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THE 1-DAY PLAN.

@coachlukelango

- 1** One session a week, run as a full-body workout: a squat or hinge, a push, a pull and one accessory or core exercise.
- 2** With no second day to share the work, each main lift gets more sets: 5 on the squat or hinge, 4 on the push and 4 on the pull.
- 3** Pick a day and a time and keep both every week, so the session has a fixed place in your calendar.
- 4** Next page has the exact sets, reps and rest, and the rule for when to add weight.

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THE BLUEPRINT.

THE SESSION

Squat or hinge	5 x 5-8, rest 3-5 min
Push (press or bench)	4 x 8-10, rest 2-3 min
Pull (row)	4 x 8-10, rest 2-3 min
Accessory or core	3 x 12-15, rest 60-90 sec

HOW TO READ IT

5 x 5-8 means 5 sets of 5 to 8 reps each. Rest is the time between sets.

THE PROGRESSION RULE

Add a rep each week until you hit the top of the range on every set. Then add weight and drop back to the bottom of the range next session.

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

18

Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

calendly.com/lukelango-legacycoaching/consult

You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)