



Program Library

Name:	The Aerobic Bodybuilder
Frequency:	3+ main w/ pump supplemental day
Duration:	6 weeks
Description:	"Functional bodybuilding" meets high-intensity interval training in this dumbbell and barbell centric 3+ day full body split. Trainees will find each session begins with one or more classical strength and hypertrophy based movements before progressing to intense circuit style accessories that will challenge the trainee aerobically while adding simulative volume for both pump and lean muscle gains. A 4th optional "pump sess" session is included for those inclined to accumulate a touch more volume in a more typical bodybuilding style.
Goals:	<ul style="list-style-type: none"> - Multiplanar strength gains - Combined hypertrophy and aerobic fitness - Minimalist equipment (Dumbbell, Barbell, Kettlebell, Pull-Up Bar)

Name:	Bikini Ready
Frequency:	4 F/U/L/L
Duration:	6 weeks
Description:	"Bikini Ready" is a variant of a split that Coach James has utilized across multiple clients to produce the ideal bikini body. Whether you're a female looking to step on a bikini stage or simply looking to build a beach ready figure - this one's for you. The program is a specialized hypertrophy specific program that implements various intensity techniques including but not limited to: myo-reps, agonist supersets, tempo training, etc. The program is comprised of one 6 week block that progresses via both set volume and RIR progression schemes in a stepwise fashion. Volume distribution is set in such a way to emphasize lower body/glutes, back, and delts - with arms and chest placed at or near maintenance levels.
Goals:	- Glute/Back/Quad/Delt/Hamstring hypertrophy



Name:	Coach James' Bodybuilding Hybrid
Frequency:	4+ Hybrid (Chest+back/Posterior+biceps/Legs/Push) w/ Delt+arms supplemental day
Duration:	12 weeks
Description:	James' 4+ Day Hybrid Bodybuilding Plan is an pre-fatigue style hypertrophy specific program that implements various intensity techniques including but not limited to: myo-reps, agonist supersets, tempo training, etc. The program is comprised of two 6 week blocks that progress via both set volume and RIR progression schemes in a stepwise fashion. Volume distribution is set in such a way to emphasize quadriceps, pec, and back growth - with delts, arms, hamstrings placed at or near maintenance levels. You will find a 5th "optional" delt/arm day within for those with recovery capabilities able to handle the additional volume as a "top off" session to be scheduled at a period within the week that does not impede progress of subsequent sessions.
Goals:	<ul style="list-style-type: none"> - Chest/Back/Quad hypertrophy - Injury risk reduction

Name:	Homegrown Glutes
Frequency:	3 hybrid (Full/Lower/Lower)
Duration:	6 weeks
Description:	As the name implies, this 3 day lower body specific training program is designed to be completed in the comfort of the client's home - only requiring a set of dumbbells, resistance glute bands, and a desire to change one's physique. The program is split into 2 "Full Body" and 1 "Lower" training days to emphasize the female figure while maintaining balance throughout overall development and creating upper body strength for longevity and function. No barbells or gym memberships required.
Goals:	<ul style="list-style-type: none"> - Lower body development - Low barrier to entry, great novice/beginner program - Minimalist equipment (Dumbbell, Glute Band)



Name:	K.I.S.S.
Frequency:	3 hybrid (Full/Upper/Lower)
Duration:	12 weeks
Description:	<p>This general fitness program is designed, as the name implies, to keep it simple but effective. Moderate to low volume, slight lower body emphasis, three days a week. It's the minimum effective dose, best used for those looking for sustainable long term change, dipping their toes into fitness, or looking to scale back on their gym based time commitments. Perfect for the working individual, those with aesthetic goals but limited on time and/or availability to train. This 3 day Full/Upper/Lower split will challenge you to increase muscle size across all aspects of the body while building mid range strength through a variety of machine, cable, barbell, and dumbbell movements.</p>
Goals:	<ul style="list-style-type: none"> - Aesthetics - General Health and Wellness - Time Efficient (3 days, approx 45 min to 1 hr time commitment)

Name:	Offseason Athlete
Frequency:	3 hybrid (Fullx3)
Duration:	8 weeks
Description:	<p>"Offseason Athlete" is a 3x/week full body strength, power, and hypertrophy program perfect for the offseason competitive athlete. The program is comprised of two 4 week blocks that progress via both set volume and load progression schemes in a stepwise fashion. The first two workouts of the week will build strength and power across the entirety of the body, while the third is created to replicate a traditional bodybuilding workout to assist with offseason growth.</p>
Goals:	<ul style="list-style-type: none"> - Full body barbell/dumbbell strength and power development - Offseason size



Name:	Opti-Aging
Frequency:	2 Full body
Duration:	12 weeks
Description:	<p>Osteoporosis and falls, both can be life altering, both on the rise due to the tendency towards an ageing population – with some statistics showing a fracture resulting from a fall occurring every three and a half minutes, and 90% of osteoporotic fractures occurring as a direct result of a fall. For those individuals affected, 20% or more will have fatal outcomes, 50% will require long term assistance, and 80% will fail to return to their prior level of function.</p> <p>Current guidelines recommend a combination of weight-bearing and high intensity resistance training with dynamic balance training.</p> <p>The purpose of the Opti-Aging program is to standardize a hybrid high-intensity, progressive resistance training program with dynamic power and balance training to reduce the risk of fall or fracture and improve bone density in active, community dwelling adults.</p>
Goals:	<ul style="list-style-type: none"> - Fall risk reduction - Improved bone density - Increased quality of life

Name:	The Busy Bodybuilder
Frequency:	3 Full body
Duration:	8 weeks
Description:	<p>Bodybuilding, but on a time crunch. Perfect for the working individual, those with aesthetic goals but limited on time and/or availability to train. This 3 day full body undulating split will uniformly work to increase muscle size across all aspects of the body while building mid range strength through a variety of machine, cable, barbell, and dumbbell movements.</p>
Goals:	<ul style="list-style-type: none"> - Aesthetics - Moderate Rep Range Strength - Time Efficient (3 days, approx 1-1.5 hr time commitment)