

WEEKLY SCHEDULE WEEK 4

MONDAY

Lower Body + easy cardio
(can be done seperately or in
the same session)

TUESDAY

Upper, core + easy cardio
(can be done seperately or in
the same session)

WEDNESDAY

Pyramid intervals
Short hard efforts + recovery

THURSDAY

Active rest day
Light movement, mobility +
recovery

FRIDAY

Full body strength
Upper, lower + core

SATURDAY

Pyramid tempo
Comfortably hard cardio

DAILY NON NEGOTIABLES

- 7-10k steps
- 2L+ water
- Protein with meals
- Journal / check in
- Improve 1 thing in training

SUNDAY

Recovery Day
Rest + reset

WEEK 4 FOCUS

Time to bring everything together! Stay consistent, push your effort, and make sure you're finishing every session strong.

Main focuses this week:

- Push through every session
- Stay disciplined with your cardio and pacing
- Finish strong and **be proud of your progress**

LOOK AT HOW FAR YOU'VE COME AND HOW MUCH YOU'VE CHALLENGED YOURSELF!

RPE SCALE

What is RPE?

RPE stands for Rate of Perceived Exertion.

It's a scale from 1 to 10 that helps you understand how hard your body feels it's working – during a walk, a workout, or a run.

It's about how challenging the exercise feels: your breathing, muscle effort, and energy level all factor in.

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Lower body

COACH NOTES:

This is your final week, so focus on finishing strong. Push your weights where you can, stay locked in with your form, and make every set count.

Warm up (bodyweight)

Exercises	Sets	Reps
Reverse lunge	1	15 each leg
Glute bridge	1	15
Body weight squat	1	15

Main workout

Exercises	Sets	Reps	Rest between sets
Single leg press Glute focus: feet higher on platform	3	8-10	1-2 minutes
Superset: Step-ups Bodyweight→ weighted	3	8 each leg → 8 each leg	1-2 minutes
Bulgarian Split squats	3	8-10	1-2 minutes
Hip thrusts	3	8-10	1-2 minutes
RDL's	3	10	1-2 minutes

Easy cardio

QUICK REMINDER

This session should feel easy and sustainable. You should still be able to hold a conversation throughout.

Choose one option:

Option	Time	Effort
Bike	30 mins	Easy
Incline walk	30 mins	Easy
Combo	15 mins each	Easy

COACH TIP

- Romanticise it a little — put on a good series, your favourite playlist, or a podcast and enjoy the session.

YOUR GOAL FOR TODAY

- Build your fitness
- Get your body moving
- Support recovery
- Add to your daily steps

Upper strength

COACH NOTES:

This is your final week, so focus on finishing strong. Push your weights where you can, stay locked in with your form, and make every set count.

Exercises	muscles worked	Sets	Reps	Rest between sets
Incline Chest press	• Chest	4	10	1-2 minutes
Lat pull downs	• Back	4	10	1-2 minutes
Superset: Hammer curls Shoulder press	• Biceps • Shoulders	3	10 of each	1-2 minutes
Superset: Around the worlds Upright row	• Shoulders	3	10 of each	1-2 minutes
Superset: Tricep pulldowns Cable pullovers	• Triceps • Back	3	8 of each	1-2 minutes

CORE

Exercises	Sets	Reps	Rest between sets
Captains chair tucks	4	8-10	1 minute
Decline sit-ups	4	8-10	1 minute
Russian twists	3	30-40 secs	1 minute

Pyramid intervals

Goals: Finish the full pyramid feeling strong and controlled, keeping your pacing steady through the longer reps and staying smooth all the way to the end.

Total time 60 mins

Section	Time	Effort
Warm-Up	5 mins	Easy
Round 1	1 min/1 min	Hard/moderate
Round 2	2 mins/2 mins	Hard/moderate
Round 3	3 mins/3 mins	Hard/moderate
Round 4	4 mins/4 mins	Hard/moderate
Round 5	5 mins/5 mins	Hard/moderate
Round 6	4 mins/4mins	Hard/moderate
Round 7	3 mins/3 mins	Hard/moderate
Round 8	2 mins/2mins	Hard/moderate
Round 9	1 min/1min	Hard/moderate
Cool-down	5 mins	easy

Hard = 7-8/10 effort

Moderate = 4-5/10 effort

Easy = 2-3/10 effort

Full body strength

COACHES NOTES

These supersets are paired to make your workout flow smoothly, so aim to complete them back to back using the same equipment where possible.

Exercises	Muscle group	Sets	Reps	Rest between sets
Single leg deadlifts	• Legs	3	8-10	1-2 minutes
Superset: <ul style="list-style-type: none"> • Barbell front squat • Barbell shoulder press 	<ul style="list-style-type: none"> • Legs • Shoulders 	3	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> • Cable pullover • Tricep pulldowns 	<ul style="list-style-type: none"> • Back • Triceps 	3	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> • RDL • Bent over row 	<ul style="list-style-type: none"> • Back • Legs 	3	10 of each	1-2 minute

Core

Exercises	Sets	Reps	Rest between sets
Captains chair tucks	4	10	1 minute
Decline sit-ups	4	10	1 minute
Weighted sit-ups	4	10	1 minute
Russian twists	4	30-40 secs	30 second

Pyramid tempo

Goal: Build endurance and improve your ability to hold a strong, challenging pace for a longer period of time. This effort should feel hard but maintainable, like you're working but still in control.

Total time: 58 mins

Section	Time	Effort
Warm-Up	10 mins	Easy
Round 1	6 mins	Moderate
Round 2	8 mins	Strong
Round 3	10 mins	Hard
Round 4	8 mins	Strong
Round 5	6 mins	Moderate
Cool down	10 mins	Easy

Hard = 9/10 effort

Strong = 7-8/10 effort

Moderate = 4-5/10

Easy = 2-3/10 effort

Tips:

- Start controlled, not too fast.
- Stay consistent, avoid big pace changes.
- It should feel challenging but sustainable.
- If you fade early, pull it back slightly.
- Stay relaxed and focused throughout.

Mobility

Excercise	Reps/time	How to do it
Neck rolls	5 each direction	Slowly roll your head in a circle, keeping shoulders relaxed.
Shoulder Circles	10 forward / 10 back	Circle your shoulders gently, focusing on smooth movement.
Arm swings	10 forward / 10 back	Swing arms gently across your body and then behind you.
Cat-Cow Stretch	8-10 reps	On hands & knees, arch your back (cat) then drop your torso & lift chest (cow).
Thread the needle	5 each side	On hands & knees, slide one arm under the opposite arm and reach as far as comfortable.
Hip Circles	5 each direction	Stand tall, make big circles with your hips slowly.
Ankle circles	5 each direction	Lift one foot off the ground, rotate ankle slowly, then switch sides.
Standing Hamstring Stretch	20-30 sec each leg	Step one foot forward, hinge at the hips, keep back straight, reach toward toes.
Quad stretch	20-30 sec each leg	Standing, bend one knee, grab your ankle, pull heel toward glutes gently.