FOR THE FEW SINCE 1995

HOME OF PAUL PIDGEON'S TRAINING PLAN

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MONDAY - Upper Power			Tuesday - Lower Reps			WEDNESDAY - Upper reps			FRIDAY- Lower power			SATURDAY - Misc			Each Training Day Abs:-	
Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets		
Push Press all movements performed with strict 45 secs rest to maintain intensity	10,12	4	leg press	20	5	chest press	20	4	front squat heavy and deep	5	5	face pulls	12,15	4	each training day abs:-	
rack pull	10,13	4	hamstring curl	20	5	arnie press	20	4	box jumps 24-30 inch box	10,12	4	shrugs	10	5	3 x 1 min plank	
dead press	10,14	4	leg extension	20	5	dips	20	4	deadlifts	6	6	back extensions	12	4	mountain climbers 4 x 12 (each side)	
seated row	10,15	4	sumo squat	20	5	cable bicep curls	20	4	straight leg deads	6	6	internal single arm tricep pulldown	10	5	hanging knee raises (5 x 10- 15)	
clean and press	10,16	4	step ups (weighted)	1 min	5	bent over dumbbell rows	20	4	heavy backwards lunge as heavy as you can go while maintaining form	8 (each side)	5	pec deck flys	12	5	Russian twists 4 x 20	
			calf raises	25	5	lateral raises	20	4	power squat jumps	15	6	press ups	failure	4		
				_		reverse flys	20	4								

