



ABOXR

GOALS & RESULTS
TRAINING - MUSCLE BUILDING

WWW.ABOXR.CO.UK



CORE PERIODISATION PHASE

1-4 WEEKS

FOUNDATION PHASE

...achieve your goals in 4 weeks



4-12 WEEKS

INTERMEDIATE PHASE

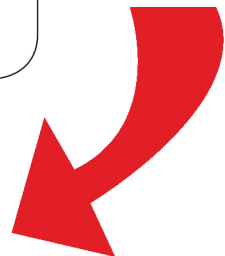
only 12 weeks and your goals will edge closer and closer to you!



12 MONTHS

ADVANCED PHASE

goals and results achieved, 12 months of leisure at my pleasure





My aim is to ensure you reach the level of fitness YOU desire without compromising your lifestyle



Welcome

My name is Ali, I am a personal trainer, and I run a network of qualified personal trainers who will come and train you. In the past years I have worked with over 100 clients, and the majority of my clients have achieved their goals based on knowledge, hard work and goal planning. I am based in Camden Town, and run a private company.

ABOXR was established in 2021, my aim was to deliver quality and successful goals and results programmes for clients around London. ABOXR's personal trainers are committed to providing the most effective personal training service for our clients. We promise to follow the SFL conduct code.

Ali Mohammed, BSc Sports Science

We will make sure you achieve the following:

- Improved body shape and posture
- Weight loss and fat reduction
- Reduced stress and fatigue
- Boosted energy levels
- Increased confidence and wellbeing
- Lowered risk of future health problems



RESULTS

HEIGHT (CM)

WEIGHT (KG)

BODY FAT PERCENTAGE

TARGET BODY FAT PERCENTAGE RANGE (%) TO

IDEAL WEIGHT (KG) TO

BLOOD PRESSURE

SYSTOLIC

DIASTOLIC

HEART RATE (BEATS PER MINUTE)

...

BODY MEASUREMENTS

WAIST SHOULDERS HIPS ABDOMINALS

PLANKS = PRESS UPS = SIT UPS= S/J SQUATS =

12 MINUTE RUN (COOPERS RUN) STRENGTH TEST (3 REP MAX) BIKE (RPM)

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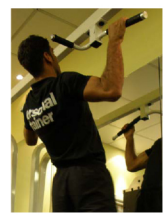

ADDITIONAL TESTING'S

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DIET PROGRAMME

FOOD DIARY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			







Training Frequency 6 Days – Week Training Duration 1 hour session Rest period between sets 40 seconds Rest periods between workouts 72 hours between body parts 30 Minute Run 4-5-6

EXERCISE (LEGS, BACK BICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BARBELL SQUATS</p> <p>1 KEEP BACK STRAIGHT 2 SQUAT DOWNWARDS SLOWLY 3 SQUAT UPWARDS SLOWLY</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>LEG EXTENSIONS</p> <p>1 SIT BACK KEEPING LEGS ADJUSTED 2 EXTENDS THE LEGS 3 RETURN TO RESTING POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>STEPS UPS</p> <p>1 STEP UP ON THE STEPPER 2 PERFORM BICEP CURLS 3 COORDINATE WITH LEGS AND ARMS</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>CHINN UPS</p> <p>1 USING UPPER BODY STRENGTH LIFT UP UPWARDS 2 RETURN TO RESTING POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>LAT PULL DOWN</p> <p>1 PULL THE BAR DOWNWARDS TOWARDS THE CHEST 2 SLOWLY LIFT IT BACK UP 3 RETURN TO RESTING POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			

Training Frequency 6 Days –Week **Training Duration** 1 hour session **Rest period between sets** 40 seconds **Rest periods between workouts** 72 hours between body parts **30 Minute Run** 4-5-6

EXERCISE (LEGS, BACK BICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BARBELL BICEP CURLS</p> <p>1 CURL THE BAR IN TOWARDS THE CHEST 2 RETURN TO REST POSITION 3 EXECUTE THE MOVE AGAIN</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>SEATED BICEP CURLS</p> <p>1 REMAIN SEATED LIFTING THE HANDLE INWARDS 2 RETURN TO RESTING POSITION 3 RETURN TO RESTING POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>SEATED ROWS</p> <p>1 REMAIN SEATED LIFTING THE HANDLE INWARDS 2 KEEP THE BACK STRAIGHT</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>REAR DELTOIDS</p> <p>1 REVERSE THE HANDLE BACKWARDS 2 KEEP BACK STRAIGHT 3 ARMS MUST NOT BEND</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>HYPEREXTENSIONS</p> <p>1 EXTEND THE BACK WHILST USING THE STABILITY BALL 2 USE DUMBBELLS FOR EXECUTION</p>		3X30 SEC	<p>W: T: B: T:</p>			

Training Frequency 6 Days – Week Training Duration 1 hour session Rest period between sets 40 seconds Rest periods between workouts 72 hours between body parts 30 Minute Run 4-5-6

EXERCISE (CHEST, ABDOMINALS, TRICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BENCH PRESS</p> <p>1 LYE BACK DOWN KEEPING THE BACK ON THE BENCH</p> <p>2 LIFT THE BAR UPWARDS THEN DOWNWARDS</p> <p>3 DROP THE BAR CLOSE TO THE CHEST THEN EXECUTE</p>		3X30 SEC	W: T: B: T:			
<p>DUMBBELL CHEST PRESS</p> <p>1 KEEP THE BENCH AT INCLINE POSITION</p> <p>2 EXTEND THE ARM UPWARDS USING THE DUMBBELLS</p> <p>3 RETURN THE ARMS BACK IN A 90 DEGREE POSITION</p>		3X30 SEC	W: T: B: T:			
<p>INCLINE BENCH PRESS</p> <p>1 KEEP THE BENCH AT AN INCLINE POSITION</p> <p>2 BRING THE BAR DOWNWARD TOWARDS CHEST</p> <p>3 LIFT THE BAR UPWARDS ONCE IT REACHES THE CHEST</p>		3X30 SEC	W: T: B: T:			
<p>INCLINE FLYES</p> <p>1 KEEP THE BENCH AT AN ANGLE</p> <p>2 KEEP THE ARMS SLIGHTLY BENT</p> <p>3 CONNECT THE DUMBBELLS TOGETHER</p>		3X30 SEC	W: T: B: T:			
<p>PECTORAL FLYES</p> <p>1 USING THE MACHINE, CONNECT THE PADS TOGETHER</p> <p>2 EXECUTE THE MOVE ACCORDING TO THE REPS</p>		3X30 SEC	W: T: B: T:			
<p>LYING LEG RAISES</p> <p>1 LYE BACK DOWN, USE THE STABILITY BALL</p> <p>2 RAISE THE LEG UPWARDS AND DOWNWARDS</p> <p>3 USE THE ARMS TO COORDINATE</p>		3X30 SEC	W: T: B: T:			

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EXERCISE (CHEST, ABDOMINALS, TRICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>ABDOMINAL CRUNCH</p> <p>1 USING THE MACHINE, CRUNCH UP SLOWLY 2 KEEP BACK STRAIGHT 3 KEEP THE CHEST UP WHILST CRUNCHING</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>TRICEPS DIPS</p> <p>1 KEEPING THE BACK NEUTRAL 2 DIP DOWN AT 90 DEGREES 3 USE THE FORCE TO LIFT UPWARDS</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>HANGING KNEE LIFTS</p> <p>1 HOLD THE BARS TIGHTLY 2 LIFT THE LEGS UPWARDS 3 DO NOT BEND THE KNEES</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>TRICEPS EXTENSIONS</p> <p>1 USE THE STABILITY BALL, KEEP THE ARMS OVER THE HEAD 2 EXTEND THE ARM UPWARDS 3 KEEP ELBOWS SHOULDER WIDTH APART</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>TRICEPS PUSH DOWNS</p> <p>1 PUSH THE BAR DOWNWARDS 2 KEEP THE KNEE SLIGHTLY BENT 3 KEEP THE BACK NEUTRAL</p>		3X30 SEC	<p>W: T: B: T:</p>			

Training Frequency 6 Days – Week **Training Duration** 1 hour session **Rest period between sets** 40 seconds **Rest periods between workouts** 72 hours between body parts **30 Minute Run** 4-5-6

EXERCISE (SHOULDERS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BARBELL SHOULDER PRESS</p> <ol style="list-style-type: none"> LIFT THE BAR UP OVER THE HEAD RETURN THE BAR BEHIND THE HEAD KEEP BACK NEUTRAL 		3X30 SEC	<p>W: T: B: T:</p>			
<p>MILITARY PRESS</p> <ol style="list-style-type: none"> DEAD LIFT THE BAR PERFORM THE REVERSE CURLS PUSH THE BAR UP INTO A SHOULDER PRESS 		3X30 SEC	<p>W: T: B: T:</p>			
<p>SIDE LATERAL RAISE</p> <ol style="list-style-type: none"> MOVE THE ARMS UP SIDeways USE THE DUMBBELLS EXECUTE THE MOVE ACCORDING TO THE REPS 		3X30 SEC	<p>W: T: B: T:</p>			
<p>BENT OVER LATERALS</p> <ol style="list-style-type: none"> KEEP THE BACK SLIGHTLY ARCHED MOVE THE ARMS UP SIDeways EXECUTE THE MOVE ACCORDING TO THE REPS 		3X30 SEC	<p>W: T: B: T:</p>			
<p>UPRIGHT ROWS</p> <ol style="list-style-type: none"> HOLD BOTH HANDS CLOSE TO THE BAR LIFT THE BAR UP TOWARDS THE CHIN KEEP THE BACK STRAIGHT 		3X30 SEC	<p>W: T: B: T:</p>			
<p>WIDE GRIP SHOULDER PRESS</p> <ol style="list-style-type: none"> USING THE BARBELL, HOLD A WIDE GRIP LIFT THE BARBELL UPWARDS RETURN THE BAR DOWN TOWARDS THE CHEST 		3X30 SEC	<p>W: T: B: T:</p>			

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EXERCISE (SHOULDERS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>INCLINE PRESS UPS</p> <p>1 APPLY THE NORMAL PRESS UPS 2 PUT THE LEGS AT AN INCLINE POSITION 3 BACK MUST REMAIN NEUTRAL</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>SINGLE ARM PRESS</p> <p>1 USING THE DUMBBELL, LIFT THE ARM UP IN A SINGLE ARM PRESS 2 KEEP THE BACK STRAIGHT</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>BAR LATERAL RAISES</p> <p>1 RAISE THE BAR STRAIGHT OUT IN FRONT OF YOU 2 KEEP THE BACK STRAIGHT</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>FRONT LATERAL</p> <p>1 BEND THE ARMS SLIGHTLY 2 RAISE THE DUMBBELLS TO A PARALLEL POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>SHOULDER PRESS</p> <p>1 REMAIN SEATED ON THE BENCH 2 PRESS THE BAR UPWARDS</p>		3X30 SEC	<p>W: T: B: T:</p>			


Training Frequency 6 Days – Week **Training Duration** 1 hour 30 minute session **Rest period between sets** 40 seconds **Rest periods between workouts** 72 hours between body parts

EXERCISE (BACK BICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BARBELL PULL UPS</p> <p>1 HOLD THE BARBELL AT SHOULDER WIDTH APART 2 DRAW THE BARBELL UP AS HIGH AS POSSIBLE</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>CABLE BICEP CURLS</p> <p>1 GRASP THE CABLE BAR 2 SLOWLY RAISE THE WEIGHT UNTIL THE BICEP IS AT FULL CONTRACTION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>SINGLE ARM CURLS</p> <p>1 GRASP THE DUMBBELL 2 RAISE THE DUMBBELL UP 3 APPLY FULL CONTRACTION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>NARROW CHINN UPS</p> <p>1 GRASP THE BAR 2 LIFT UP AS HIGH AS POSSIBLE</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>LAT PULL DOWN</p> <p>1 SLOWLY PULL THE BAR DOWN 2 HOLD BRIEFLY 3 RETURN TO START POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>BARBELL BICEP CURLS</p> <p>1 SLOWLY RAISE THE BARBELL TOWARDS THE CHEST 2 RETURN TO THE START POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			

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EXERCISE (BACK BICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>SEATED BICEP CURLS</p> <p>1 WHILST SITTING DOWN ON A FLAT BENCH</p> <p>2 SLOWLY CURL THE ARMS</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>LOW PULLEY ROWS/SEATED ROWS</p> <p>1 REMAIN SEATED PULLING THE HANDLE INWARDS</p> <p>2 KEEP THE BACK STRAIGHT</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>REAR DELTOIDS</p> <p>1 REVERSE THE HANDLE BACKWARDS</p> <p>2 KEEP BACK STRAIGHT, ARMS MUST NOT BEND</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>HYPEREXTENSIONS</p> <p>1 RAISE THE UPPER BODY AS HIGH AS POSSIBLE</p> <p>2 RETURN TO THE START POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>STANDING LEG DEAD LIFT</p> <p>1 REACH DOWN WITH LEGS BENT</p> <p>2 RETURN START POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			

Training Frequency 6 Days – Week **Training Duration** 1 hour 30 minute session **Rest period between sets** 40 seconds **Rest periods between workouts** 72 hours between body parts

EXERCISE (CHEST AND TRICEPS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>BENCH PRESS</p> <p>1 SLOWLY LOWER THE WEIGHT TO JUST TOUCH THE LOWER PECTORALS</p> <p>2 PRESS BACK TO THE START POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>DUMBBELL CHEST PRESS</p> <p>1 KEEP THE BENCH AT INCLINE POSITION</p> <p>2 EXTEND THE ARM UPWARDS USING THE DUMBBELLS</p> <p>3 RETURN THE ARMS BACK IN A 90 DEGREE POSITION</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>INCLINE BENCH PRESS</p> <p>1 KEEP THE BENCH AT AN INCLINE POSITION</p> <p>2 BRING THE BAR DOWNWARD TOWARDS CHEST</p> <p>3 LIFT THE BAR UPWARDS ONCE IT REACHES THE CHEST</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>INCLINE FLYES</p> <p>1 KEEP THE BENCH AT AN ANGLE</p> <p>2 KEEP THE ARMS SLIGHTLY BENT</p> <p>3 CONNECT THE DUMBBELLS TOGETHER</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>PECTORAL FLYES</p> <p>1 USING THE MACHINE, CONNECT THE PADS TOGETHER</p> <p>2 EXECUTE THE MOVE ACCORDING TO THE REPS</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>LYING LEG RAISE</p> <p>1 LYE BACK DOWN, USE THE STABILITY BALL</p> <p>2 RAISE THE LEG UPWARDS AND DOWNWARDS</p> <p>3 USE THE ARMS TO COORDINATE</p>		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			

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<p>ABDOMINAL CRUNCH</p> <ol style="list-style-type: none"> 1 EXTEND THE ARM AWAY FROM THE BODY 2 RETURN THE ARMS BACK 3 KEEP ELBOW APART 		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>TRICEPS DIPS</p> <ol style="list-style-type: none"> 1 KEEPING THE BACK NEUTRAL 2 DIP DOWN AT 90 DEGREES 3 USE THE FORCE TO LIFT UPWARDS 		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>SINGLE ARM TRICEPS EXTENSIONS</p> <ol style="list-style-type: none"> 1 USING ONLY ONE HAND, DRAW THE PAD DOWN 2 EXTEND THE ARM FULLY 3 KEEP ARMS BENT AT 90 DEGREE 		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>DUMBBELL TRICEPS PRESS</p> <ol style="list-style-type: none"> 1 USE THE STABILITY BALL, GRASP THE DUMBBELL 2 KEEP THE ELBOWS APART 3 PUSH PRESS THE DUMBBELL UP OVER THE HEAD 		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			
<p>TRICEPS PUSH DOWNS</p> <ol style="list-style-type: none"> 1 PUSH THE BAR DOWNWARDS 2 KEEP THE KNEE SLIGHTLY BENT 3 KEEP BACK NEUTRAL 		3X30 SEC	<p>W:</p> <p>T:</p> <p>B:</p> <p>T:</p>			

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EXERCISE (SHOULDERS AND LEGS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
BARBELL SHOULDER PRESS 1 LIFT THE BAR UP OVER THE HEAD 2 RETURN THE BAR BEHIND THE HEAD 3 KEEP BACK NEUTRAL		3X30 SEC	W: T: B: T:			
MILITARY PRESS 1 DEAD LIFT THE BAR 2 PERFORM THE REVERSE CURLS 3 PUSH THE BAR UP INTO A SHOULDER PRESS		3X30 SEC	W: T: B: T:			
BARBELL SQUATS 1 KEEP BACK STRAIGHT 2 SQUAT DOWNWARDS SLOWLY 3 SQUAT UPWARDS SLOWLY		3X30 SEC	W: T: B: T:			
BENT OVER LATERALS 1 KEEP THE BACK SLIGHTLY ARCHED 2 MOVE THE ARMS UP SIDeways 3 EXECUTE THE MOVE ACCORDING TO THE REPS		3X30 SEC	W: T: B: T:			
UPRIGHT ROWS 1 HOLD BOTH HANDS CLOSE TO THE BAR 2 LIFT THE BAR UP TOWARDS THE CHIN 3 KEEP THE BACK STRAIGHT		3X30 SEC	W: T: B: T:			
WIDE GRIP SHOULDER PRESS 1 USING THE BARBELL, HOLD A WIDE GRIP 2 LIFT THE BARBELL UPWARDS 3 RETURN THE BAR DOWN TOWARDS THE CHEST		3X30 SEC	W: T: B: T:			

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EXERCISE (SHOULDERS AND LEGS)	PICTURE	SETS/ SECONDS	WEIGHTS, TEMPO, BREATHING, TECHNIQUE	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6
<p>INCLINE PRESS UPS</p> <p>1 APPLY THE NORMAL PRESS UPS 2 PUT THE LEGS AT AN INCLINE POSITION 3 BACK MUST REMAIN NEUTRAL</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>LEG EXTENSIONS</p> <p>1 SIT BACK KEEPING LEGS ADJUSTED 2 EXTENDS THE LEGS 3 RETURN TO RESTING POSITION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>LEG PRESS/CALF RAISES</p> <p>1 FEET ON TO THE REST PLATE, KEEP FEET AROUND 12INCHES APART 2 PUSH THE WEIGHT SLIGHTLY TOWARDS THE CHEST 3 PUSH BACK TO FULL EXTENSION</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>STEP SHOULDER PRESS</p> <p>1 STEP UP ON THE STEPPER 2 PERFORM SINGLE ARM PRESS 3 COORDINATE WITH LEGS AND ARMS</p>		3X30 SEC	<p>W: T: B: T:</p>			
<p>SHOULDER PRESS</p> <p>1 REMAIN SEATED ON THE BENCH 2 PRESS THE BAR UPWARDS</p>		3X30 SEC	<p>W: T: B: T:</p>			