

STRENGTH PROGRAMME (BRIDGING THE GAP)

SHADED FITNESS

WARM UP NOTE:

Before the first exercise for each body part, perform a basic loading pyramid. Pyramid up in weight with three or four light sets, getting progressively heavier. This warmup is only required for Primary Exercises (OHP, Bench Press, Back Squat & Deadlift). As an example if you were working up to four sets of 160kg for five reps on the squat, you could warm up as follows:

Bar (20kg) x 15 reps

60kg x 5 reps

100kg x 4 reps

125kg x 3 reps

140kg x 2 reps

Then begin working sets with 160kg for 5 reps

WEEK 1

Week 1	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 2

SHADED
FITNESS

Week 2	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 3

SHADED
FITNESS

Week 3	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 4

SHADED
FITNESS

Week 4	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 5

SHADED
FITNESS

Week 5	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 6

SHADED
FITNESS

Week 6	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 7

SHADED
FITNESS

Week 7	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 8

SHADED
FITNESS

Week 8	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 9

SHADED
FITNESS

Week 9	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		

WEEK 10

SHADED
FITNESS

Week 10	Exercise	Warm-up Sets	Working Sets	Reps	KG	Notes
MONDAY	Dumbbell/Barbell Goblet Squats	2	3	12-15		
	Dumbbell Shoulder Press	0	3	12-15		
	Tricep Dips	0	3	15-20		
	Dumbbell Single Arm Rows	0	3	12-15		
	Dumbbell Shrugs	0	3	12-15		
	Dead Hangs	0	2	60 Secs		
TUESDAY	Dumbbell Chest Press	2	3	12-15		
	Dumbbell/Barbell Hip Thrusters	1	3	10-12		
	Dumbbell Reverse Lunges	0	3	12-15		
	Kettlebell Sumo Squats	0	3	12-15		
	Hamstring Dumbbell Curls	0	3	12-15		
THURSDAY	Dumbbell/Barbell Deadlift	2	3	10-12		
	Dumbbell Single Arm Chest Press	0	3	12-15		
	Barbell Row (Overhand)	0	3	15-20		
	Dumbbell Single Arm Press	0	3	12-15		
	Dumbbell Bicep Curls	0	3	15-20		