



TIME

MAXIMUM GAIN

SHORT ON TIME BUT STILL KEEN TO MAKE GAINS? HEAVY COMPOUND MOVEMENTS ARE WHAT YOU NEED

WORKOUT BY COACH POTTS



The most common excuse for those who don't workout as regularly as they'd like to is a shortage of time. We all work and play and those who do so harder than others often tend to find that exercising is the one activity that gets pushed aside. Then there are those who manage to get to the gym a few times but not regularly enough to make substantial gains. If you're reading this and nodding in agreement or enjoying a wry smile then we have a workout programme that could potentially be your best friend.

Designed by our in-house PT Coach Potts, this programme can be done two-three times per week. "Even if you can only make it to the gym once a week you can still make gains by following the progression every two weeks instead of one!" he explains. "By following heavy compound movements with higher rep contraction movements we are stimulating muscle growth all over the body. Couple this programme with a nice clean and calorie-dense diet for best results."

Arms	Exercise	Sets	Weight	Week1	Week2	Week3	Rest
A1	Bench Press	3	75-80% 1RM	5	6	7	0-30s
A2	DB Flyes	3	60-70% 1RM	10	12	15	30-60s
B1	Deadlifts	3	75-80% 1RM	5	6	7	0-30s
B2	Leg Curls	3	60-70% 1RM	10	12	15	30-60s
C1	Lat Pulldown	3	75-80% 1RM	5	6	7	0-30s
C2	Cable Reverse Flyes	3	60-70% 1RM	10	12	15	30-60s
D1	Squats	3	75-80% 1RM	5	6	7	0-30s
D2	Leg Extension	3	60-70% 1RM	10	12	15	30-60s
E1	Upright Row	3	75-80% 1RM	5	6	7	0-30s
E2	Lateral Raise	3	60-70% 1RM	10	12	15	30-60s

KEY 1RM = 1 rep max



DEADLIFTS



LEG CURLS



LATPULL DOWNS



CABLE REVERSE FLYES



SQUATS



LEG EXTENSION



UPRIGHT ROW



LATERAL RAISE



**MINIMAL
TIME
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GAINS**

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THE FULL WORKOUT