

WOMENS TRAINING PROGRAM

2020

DUKES
GYM

FULLBODY

DAYS
PER WEEK

03
SPLIT





DAY 01 FULL BODY (A)

Day 01 - Full body (A)


Exercise	Sets	Reps	Notes
Squats	3	6	
Leg Extensions	3	10-15	
Bench Press	3	8-12	
Stiff-Legged Deadlift	2	10-15	
Lying Hamstring Curls	3	10-15	
Assistance Pullup	3	8-10	Use Assisted Pullup Machine or resistance band
Calf Raises	4	8-10	



DAY 02 FULL BODY (B)

Day 02- Full body (B)

Exercise	Sets	Reps	Notes
Assisted Dip	3	8-10	Use Assisted Dip Machine or bench dips
Bent-over Row	3	8-10	
Hack Squat	4	8-12	
Hip Thrust	3	6	
Seated Leg Curl	4	12-15	
Cable Lateral Raises	4	12-15	
Cable Bicep Curl	2	10-15	



DAY 03 FULL BODY (C)

Day 03- Full body (C)

Exercise	Sets	Reps	Notes
Romanian Deadlift	3	6	
Walking Lunges	4	20 (per leg)	Wide steps to focus on glutes
Cable Glute Kickbacks	3	15-20	
Single-arm Dumbbell Row	3	8-10	
Machine Shoulder Press	3	8-10	
Cable Tricep Pushdowns	2	12-15	
Calf Raises	4	8-12	

FAQ

HOW SHOULD I TRACK PROGRESSION DURING THIS PROGRAM?

Progression can be measured in the following ways-

- Increasing the amount of weight you're lifting
- Completing more repetitions at a given weight
- Improving the quality of your repetitions

Keep in mind that it's easier to progress these facets while in a caloric surplus - progress will be slower if you're in a caloric deficit for fat loss.

HOW LONG SHOULD I REST BETWEEN SETS?

For most people, around 3-5 minutes of rest between compound lifts and 1-2 minutes between isolation movements will suffice. Rest until you feel adequately ready to perform your next set with enough weight and good form- just try to stay consistent with your rest times week to week. For example, don't rest 2 minutes between sets of squats one week and then 7 minutes the next week. These are just suggestions, however, not concrete rules.

HOW DO I ORGANISE MY TRAINING DAYS AND REST DAYS?

The organisation of your rest and training days are flexible - what's important is that you consistently reach the weekly training volume of the program and get enough rest to maintain it. We'd advise to prioritise your weaker muscles at the start of your rotation - for example, in an upper/lower split, it'd be a good idea to start your rotation with a lower body session if that's your weaker muscle group.

In terms of rest days, if you're a beginner or an intermediate it's advised to have at least one whole day without any lifting or cardio.

WHAT IF I MISS A WORKOUT?

The program has been set as a continuing rotation, so if you happen to miss a day you can just pick up from where you left off and resume the program from there.

HOW OFTEN SHOULD ABS BE TRAINED?

Abs recover quickly, so around three times a week is recommended. It's a good idea to train abs on days that you have plenty of energy at the end of your workout.

SHOULD I TRAIN UNTIL FAILURE?

Training to failure is a hotly debated topic. For compound lifts, it's recommended to aim for the designated rep range and rack the weight when you feel like you have roughly one or two reps left in the tank. This way you can avoid over-taxing your central nervous system and allow a greater total workload. Isolation movements are a slightly different story - since they use far less musculature than compound lifts (and are far less taxing on the CNS), you can afford to take them to failure more often.

SHOULD I HAVE DELOAD WEEKS?

After weeks of consistent, heavy training, it's common to experience a few consecutive days of feeling weak, exhausted and unmotivated. If this occurs, you can have a few days off, or take a de-load week. Central nervous system recovery, reduced risk of injury and mental and physical recovery are the main benefits of a de-load.

To do a de-load, simply follow the program as you were but with 50-60% less weight on each exercise and half the sets. You can alternatively just not train for a few days - but any more than 5-6 days without training isn't advised.

Generally speaking, de-loads are required more often when following a program during a caloric deficit. Monitor how you're feeling and don't push yourself too hard if you're overly fatigued.

WHAT IF I DON'T HAVE ACCESS TO CERTAIN EQUIPMENT REQUIRED IN THE PROGRAM?

The compound lifts should be adhered to as closely as possible - isolation exercises can be swapped out as preferred (as long as they hit the same muscle). Try to keep as close to the program as you can.

HOW LONG SHOULD THIS PROGRAM BE FOLLOWED FOR?

Like with most programs - stick to it as long as you're making progress. This will vary greatly from individual to individual, so monitor your progress and stick to it until you feel like you're plateauing.

HOW DO I KNOW IF I'M ACTUALLY MAKING PROGRESS?

The easiest way to know if you're making progress is through the numbers in your logbook and the mirror. The scale is an important tool, but if your goal is fat-loss, the change is visual - so gauge both what you see on the scale and in the mirror. In a good caloric deficit, weight loss for men should be around 450-900 grams per week and 200-250 grams per week for women.

DO I NEED TO WARM UP BEFORE TRAINING?

Warming up is highly recommended. You should see improved performance and a reduced risk of injury- as long as it's not high-intensity work that takes up too much energy before you train.

The main thing is to get your heart rate up and make sure that your muscles aren't going into a workout cold. Do whatever kind of warmup suits you best- bikes, ellipticals and treadmills work well for just about anyone. An easy warmup is to do five minutes on a treadmill and then a few light sets of the first exercise in your program for that day. With heavy compound lifts (such as the squat or deadlift), it's recommended to perform some acclimation sets. Here's a guideline you can use:

Set	Percentage and Reps
1	Just the bar for 15-20 reps
2	50% for 10 reps
3	70% for 4 reps
4	90% for 2 reps

I FEEL LIKE I CAN HANDLE MORE - CAN I ADD SOME EXTRA SETS?

You can absolutely increase the volume, as long as it doesn't impede your ability to recover or harm the strength in your lifts. However, keep in mind that there's a limit to how much extra volume is beneficial - if you're consistently completing 20+ sets a week on a muscle you're training twice per week, consider lowering the volume and increasing the frequency and intensity (eg. Instead doing 18 sets over three sessions with higher intensity).

WHEN SHOULD I "REFEED"?

During a cutting phase, a re-feed day is recommended once every ten days or so to boost energy and help continue progress. If you're deep into your cut, weekly refeeds may be best. An example of a refeed day would be to drop fat and protein intake and increase carbs by about 150-200 grams. This will maintain a similar number of calories in the day but have a higher proportion of the calories coming from carbohydrates, which will help to replenish your glycogen stores.

HOW MUCH CARDIO SHOULD I DO?

This depends on your focus - cardio has a plethora of mental and physical benefits, but if your main goal is to gain muscle then cardio shouldn't be emphasised. We'd suggest having one low-intensity steady state session (LISS) a week and one high-intensity interval session (HIIT).

If you prefer to keep your food intake maximised, you can add in an extra 1 - 2 sessions of cardio as necessary. But if you don't enjoy cardio and would rather have less sessions, make sure your food intake isn't too high (if your goal is to lose fat).

An example of a LISS session would be to perform a form of cardio at an intensity that gets your heart rate up to around 128 - 140 BPM until you've burned the desired number of calories.

An example of a HIIT session would be as follows:

- 5 minute warmup
- 20 second sprint
- 40 second power walk
- Repeat the sprint and power walk one after the other ten times
- 2-3 minute cool down jog

This is just a guideline - HIIT just needs to have something with maximal intensity followed by a cool-down exercise.

WHAT SHOULD MY NUTRITION LOOK LIKE DURING THIS PROGRAM?

Flexible dieting can be an effective approach to maintaining consistency throughout your program. As a rule of thumb, try to get at least 80-90% of your calories from whole foods- the rest can be from the more indulgent foods that are craved from time to time.

It's better to eat this way consistently than to have a "perfect" diet inconsistently.

In terms of supplements, fish oil is recommended for joints and creatine for performance - also try to drink around 3.5 litres of water a day.

A common mistake made by beginners and intermediates is starting a fat loss phase too aggressively- if you're cutting, start off with a 250-200 calorie deficit. Going with a higher deficit will make crashing and muscle loss more likely - taking cutting slowly is a more effective route for maintaining muscle. If progress on the scale stalls for two weeks or more, subtract another 100 calories.