



1 MONTH FREE TRIAL PROGRAM

(Training regimen only)

NOT INCLUDED: Tutorial Videos | Diet & Nutrition

DehshidFit

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READ THIS BEFORE STARTING

- This is a very general program, meaning it is not designed or customized towards any specific individual nor a group.
- If you have very little to zero experience with resistance training in a gym, then this program would include too much volume and unnecessary information for you! (Start with learning how to Deadlift, Squat, Bench and Overhead Press. This will set you on a strong path for the start of your journey)
- If you have some experience with training and have been quite consistent then this would be more suited for you.
- Below you will see a weekly workout schedule, followed by your 5 different workouts for the week and a recovery/rest-day routine!
- Tutorial videos for the exercises and nutritional guidance are not provided, simply because that would not be fair to my clients. However, you can always shoot me a message on Instagram (@dehshidfit) and I will do my best to get back to you and answer your questions.
- My only nutrition tips are that you should stick to a proportional amount of protein, carbs and fats. Whether your trying to build muscle, lose fat or both you can use this program! Just play around with your food a little bit to determine a maintenance amount, surplus of calories or a calorie deficit (based on your personal goals).

ITS GO TIME BABY...

WEEKLY WORKOUT SCHEDULE



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DAY	PLAN
MONDAY	PLAN 1
TUESDAY	PLAN 2
WEDNESDAY	PLAN 3
THURSDAY	REST
FRIDAY	PLAN 4
SATURDAY	PLAN 5
SUNDAY	REST

PLAN 1



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Exercise Number	Exercise	Sets	Repetitions	Load (Adjusting weight OR Bodyweight)
1	Barbell Squats	5	5/5/5/5/5	MAX load for reps (maintain weight throughout)
2	Stiff Leg Barbell Deadlifts	3	10 to 12	Aim to increase weight each set
3	Loaded Bulgarian Split Squats	3	12/10/08	Increase weight each set
4	Leg Extension Machine	3	15/12/10	Increase weight each set (slow controlled negatives)
5	Standing Calf Raises Machine	3	15/15/15	Increase weight each set

Rest	Duration
Between Each Set	45 Seconds to 1.5 Minutes
Between Exercises	1-4 Minutes

PLAN 2



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Exercise Number	Exercise	Sets	Repetitions	Load (Adjusting weight OR Bodyweight)
1	Bench Press	5	5/5/5/5/5	MAX load for reps (maintain weight throughout)
2	Incline Dumbbell Press	3	12/10/08	Increase weight each set
3	Isolateral Chest Press Machine (single arm movement)	3	10 to 12	Aim to increase weight each set
4	Pec Deck Fly Machine	3	15/12/10	Increase weight each set (slow, controlled negatives)
5	Bodyweight Dips	3	Failure	Bodyweight Exercise
6	Cable Crunches (HEAVY)	3	15/15/15	Maintain same weight each set
7	Hanging Leg Raises	3	15/15/15	Bodyweight Exercise

Rest	Duration
Between Each Set	45 Seconds to 1.5 Minutes
Between Exercises	1-4 Minutes

PLAN 3



Exercise Number	Exercise	Sets	Repetitions	Load (Adjusting weight OR Bodyweight)
1	Pendlay Rows	5	5/5/5/5/5	MAX load for reps (maintain weight throughout)
2	Pull Ups (assisted if necessary)	3	8/8/08	Bodyweight Exercise
3	Wide Grip Lat Pull Downs	4	15/12/10/8	Increase weight each set
4	Seated Cable One Arm Rows	3	12/10/08	Increase weight each set
5	V-Grip Lat Pull Downs	3	10 to 12	Aim to increase weight each set
6	Back Extensions	4	15/15/15/15	Bodyweight Exercise

Rest	Duration
Between Each Set	45 Seconds to 1.5 Minutes
Between Exercises	1-4 Minutes

PLAN 4



Exercise Number	Exercise	Sets	Repetitions	Load (Adjusting weight OR Bodyweight)
1	Walking Dumbbell Lunges (Count for each leg)	3	10 to 12	Increase weight each set
2	Leg Press (Wider Stance, glute and hamstring focused)	4	12/10/8/6	Increase weight each set
3	Single Leg Extensions	3	10 to 12	Increase weight each set
4	Lying Hamstring Curl Machine	3	12/10/08	Increase weight each set
5	Seated Calf Raises	4	15/15/15	Maintain same weight each set
6	Hanging Side Knee Raises (count for both sides)	3	12/12/12	Bodyweight Exercise
7	Plank	3	1 Minute	Bodyweight Exercise

Rest	Duration
Between Each Set	45 Seconds to 1.5 Minutes
Between Exercises	1-4 Minutes

PLAN 5



Exercise Number	Exercise	Sets	Repetitions	Load (Adjusting weight OR Bodyweight)
1	Seated Shoulder Dumbbell Press	5	5/5/5/5/5	MAX load for reps (maintain weight throughout)
2	Cable Rope Face Pulls	3	15/12/10	Increase weight each set
3	Seated Dumbbell Lateral Raises	3	12/10/08	Increase weight each set
4	Single Arm Cable Lateral Raises	3	8 to 10	Maintain same weight each set
5	Plate Front Raises	3	12/12/12	Maintain same weight each set
6	Trap Bar Shrugs	3	12 to 15	Aim to increase weight each set

Rest	Duration
Between Each Set	45 Seconds to 1.5 Minutes
Between Exercises	1-4 Minutes

ACTIVE RECOVERY



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Click the following link and follow along with the video! Some flexibility and mobility work in just under 7 minutes.

Click/copy paste this link

<https://youtu.be/-tOxkYXycgM>

Upon completion, proceed to do the following:

Cardio	Type	Time	Pace
Outdoor Walk	Low intensity steady state	30 Minutes	Brisk Walk