

| Mesocycle → Microcycle Weeks 1-4 |                   |                     |                    |       |      |      |
|----------------------------------|-------------------|---------------------|--------------------|-------|------|------|
| Work Out #1                      | Muscle Group      | 1Rep <sub>MAX</sub> | %1R <sub>MAX</sub> | Kg    | Reps | Sets |
| Lat Pull Down                    | Back              | 36kg                | 50%                | 18kg  | <20  | 1    |
| Chest Press                      | Chest             | 10kg                | 50%                | 5kg   | <20  | 1    |
| Seated Leg Press                 | Legs              | 54kg                | 50%                | 27 kg | <20  | 1    |
| Bicep Curl                       | Arms              | 10kgs               | 50%                | 5kg   | <20  | 1    |
| Triceps Press                    | Arms              | 15kg                | 50%                | 8kg   | <20  | 1    |
| Leg Extension                    | Legs              | 36kg                | 50%                | 18kg  | <20  | 1    |
| Seated Back ext.                 | Back              | 25kg                | 50%                | 12kg  | <20  | 1    |
| Hamstring Curl                   | Legs              | 25kg                | 50%                | 12kg  | <20  | 1    |
| <b>Work Out # 2</b>              |                   |                     |                    |       |      |      |
| Bench Press                      | Chest, Arms       | 30kgs               | 50%                | 15kg  | <20  | 1    |
| Shoulder Press                   | Shoulders<br>Arms | 25kgs               | 50%                | 12kg  | <20  | 1    |
| Seated Row                       | Back              | 18kgs               | 50%                | 10kg  | <20  | 1    |
| Squat Machine                    | Legs              | 45kgs               | 50%                | 25kg  | <20  | 1    |
| Wrist Curl                       | Forarms           | 8lbs (3.6)          | 50%                | 4lbs  | <20  | 1    |
| Leg Curl                         | Hamstrings        | 25kgs               | 50%                | 12kg  | <20  | 1    |
| Leg Extension                    | Quadriceps        | 38kgs               | 50%                | 20kg  | <20  | 1    |
| Machine crunches                 | Abdomen           | 32kgs               | 50%                | 16kg  | <20  | 1    |

| Mesocycle 2 → Microcycle Weeks 5-8 |                     |                    |      |      |      |         |
|------------------------------------|---------------------|--------------------|------|------|------|---------|
| Work Out #1                        | 1Rep <sub>MAX</sub> | %1R <sub>MAX</sub> | Kg   | Reps | Sets | Notes   |
| Lat Pull Down                      | 36kg                | 66%                | 24kg | 10   | 1    | Machine |
| Chest Fly                          | 18kg                | 66%                | 12kg | 10   | 1    | Machine |
| Seated Leg Press                   | 54kg                | 66%                | 36kg | 10   | 1    | Machine |
| Tricep Press                       | 15kg                | 66%                | 10kg | 10   | 1    | Machine |
| Bicep Curl                         | 5kg                 | 66%                | 3kg  | 10   | 1    | Machine |
| Thigh abductor                     | 27kg                | 66%                | 18kg | 10   | 1    | Machine |
| Thigh adductor                     | 16kg                | 66%                | 10kg | 10   | 1    | Machine |
| Calf Press                         | 36kg                | 66%                | 24kg | 10   | 1    | Machine |
| <b>Work Out #2</b>                 |                     |                    |      |      |      |         |
| Chest Press                        | 10kg                | 66%                | 6kg  | 10   | 1    | Machine |
| Shoulder press                     | 25kg                | 66%                | 16kg | 10   | 1    | Machine |
| Seated Row                         | 18kg                | 66%                | 12kg | 10   | 1    | Machine |
| Squat Machine                      | 45kg                | 66%                | 30kg | 10   | 1    | Machine |
| Reverse Curl                       | 5kgs                | 66%                | 3kg  | 10   | 1    |         |
| Standing hamstring curl            | 15kgs               | 66%                | 10kg | 10   | 1    | Machine |
| Side Bend                          | 20kgs               | 66%                | 12kg | 10   | 1    |         |
| Seated Crunch                      | 32kgs               | 66%                | 20kg | 10   | 1    | Machine |

**Mesocycle 3 → Microcycle Weeks 9-12**

| <b>Work Out #1</b>               | <b>1Rep<sub>MAX</sub></b> | <b>%1R<sub>MAX</sub></b> | <b>Kg</b> | <b>Reps</b> | <b>Sets</b> | <b>Notes</b> |
|----------------------------------|---------------------------|--------------------------|-----------|-------------|-------------|--------------|
| <b>Cable Pulldowns</b>           | 36kg                      | 80%                      | 28kg      | 6           | 1           |              |
| <b>Lateral Raise</b>             | 18kg                      | 80%                      | 14kg      | 6           | 1           | Machine      |
| <b>Front Raise</b>               | 18kg                      | 80%                      | 14kg      | 6           | 1           |              |
| <b>1 Leg Seated Press</b>        | 25kg                      | 80%                      | 16kg      | 6           | 1           | Machine      |
| <b>Forward Tricep Extension.</b> | 15kg                      | 80%                      | 12kg      | 6           | 1           | Cable        |
| <b>Bicep Curl</b>                | 10kg                      | 80%                      | 8kg       | 6           | 1           | Machine      |
| <b>Machine Crunch</b>            | 32kg                      | 80%                      | 26kg      | 6           | 1           |              |
| <b>Seated Back Ext.</b>          | 25kg                      | 80%                      | 16kg      | 6           | 1           | Machine      |
| <b>Work Out #2</b>               |                           |                          |           |             |             |              |
| <b>Inclined chest Press</b>      | 25kg                      | 80%                      | 16kg      | 6           | 1           | Machine      |
| <b>Upright Row</b>               | 25kg                      | 80%                      | 16kg      | 6           | 1           | Machine      |
| <b>Chest Fly</b>                 | 18kg                      | 80%                      | 14kg      | 6           | 1           | Machine      |
| <b>Squat Machine</b>             | 45kg                      | 80%                      | 36kg      | 6           | 1           | Machine      |
| <b>Wrist roller</b>              | 10kg                      | 80%                      | 8kg       | 6           | 1           |              |
| <b>Rear Lunge (cable)</b>        | N/A                       | 80%                      | N/A       | 6           | 1           | Cable        |
| <b>Seated Calf press</b>         | 36kg                      | 80%                      | 28kg      | 6           | 1           | Machine      |
| <b>Standing crunch</b>           | 32kg                      | 80%                      | 26kg      | 6           | 1           | Machine      |

**Mesocycle 4 → Microcycle weeks 13-16**

| <b>Work Out #1</b>      | <b>1Rep<sub>MAX</sub></b> | <b>%1R<sub>MAX</sub></b> | <b>Kg</b> | <b>Reps</b> | <b>Sets</b> | <b>Notes</b> |
|-------------------------|---------------------------|--------------------------|-----------|-------------|-------------|--------------|
| <b>Lat Pull Down</b>    | 36kgs                     | 70%                      | 25kg      | 10          | 2           |              |
| <b>Chest Press</b>      | 18kgs                     | 70%                      | 12kg      | 10          | 2           | Cable        |
| <b>Seated Leg Press</b> | 54kgs                     | 70%                      | 38kg      | 10          | 2           | Machine      |
| <b>Bicep Curl</b>       | 10kg                      | 70%                      | 7kg       | 10          | 2           | Supine       |
| <b>Tricep Press</b>     | 15kgs                     | 70%                      | 10kg      | 10          | 2           | Cable        |
| <b>Leg Extension</b>    | 38kgs                     | 70%                      | 26kg      | 10          | 2           | Machine      |
| <b>Seated Back ext.</b> | 25kgs                     | 70%                      | 18kg      | 10          | 2           | Machine      |
| <b>Hamstring Curl</b>   | 25kgs                     | 70%                      | 18kg      | 10          | 2           | Machine      |
| <b>Work Out#2</b>       |                           |                          |           |             |             |              |
| <b>Bench Press</b>      | 30kgs                     | 70%                      | 20kg      | 10          | 2           |              |
| <b>Shoulder Press</b>   | 25kgs                     | 70%                      | 18kg      | 10          | 2           | Cable        |
| <b>Seated Row</b>       | 18kgs                     | 70%                      | 12kg      | 10          | 2           | Cable        |
| <b>Squat Machine</b>    | 45kgs                     | 70%                      | 30kg      | 10          | 2           | Cable        |
| <b>Wrist Curl</b>       | 8lbs                      | 70%                      | 5lbs      | 10          | 2           | 3.6kg        |
| <b>Leg Curl</b>         | 25kgs                     | 70%                      | 18kg      | 10          | 2           | Machine      |
| <b>Leg Extension</b>    | 38kgs                     | 70%                      | 26kg      | 10          | 2           | Machine      |
| <b>Machine crunches</b> | 32kgs                     | 70%                      | 22kg      | 10          | 2           | Cable        |

**Mesocycle 5 → Microcycle Weeks 17-20**

| <b>Work Out #1</b>             | <b>1Rep<sub>MAX</sub></b> | <b>%1R<sub>MAX</sub></b> | <b>Kg</b>   | <b>Reps</b> | <b>Sets</b> | <b>Notes</b> |
|--------------------------------|---------------------------|--------------------------|-------------|-------------|-------------|--------------|
| <b>Lat Pull down</b>           | 36kgs                     | 82%                      | 30kg        | 6           | 2           | Cable        |
| <b>Chest Fly</b>               | 18kgs                     | 82%                      | 15kg        | 6           | 2           | Cable        |
| <b>Seated Leg Press</b>        | 54kgs                     | 82%                      | <b>44kg</b> | 6           | 2           | Machine      |
| <b>Tricep Press</b>            | 15kgs                     | 82%                      | 12kg        | 6           | 2           | Cable        |
| <b>Bicep Curl</b>              | 10kg                      | 82%                      | 8kg         | 6           | 2           | Pronate      |
| <b>Thigh abductor</b>          | 27kgs                     | 82%                      | 22kg        | 6           | 2           | Machine      |
| <b>Thigh adductor</b>          | 16kgs                     | 82%                      | 12kg        | 6           | 2           | Machine      |
| <b>Calf Press</b>              | 36kgs                     | 82%                      | 30kg        | 6           | 2           | Machine      |
| <b>Work Out #2</b>             |                           |                          |             |             |             |              |
| <b>Chest Press</b>             | 18kgs                     | 82%                      | 15kg        | 6           | 2           | Cable        |
| <b>Shoulder press</b>          | 25kgs                     | 82%                      | 20kg        | 6           | 2           | Cable        |
| <b>Seated Row</b>              | 18kgs                     | 82%                      | 15kg        | 6           | 2           | Cable        |
| <b>Squat Machine</b>           | 45kgs                     | 82%                      | 36kg        | 6           | 2           | Cable        |
| <b>Reverse Curl</b>            | 10kgs                     | 82%                      | 8kg         | 6           | 2           | Cable        |
| <b>Standing hamstring curl</b> | 15kgs                     | 82%                      | 12kg        | 6           | 2           | Cable        |
| <b>Side Bend</b>               | 20kgs                     | 82%                      | 16kg        | 6           | 2           | Cable        |
| <b>Seated Crunch</b>           | 32kgs                     | 82%                      | 26kg        | 6           | 2           | Machine      |

**Mesocycle 6 → Microcycle Weeks 21-24**

| <b>Work Out #1</b>          | <b>1Rep<sub>MAX</sub></b> | <b>%1R<sub>MAX</sub></b> | <b>Kg</b> | <b>Reps</b> | <b>Sets</b> | <b>Notes</b> |
|-----------------------------|---------------------------|--------------------------|-----------|-------------|-------------|--------------|
| <b>Cable Pull-down</b>      | 36kgs                     | 75%                      | 27kg      | 10          | 1           | Cable        |
| <b>Lateral Raise</b>        | 18kgs                     | 75%                      | 12kg      | 10          | 1           | Free Weights |
| <b>Front Raise</b>          | 18kgs                     | 75%                      | 12kg      | 10          | 1           | Free Weights |
| <b>1 Leg Seated Press</b>   | 25kgs                     | 75%                      | 18kg      | 10          | 1           | Machine      |
| <b>Forward Triceps Ext.</b> | 15kgs                     | 75%                      | 10kg      | 10          | 1           | Free Weights |
| <b>Bicep Curl</b>           | 10kgs                     | 75%                      | 7kg       | 10          | 1           | Free Weights |
| <b>Seated Back Ext.</b>     | 25kgs                     | 75%                      | 18kg      | 10          | 1           | Machine      |
| <b>Work Out #2</b>          |                           |                          |           |             |             |              |
| <b>Inclined chest Press</b> | 25kgs                     | 75%                      | 18kg      | 10          | 1           | Free Weights |
| <b>Upright Row</b>          | 25kgs                     | 75%                      | 18kg      | 10          | 1           | Free Weights |
| <b>Chest Fly</b>            | 18kgs                     | 75%                      | 12kg      | 10          | 1           | Free Weights |
| <b>Squat Machine</b>        | 45kgs                     | 75%                      | 34kg      | 10          | 1           | Machine      |
| <b>Wrist roller</b>         | 10kgs                     | 75%                      | 7.5kg     | 10          | 1           | Free Weights |
| <b>Rear Lunge (cable)</b>   | N/A                       | 75%                      |           | 10          | 1           | Cable        |
| <b>Seated Calf press</b>    | 36kgs                     | 75%                      | 18kg      | 10          | 1           | Machine      |
| <b>Standing crunch</b>      | 32kgs                     | 75%                      | 24        | 10          | 1           | Cable        |

Mesocycle 7 → Microcycle Weeks 25-28

| <b>Work Out #1</b>             | <b>1Rep<sub>MAX</sub></b> | <b>%1R<sub>MAX</sub></b> | <b>Kg</b>   | <b>Reps</b> | <b>Sets</b> | <b>Notes</b> |
|--------------------------------|---------------------------|--------------------------|-------------|-------------|-------------|--------------|
| <b>Lat Pull down</b>           | 36kgs                     | 82%                      | 30kg        | 8           | 2           | Cable        |
| <b>Chest Fly</b>               | 18kgs                     | 82%                      | 15kg        | 8           | 2           | Free Weights |
| <b>Seated Leg Press</b>        | 54kgs                     | 82%                      | <b>44kg</b> | 8           | 2           | Machine      |
| <b>Tricep Press</b>            | 15kgs                     | 82%                      | 12kg        | 8           | 2           | Free Weights |
| <b>Bicep Curl</b>              | 10kg                      | 82%                      | 8kg         | 8           | 2           | Free Weights |
| <b>Thigh abductor</b>          | 27kgs                     | 82%                      | 22kg        | 8           | 2           | Machine      |
| <b>Thigh adductor</b>          | 16kgs                     | 82%                      | 12kg        | 8           | 2           | Machine      |
| <b>Calf Press</b>              | 36kgs                     | 82%                      | 30kg        | 8           | 2           | Machine      |
| <b>Work Out #2</b>             |                           |                          |             |             |             |              |
| <b>Chest Press</b>             | 18kgs                     | 82%                      | 15kg        | 8           | 2           | Free Weights |
| <b>Shoulder press</b>          | 25kgs                     | 82%                      | 20kg        | 8           | 2           | Free Weights |
| <b>Seated Row</b>              | 18kgs                     | 82%                      | 15kg        | 8           | 2           | Cable        |
| <b>Squat Machine</b>           | 45kgs                     | 82%                      | 36kg        | 8           | 2           | Cable        |
| <b>Reverse Curl</b>            | 10kgs                     | 82%                      | 8kg         | 8           | 2           | Free Weights |
| <b>Standing hamstring curl</b> | 15kgs                     | 82%                      | 12kg        | 8           | 2           | Cable        |
| <b>Side Bend</b>               | 20kgs                     | 82%                      | 16kg        | 8           | 2           | Cable        |
| <b>Seated Crunch</b>           | 32kgs                     | 82%                      | 26kg        | 8           | 2           | Machine      |