

Brad Pamp Training

Session 1

Cardio (Run, Ride, Row, X-Trainer, Swim)
30 – 45 minutes.

Easy 10 min warm up,
30 min Building up to working but sustainable effort.
1-3 minutes warm down @ 30% effort.

| # | Name | Sets | Reps | Rest (Secs) | Load |
|---|----------------------------|------|------|-------------|-----------|
| 1 | Push Up's – on barbell | 2 | 15 | 30 | Body |
| 2 | Clean Press - barbell | 2 | 10 | 60 | Medium |
| 3 | Barbell Standing Rotations | 3 | 20 | 20 | Heavy |
| 4 | DB Lateral Raises | 2 | 10 | 30 | Medium |
| 5 | Barbell Arm Curls | 2 | 10 | 30 | Heavy |
| 6 | DB Overhead Tricep Press | 2 | 15 | 30 | Medium |
| 7 | Plate Rotations | 2 | 20 | 15 | Med/Heavy |
| 8 | Ladders | 2 | 20 | 15 | Med/Heavy |
| 9 | Prone back arches | 3 | 20 | 30 | Body |

Completion Chart

| | | | | | | |
|-----|-----|------|------|------|------|------|
| 1.1 | 1.2 | 1.3 | 1.4 | 1.5 | 1.6 | 1.7 |
| 1.8 | 1.9 | 1.10 | 1.11 | 1.12 | 1.13 | 1.14 |

Brad Pamp Training

Session 2

Cardio

30 – 45 minutes.

Easy 10 min warm up,
30 mins @ 2 min easy/ 2 min hard repeat.
1-3 minutes warm down @ 30% effort.

| # | Name | Sets | Reps | Rest (Secs) | Load |
|---|--------------------------------|------|---------|-------------|--------|
| 1 | Barbell Squat Press | 3 | 10 | 45 | Medium |
| 2 | Dead Lift | 2 | 8 | 60 | Medium |
| 3 | Barbell Shoulder Press (1 arm) | 2 | 10 | 10 | Medium |
| 4 | DB Prone Pulls | 2 | 10 | 20 | Medium |
| 5 | DB Front Raises | 2 | 10 | 20 | Medium |
| 6 | Plate V Crunches | 2 | 20 | 10 | Heavy |
| 7 | Plate Rotations | 2 | 20 | 10 | Heavy |
| 8 | Superman reverse crunches | 2 | 20 | 20 | Body |
| 9 | Hip flexor stretches | 1 | 30 secs | 0 | Body |

Completion Chart

| | | | | | | |
|-----|-----|------|------|------|------|------|
| 2.1 | 2.2 | 2.3 | 2.4 | 2.5 | 2.6 | 2.7 |
| 2.8 | 2.9 | 2.10 | 2.11 | 2.12 | 2.13 | 2.14 |

Brad Pamp Training

Session 3

Cardio

30 – 45 minutes.

15 easy

15 medium

15 hard

1-3 minutes warm down @ 30% effort.

| # | Name | Sets | Reps | Rest (Secs) | Load |
|---|------------------------------|------|------|-------------|--------|
| 1 | Chin ups | 2 | Fail | 60 | Body |
| 2 | Inverted Push Ups | 2 | 10 | 45 | Medium |
| 3 | Chin Ups | 2 | Fail | 60 | Body |
| 4 | Barbell Shoulder Press | 2 | 10 | 45 | Medium |
| 5 | Chin Ups | 2 | Fail | 60 | Body |
| 6 | DB Squats | 3 | 10 | 45 | Medium |
| 7 | DB Arm Curls/ Shoulder Press | 2 | 10 | 45 | Medium |
| 8 | Sit up/ DB Press | 3 | 10 | 30 | Light |
| 9 | Prone back rotations | 2 | 20 | 10 | Body |

Completion Chart

| | | | | | | |
|-----|-----|------|------|------|------|------|
| 3.1 | 3.2 | 3.3 | 3.4 | 3.5 | 3.6 | 3.7 |
| 3.8 | 3.9 | 3.10 | 3.11 | 3.12 | 3.13 | 3.14 |

Brad Pamp Training

Session 4

Cardio

30 – 45 minutes.

Music on, the entire session @ 80% and holding the same rhythm.

1-3 minutes warm down @ 30% effort.

| # | Name | Sets | Reps | Rest (Secs) | Load |
|---|------------------------|------|------|-------------|--------|
| 1 | Clean Press | 3 | 8 | 60 | Medium |
| 2 | Chin Ups | 2 | Fail | 45 | Body |
| 3 | DB Lateral Raises | 3 | 10 | 45 | Medium |
| 4 | Standing Barbell Pulls | 3 | 10 | 45 | Medium |
| 5 | DB Flyes | 2 | 10 | 45 | Medium |
| 6 | Bench Dips | 2 | 10 | 30 | Body |
| 7 | Figure 4 Crunches | 2 | 10 | 10 | Body |
| 8 | Figure 4 Plate Crunch | 2 | 10 | 10 | Heavy |
| 9 | Side Dips | 2 | 10 | 10 | Body |

Completion Chart

| | | | | | | |
|-----|-----|------|------|------|------|------|
| 4.1 | 4.2 | 4.3 | 4.4 | 4.5 | 4.6 | 4.7 |
| 4.8 | 4.9 | 4.10 | 4.11 | 4.12 | 4.13 | 4.14 |