

## Training Program – Male – Bodybuilding with Attention to Severe Injury Rehab After Car Crash

---

### Schedule

Perform the workouts in the order as written; if you do not complete all workouts within a single week that's okay, start the next week at Workout 1 to maintain weekly workout order

### Per Exercise Warm-Ups

In our program warm up sets are not listed as part of the set count; what's written in the program is the number of working sets. So, for each exercise you may need to perform 1-2 practice sets to find a good working weight and fine tune form for that specific exercise, these types of sets are beneficial so do them when it feels appropriate but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

\*Resource: <https://www.podbean.com/eu/pb-upzpk-c364f3>

\*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

### Rest Times

Try to stay within the prescribed rest times, this helps us build up your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow us to make more progress long-term

\*Resource: <https://www.podbean.com/eu/pb-uibzt-cf613d>

### "Circuit"

Circuit = two or more exercises performed back-to-back without rest between the exercises. Set up each exercise in the circuit. Practice each exercise with ~1-3 submaximal sets increasing weight each set working up to maximal effort weight for the listed rep range. Aim to start the first working set of all exercises on the same set. On all sets the intention is to perform the exercises in the order written with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved

\*Resource: <https://www.podbean.com/eu/pb-sisge-b51a86>

### How Do I Select the Right Weight?

For all exercises we're looking for a weight that causes you to feel challenged to maintain good form, but you're actually able to maintain good form. So, not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

\*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

\*Resource: <https://www.podbean.com/eu/pb-quh77-edc1a9>

### Weekly Progressions

In our program exercises are repeated each week. Our goal the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to progress and make adaptations based on the desired training outcome.

\*Resource: <https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

### Videos

Record videos of any exercises you want me to check your form on. Make the viewpoint an angle that allows me to see the form correctly; usually this is a side view or a ¾ side view. You can send the videos via Instagram, text message, or Facebook Messenger. If you're uncertain of any exercise make sure you send videos the first week so we can ensure the technique is correct through the following weeks

\*Resource: <https://www.podbean.com/eu/pb-vhayu-a1d02c>

### Gym / Equipment

Commercial Gym

## Workout 1 – Upper Body – Core, Chest, & Biceps

Neck Exercises – can add on this or the next day – can do at home or at the gym

- Circuit: Perform in a circuit fashion – perform 1 round, as able increase to 2 rounds
  - Neck Flexion / Extension – Laying on Floor
    - \*Video – 1:36 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps (1 flexion / 1 extension = 1 rep)
  - Neck Ear to Shoulder – Laying on Floor
    - \*Video – 2:05 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps per side
  - Neck Chin to Shoulder – Laying on Floor
    - \*Video – 3:00 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps per side

Circuit: ~1-2 min rests

- Reach Crunch – Weighted
  - \*Video - <https://www.youtube.com/watch?v=ETmB1BIKKdl>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Floor Slides for Thoracic Mobility
  - \*Video - <https://www.youtube.com/watch?v=00xwlpFk6r0>
  - All Weeks – 3 sets of 10 reps
- Pullover Crunch with Weighted Resistance
  - \*Video - <https://www.youtube.com/watch?v=dAvdgd88TsE>
    - Shows a weight plate but you can use a DB as well
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Glute Bridge March
  - \*Video – 0:29 mark - [https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)
  - Week 1 – 3 sets of 20 steps (10 steps per side)
  - Weeks 2-4 – Improve Weekly – Add 2 more steps per week

MA Chest Flye – Full ROM into Inner Partial ROM: ~1-2 min rests

- \*Video - <https://www.youtube.com/watch?v=1LGCP-d4i7k>
- Week 1 – 2 sets of 8-12 reps for each ROM, 2 sets of 4-8 reps for each ROM
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~3-5 min rests

- DB 30-degree Incline Scoop Flye
  - \*Video - [https://www.youtube.com/watch?v=fYaD\\_oYzc88](https://www.youtube.com/watch?v=fYaD_oYzc88)
    - Increase angle of bench by 2 notches to create the 30-degree angle
  - Week 1 – 3 sets of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 30-degree Incline Chest Flye
  - \*Video – 3:35 mark - [https://youtu.be/LqrA\\_hxhgwM](https://youtu.be/LqrA_hxhgwM)
  - Week 1 – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 45-degree Incline Clavicular Chest Press
  - \*Video - [https://www.youtube.com/watch?v=6Oa\\_GPkz8QQ](https://www.youtube.com/watch?v=6Oa_GPkz8QQ)
  - Week 1 – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Continued on next page...

Circuit: ~1-2 min rests

- DB Seated Concentration Curls
  - \*Video - [https://www.youtube.com/watch?v=ja\\_JcPxeR2w](https://www.youtube.com/watch?v=ja_JcPxeR2w)
  - Week 1 – 3 sets of 10-14 reps per arm
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Zottman Curls
  - \*Video - [https://www.youtube.com/watch?v=FG6Y\\_r6-DJM](https://www.youtube.com/watch?v=FG6Y_r6-DJM)
  - Week 1 – 3 sets of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 2 – Shoulders & Lower Body

### DB Standing Lateral Raises

- \*Video - [https://www.youtube.com/watch?v=y5T-xm7i\\_oM](https://www.youtube.com/watch?v=y5T-xm7i_oM)
- \*Video – Run the Rack - [https://youtu.be/nJSkeSYn\\_x0](https://youtu.be/nJSkeSYn_x0)
- Week 1 – Perform 2 working sets using format below (~2-3 min rests between the sets)
  - Light weight x 10-12 reps
  - Medium weight x 8-10 reps
  - Heavy weight x 6-8 reps
  - Heaviest weight x 4-6 reps
  - Go back down through the same weights trying to match the reps per weight
- Weeks 2-4 – Improve Weekly – Add reps each week – either per weight or a few of the weights used

### MA Leg Extensions – Paused Contractions: ~1-3 min rests

- \*Video - <https://www.youtube.com/watch?v=LNP1LUNXyQI>
  - Completely pause at the contraction – if you can't hold the contraction the set should be over
- Week 1 – 3 sets of 6-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### MA Leg Extensions – 1 & ¼ Reps: ~1-3 min rests

- \*Video - <https://www.youtube.com/watch?v=JeSZ7-SgyyM>
- Week 1 – 3 sets of 6-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### BB Sumo Deadlift – Narrow Stance: minimal rests during warm ups

- \*Video 1 - <https://www.youtube.com/watch?v=tTSwAhfx2Pc>
- \*Video 2 - <https://www.youtube.com/watch?v=d6qhGHcpFKw>
- \*Video 3 - <https://youtu.be/-y8c905N5NM>
- \*Bracing Concept - <https://youtu.be/58XrN5u1F6U>
- \*Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don't bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
- \*Work on incorporating the cues shared in the My Journal document
  - Good job keeping your head down in the most recent videos!
- Week 1 – 102.5kg – 5 sets of 4 reps with ~2-5 min rests between sets
- Week 2 – 105kg – 5 sets of 4 reps with ~2-5 min rests between sets
- Week 3 – 107.5kg – 5 sets of 3 reps with ~2-5 min rests between sets
- Week 4 – 110kg – 5 sets of 3 reps with ~2-5 min rests between sets

### MA Leg Curls (whichever variation you have available): ~1-3 min rests

- Lying Leg Curls - \*Video – [https://www.youtube.com/watch?v=NIZeAGZ\\_YJw](https://www.youtube.com/watch?v=NIZeAGZ_YJw)
- Seated Hamstring Curls - \*Video – <https://www.youtube.com/watch?v=BHaQBzw7aP8>
- Week 1 – 1 set of 16-20 reps, 1 set of 12-16 reps, 1 set of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Leg Press – Feet High & Wide – Paused Press: ~2-3 min rests

- \*Video – 0:43 mark - <https://youtu.be/MOxI1ysRB5U>
- Week 1 – 3 sets of 6-10 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 3 – Upper Body – Core, Upper Back, & Arms

### Circuit: ~1-2 min rests

- Reach Crunch – Weighted – Single Arm with Opposing Leg Raise
  - \*Video - <https://www.youtube.com/watch?v=GTX63djcDEo>
  - Week 1 – per side – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Supine Snow Angels for Thoracic Mobility
  - \*Video - <https://www.youtube.com/watch?v=eNhJEdnBZiM>
  - All Weeks – 3 sets of 10 reps
- Hollow Hold with DB Overhead Reach
  - \*Video - <https://www.youtube.com/watch?v=ISsr1gQ1rJ0>
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Glute Bridge – Two Legs – Hamstring Focus
  - \*Video – 1:42 mark - [https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs)
  - Week 1 – 3 sets of 20 reps
  - Weeks 2-4 – Improve Weekly – Add 2 more reps per week

### CB Seated Row – Face Pulls with Rope Grip: ~1-2 min rests

- \*Video - <https://www.youtube.com/watch?v=EnTtxL6o9Wl>
- Week 1 – 3 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### CB Seated Row with Rope Grip: ~1-2 min rests

- \*Video - <https://www.youtube.com/watch?v=KMxI2iPUw0>
- Week 1 – 3 sets of 8-12 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Pull Up – Scapular Retraction Pull Ups: ~1-2 min rests

- \*Video - <https://www.youtube.com/watch?v=XIkPI-80r4>
- All Weeks – 3 sets of 5 reps – hold the peak contraction for a full “1-2” count

### Pull Up – from Dead Hang: ~2-4 min rests

- \*Video - <https://www.youtube.com/watch?v=4wNvjFIVnLc>
- \*Dip Belt Video - <https://www.youtube.com/watch?v=GyfKx-d613o>
- Week 1 – 3 sets of 4-8 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

### Circuit: ~2-3 min rests

- DB One Arm Rows – Hand & Knee on Bench
  - \*Video – 0:00 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
  - Week 1 – per arm – 2 sets of 8-12 reps, 2 sets of 4-8 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Cross Face Skull Crushers into Regular Skull Crushers
  - \*Video - <https://www.youtube.com/watch?v=ajHZjXWbcfA>
  - Week 1 – 3 sets of 6-10 reps per position
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Seated Hammer Curls into Standing Alternating Hammer Curls
  - \*Video - <https://www.youtube.com/watch?v=NqWdhDS8GDw>
  - Week 1 – 3 sets of 6-10 reps into 3-5 reps per arm (6-10 total standing reps)
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 4 – Shoulders & Lower Body

Neck Exercises – can add on this or the next day – can do at home or at the gym

- Circuit: Perform in a circuit fashion – perform 1 round, as able increase to 2 rounds
  - Neck Flexion / Extension – Laying on Floor
    - \*Video – 1:36 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps (1 flexion / 1 extension = 1 rep)
  - Neck Ear to Shoulder – Laying on Floor
    - \*Video – 2:05 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps per side
  - Neck Chin to Shoulder – Laying on Floor
    - \*Video – 3:00 mark - [https://www.youtube.com/watch?v=1hg5LwyoZ\\_0](https://www.youtube.com/watch?v=1hg5LwyoZ_0)
    - All Weeks – sets of 10 reps per side

DB Standing Bent Arm Lateral Raises

- \*Video - <https://youtu.be/bCtBQzGJefw>
- \*Video – Run the Rack - [https://youtu.be/nJSkeSYn\\_x0](https://youtu.be/nJSkeSYn_x0)
- Week 1 – Perform 2 working sets using format below (~2-3 min rests between the sets)
  - Light weight x 10-12 reps
  - Medium weight x 8-10 reps
  - Heavy weight x 6-8 reps
  - Heaviest weight x 4-6 reps
  - Go back down through the same weights trying to match the reps per weight
- Weeks 2-4 – Improve Weekly – Add reps each week – either per weight or a few of the weights used

MA Leg Extensions – Top Range Partial: ~1-3 min rests

- \*Video - <https://www.youtube.com/watch?v=LvuJ00Z6UYc>
  - Perform only the top ½ of the range of motion
- Week 1 – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

MA Leg Extensions – Bottom Range Partial: ~1-3 min rests

- \*Video - <https://www.youtube.com/watch?v=O5M7KbgWG10>
  - Perform only the bottom ½ of the range of motion
  - Voice over mentions “immediately after your set of leg extensions” but these will be a standalone effort – I liked this video because he moved slow and controlled
- Week 1 – 3 sets of 10-14 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Trap Bar Deadlift using High Handles

- \*Video - <https://www.youtube.com/watch?v=k7x-oDgcTkk>
- \*Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don’t bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
- \*Keep your eyes down – look at the floor so your neck is in line with your spine
- Week 1 – 102.5kg – 5 sets of 3 reps with ~2-5 min rests between sets
- Week 2 – 105kg – 5 sets of 3 reps with ~2-5 min rests between sets
- Week 3 – 107.5kg – 5 sets of 2 reps with ~2-5 min rests between sets
- Week 4 – 110kg – 5 sets of 2 reps with ~2-5 min rests between sets

Continued on next page...

MA Leg Curls (whichever variation you have available): ~1-3 min rests

- Lying Leg Curls - \*Video – [https://www.youtube.com/watch?v=NIZeAGZ\\_YJw](https://www.youtube.com/watch?v=NIZeAGZ_YJw)
- Seated Hamstring Curls - \*Video – <https://www.youtube.com/watch?v=BHaQBzw7aP8>
- Week 1 – 5 sets of  $\leq 16$  reps with consistent weight & 1-minute rests
  - Use the same weight on all sets starting with a max effort 16 rep weight – with the shortened rest periods your reps will decrease per set, that's okay and to be expected, just try your best each set – record the total rep count for record keeping
- Weeks 2-4 – Improve Weekly – Add 10lb to the weight used per week while still aiming for max effort on all sets – With the addition of weight each week the starting rep count for the first set will decrease, that's okay

DB Goblet Hold Box Squat: ~2-4 min rests

- \*Video - <https://www.youtube.com/watch?v=5Qb9ZnsnQ2s&t=57s>
  - Shows a KB, you can use a KB or DB
  - Use a stance outside of shoulders with toes out, as shown in video
- Week 1 – 3 sets of 10-20 reps
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

## Workout 5 – Upper Body – Core, Chest, & Back

Circuit: ~1-2 min rests

- DB/KB Pull Over Sit Up Twists (V-Up & Russian Twist Combo)
  - \*Video – 1:10 mark - <https://www.youtube.com/watch?v=ciLLswBMMHo>
  - Week 1 – 3 sets of 5-10 reps per side
  - Weeks 2-4 – Improve Weekly – Increase resistance and/or add reps within the listed rep range
- Plank – Side Plank from Elbow – Hip Dips
  - \*Video – 1:13 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
  - Week 1 – 3 sets of 10 reps per side
  - Weeks 2-4 – Improve Weekly – Add 2 reps per set per week
- DB/KB Seated Ab Rotational Press
  - \*Video – 1:39 mark - <https://www.youtube.com/watch?v=ciLLswBMMHo>
  - Week 1 – 3 sets of 5-10 reps per side
  - Weeks 2-4 – Improve Weekly – Increase resistance and/or add reps within the listed rep range
- Glute Bridge – Alternating Glute Bridge & Reverse Crunch
  - \*Video - [https://www.youtube.com/watch?v=n\\_IOM1w-iQc](https://www.youtube.com/watch?v=n_IOM1w-iQc)
  - All Weeks – 3 sets of 5 reps of each movement (10 total movements per set)
  - Week 1 – 3 sets of 5 reps of each movement
  - Weeks 2-4 – Improve Weekly – Add 1 rep per movement per week

Circuit: ~1-2 min rests

- Prone Scapular Retraction with Hands Behind Head – on the Floor
  - \*Video - <https://www.youtube.com/watch?v=Nh2x6fsxMKc>
    - Shown on a table, but instead perform on the floor
  - All Weeks – 3 sets of 10 reps
- Sphynx Push Ups with Foam Roller (Triceps Push Ups)
  - \*Video - <https://www.youtube.com/watch?v=jLam8tiW1Z4>
  - Week 1 – 3 sets of 30 seconds challenge
  - Weeks 2-4 – Improve Weekly – Each week add 10 seconds

Circuit: ~1-2 min rests

- Prone Snow Angels for Thoracic Strength (no shoulder rotation)
  - \*Video – 2:09 mark - <https://www.youtube.com/watch?v=BSyMZyN4JHI>
    - Can use weight plates or DBs to add difficulty
  - Week 1 – 3 sets of 10-20 reps
  - Weeks 2-4 – Improve Weekly – Add weight or add reps within the listed rep range
- Basic Push Up with Foam Roller Tuck
  - \*Video - <https://www.youtube.com/watch?v=uZD7KgZ74Qw>
  - Week 1 – 3 sets of 30 seconds challenge
  - Weeks 2-4 – Improve Weekly – Add 10 seconds challenge per week

Continued on next page...



Circuit: ~2-3 min rests

- DB One Arm Reverse Flye with Hand on Bench for Support / Positioning
  - \*Video - [https://www.youtube.com/watch?v=OzoJ\\_sEVv44](https://www.youtube.com/watch?v=OzoJ_sEVv44)
  - Week 1 – per arm – 3 sets of 8-12 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand on Bench Feet in Open Stance
  - \*Video – 0:17 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
  - Week 1 – per arm – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 30-degree Incline Wide Chest Press / Flye
  - \*Video - <https://www.youtube.com/watch?v=R04YkKFVNmA>
  - Week 1 – 3 sets of 6-10 reps
  - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

CB Triceps Pressdowns Alternating One Arm with Rope Grip for Multiple Set Pump

- \*Video - <https://youtu.be/VH43tBSEAs4>
- Week 1 – 5 sets of 20-rep starting weight
- Weeks 2-4 – Improve Weekly – Using a 14-20 rep starting weight – Add weight / reps each week