

# The Simple Program

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Effective Training Made Easy



# READ THIS FIRST

## Who This Program is For?

This program is designed for people who want to get stronger, feel more confident, and build a routine they can actually stick to. Whether you're just getting started or getting back on track, you can absolutely succeed with this plan.

## What You'll Need

- A gym membership
- A way to track weight and reps
- The willingness to challenge yourself each week

You don't need to be perfect — just consistent.

## How to Use This Program

- Follow the workouts in order each week.
- Progressive overload is the goal: aim to add reps, weight, or better form over time.
- Rest days matter — don't skip them.
- Record your progress so you can actually see your improvements.

Small improvements each week = big results over time.

## What Makes This Program Work

This plan blends effective exercises, smart progression, and realistic structure. No extremes. No pointless fluff. Just a straightforward system that works if you follow it.

# MY TRAINING PHILOSOPHY

I believe fitness should be simple, doable, and empowering. My approach is grounded in solid, science-backed principles, but delivered in a way that feels clear—not overwhelming. I focus on helping you build confidence through consistency, not perfection, and I firmly believe that something is always better than nothing. Every workout, every rep, every small step counts. My goal is to guide you with kindness, clarity, and a structure you can actually stick to—so you can prove to yourself what you're truly capable of.

# PROGRAM OVERVIEW

## Length

- 10 weeks

## Training Schedule

- 4 days per week
- Structure: 2 days on → 1 day off → 2 days on → 2 days off
- Built to support recovery and real-life routines

## Training Split

- Upper 1
- Lower 1
- Upper 2
- Lower 2
- Balanced focus on full-body strength and muscle development

## Session Duration

- 60–70 minutes
- Time range accounts for normal gym flow and equipment availability

## Equipment Needed

- Standard gym access
- Machines
- Cables
- Dumbbells
- No specialty equipment required

## Main Goal

- Build strength
- Increase muscle
- Improve overall fitness and confidence

## Progression Style

- Focus on progressive overload
- Aim to increase weight or reps over time

# Upper 1

Repeat this workout every week for all 10 weeks.  
Your goal: increase weight or reps over time.

## Machine Chest Press

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Upper Back Row (Machine/Tbar)

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Lateral Raise (Machine/Dumbbell/Cable)

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Lat Pulldown

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Preacher Curl

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Tricep Extension

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



# **Lower 1**

Repeat this workout every week for all 10 weeks.  
Your goal: increase weight or reps over time.

## Adduction Machine

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Seated Leg Curl

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Quad Extension

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Leg Press (Low Foot Position)

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Calf Raise (Standing)

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



# Upper 2

Repeat this workout every week for all 10 weeks.  
Your goal: increase weight or reps over time.

## Preacher Curl

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Tricep Extension

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Lateral Raise (Machine/Dumbbell/Cable)

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Lat Pulldown

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Machine Chest Press

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Upper Back Row (Machine/Tbar)

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



# **Lower 2**

Repeat this workout every week for all 10 weeks.

Your goal: increase weight or reps over time.

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## Adduction Machine

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Seated Leg Curl

- 3 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Quad Extension

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Glute Bridge

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



## Calf Raise (Standing)

- 2 sets
- Rep Range: 6-12
- Train to 1 RIR (reps in reserve from failure)



# How to Progress Each Week

The workouts in this program stay the same for all 10 weeks. Your progress comes from gradually getting stronger — not from constantly changing exercises.

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## Your Rep Range

- All working sets are performed in the 6–12 rep range
- Train each set to about 1 rep in reserve (1 RIR)
- (You should feel like you could do one more good rep.)

## How to Progress

Use one of the following options each week:

- Add reps within the 6–12 range using the same weight
- Increase the weight once you reach the top of the rep range

Small increases are enough. Progress does not need to be aggressive to be effective.

## If You Don't Progress One Week

That's okay.

- Keep the same weight the following week
- Focus on effort and consistency
- Progress will come with time

Remember: something is always better than nothing.

## Rest Times

- 2–3 minutes for bigger compound movements
- 60–90 seconds for smaller isolation exercises

You don't need perfect weeks to make progress. You need repeated, honest effort over time.

# YOU'VE GOT THIS

If there's one thing I hope you take from this program, it's that you don't need perfection to make progress. You just need consistency, effort, and belief in yourself. Some weeks will feel great, others won't — and that's normal.

What matters is showing up and doing what you can. Something will always be better than nothing. Every workout counts. Every small win matters. Trust the process, trust yourself, and keep moving forward.