 reps</li><li>• Set 2: 12 reps (same resistance)</li><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>5. Leg extensions</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 10 reps</li><li>• Set 2: 12 reps (same resistance)</li><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>6. Cardiovascular training</b>	<b>Level performed</b>
Walk on treadmill with slight incline for 20 minutes Remember: fat loss 65% & aerobic training 75%	



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#### Session 4:

<b>1. Seated row machine</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 1: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 12 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>2. Barbell flat bench press</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 1: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 12 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>3. Tricep pushdown</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: warm-up 10 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 1: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 12 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 12 reps (same resistance)</li></ul>	
<b>4. Barbell bicep curl</b>	<b>Resistance performed</b>
<ul style="list-style-type: none"><li>• Set 1: 12 reps</li></ul>	
<ul style="list-style-type: none"><li>• Set 2: 15 reps (same resistance)</li></ul>	
<ul style="list-style-type: none"><li>• Set 3: 15 reps (same resistance)</li></ul>	
<b>5. Cardiovascular training</b>	<b>Resistance performed</b>
Walk on treadmill with slight incline for 20 minutes Remember: fat loss 65% & aerobic training 75%	