

8 WEEK TRAINING PROGRAM

With Tefo Fitness



TEFO FITNESS
personal trainer



THIS PROGRAM:

This training program it's designed to help you put some serious muscle mass on. It's a program that can be run for a extended period of time and it will still give results. If you want to take your training to **the next level** don't think it twice!

INSTRUCTIONS:

Exercises that are marked with an asterisk will follow the following rep scheme.

Week 1: 5 working sets of 5 repetitions with RPE of 8-9.

Week 2: 4 working sets of 8 repetitions RPE 9.

Week 3: 3 working sets of 10 repetitions. Once you complete the first 3 weeks you will repeat again the same scheme starting as you did on week one, i.e: week 4: 5x5, week 6: 4x8, week 7: 3x10.

DAY 1: Upper

DAY 2: Lower

DAY 3: Upper

DAY 4: Lower

DAY 5: Accessory

DAY 6: Rest

DAY 7: Rest

Week 1: 5x5

week 2: 4x8

week 3: 3x10-12

Week 8: Deload (if needed)



DAY 1

1.	*Low Incline bench press*
2.	*T row*
4a.	*Machine Shoulder press*
4b.	Lateral raise (whatever amount of sets you have to do in that week)x12-15
5a.	Dips 2x AMRAP
5b.	Pull ups 2x AMRAP
6a.	Tricep cable push-down 3x12x10x8
6b.	Bicep preacher curls 3x12x10x8
7.	Low to high fly/ pec deck drop set on last set fly 2x12



DAY 2

1a.	Calf raises 4x15
2b.	Laying down leg curl 4x10
3.	*Leg press*
4.	Hack squat 4x8 (drop set last set)
5.	Glute bridges 3x12
6a.	Leg extension 3x15y
6b.	Jumping lunges 3x6-10 (per leg)



DAY 3

1a.	Cable pull over 2x15
1b.	Chest fly 2x15
2.	Forgotten row 4x8
3a.	High Incline chest press 4x8
3b.	Push ups AMRAP
4.	High row 3x12
5a.	Arnold press 4x12
5b.	Lateral raises 4x12-15

6a.	Cable Face pull 3x10-15
6b.	Cable Tricep overhead extension 3x10-15
6c.	Cable Hammer curl 3x10-15



DAY 4

1.	Bulgarian split squat (drop set last two sets) 4x10
2.	Hack squat 3x-12
3.	Romanian deadlift 4x10-12
4.	Back extension 3x12
5a.	Leg raises 3x15
5b.	Calf raises 3x15
6.	Seated leg curl 3x15



DAY 5

1a.	Dumbbell on an Incline bench curl 4x8
1b.	Dumbbell Skull crushers 4x8
2a.	Y raise on an Incline bench 3x12
2b.	Face pulls 3x12
3a.	Hammer curls 3x10
3b.	Close grip push ups 3x10
4.	Calf raises 5x10