

Joshua Lay Program #1

Training Schedule Weeks 1-5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	A	KB/JM	CV	B	KB/JM	CV
Week 2	Rest	A	KB/CV	JM	B	JM/CV	A
Week 3	Rest	B	KB/JM	CV	A	Rest	JM/CV
Week 4	KB	A	JM/CV	KB	Rest	B	JM/CV
Week 5	KB/CV	A	KB/JM	Rest	B	KB/CV	A

Joshua Lay Program #1

Weeks 1-4 Accumulation Phase Program A.

Start with two sets of each exercise the first week, then add one set to two exercises each of the next 3 weeks

Program A	Reps	Sets	Rest	Notes
Hack Squat Machine	10-12	2-4	0	No rest - go to incline bench, rest, then back to squats
Incline Bench Press	10-12	2-4	60 sec	rest 60 sec, then back to hack squats
Seated Leg Press	10-12	2-4	0	no rest - superset with pulldowns
Lat Pull Down	10-12	2-4	60 sec	Rest 60 sec, then back to leg press
Machine Leg Curls	10-12	2-4	0	try a different machine than last time - go to shoulder press
Standing DB Shoulder Press	10-12	2-4	60 sec	rest 60 sec, then back to leg curls
Half Moon Situps	5-6 each	2-4	0	Legs wide, touch elbow to outside of same knee, sweep low back
DB Lateral Raises	10-12	2-4	60 sec	rest 60 sec, then back to sit ups

Joshua Lay Program #1

Weeks 1-4 Accumulation Phase Program B

Start with two sets of each exercise the first week, then add one set to two exercises each of the next 3 weeks

Program B	Reps	Sets	Rest	Notes
Squats	10-12	2-4	0	No rest - go to pullups, rest, then back to squats
Pullups	10-12	2-4	60 sec	rest 60 sec, then back to squats
Dead Lift from Hang	10-12	2-4	0	Keep the bar close and back flat. Super set with Bench Press
Bench Press	10-12	2-4	60 sec	Rest 60 sec, then back to Dead lifts
Machine Leg Curls	10-12	2-4	0	Super set with cable row
Seated Cable Row	10-12	2-4	60 sec	rest 60 sec, then back to leg curls
Guard Sit ups	4-5 each	2-4	0	DB in one arm over chest - sit up with arm straight overhead some
Incline DB Chest Press	10-12	2-4	60 sec	rest 60 sec, then back to sit ups

Joshua Lay Program #1

Kettlebell Program #1

The object is to do all exercises/reps as quickly as possible without stopping.

Exercise	Reps	Intensity	Rest
Boxer Side to Sides	20	2 x 12kg	0
Double Swings	20	2 x 12kg	0
Knee twists in Rack Position	20	2 x 12kg	0
Dead Lifts	20	2 x 12kg	0
Helicopters	20	2 x 12kg	0
Clean and Jerks	20	2 x 12kg	0
Suitcase Rows	20	2 x 12kg	0
Cossacks from the Hang	20	2 x 12kg	0
Renegade Rows	20	2 x 12kg	0
Double Snatches	20	2 x 12kg	0
Split Sumos	20	2 x 12kg	0
Kneel to Lunge from the Rack Position	20	2 x 12kg	0
Crunch Position Shoulder Presses	20	2 x 12kg	0
Inverted Pushups	20	2 x 12kg	0
Double Guards	20	2 x 12kg	0

Joshua Lay Program #1

Effort is a percentage of maximum effort on the stationary bike. Levels are estimates only. Use effort as your guide when in doubt.

Time	Effort	Level	Distance	Elapsed Time
5:00 min	50%	4	NA	5
1:00 min	70%	7	NA	6
2:00 min	50%	4	NA	8
1:00 min	75%	8	NA	9
4:00 min	65%	6	NA	13
3:00 min	70%	7	NA	16
3:00 min	75%	8	NA	19
2:00 min	80%	9	NA	21
4:00 min	60-40%	5	NA	25

Joshua Lay Program #1

Joint mobility is done for range of motion. Be firm, but no pain!

	Reps	Tempo	Rest	Notes			
Upper Cervical Series	20/20/20	2 and 2	0	work the areas where you hear the crunch			
Thoracic Series	20/20/20	2 and 2	0	keep your eyes up			
Shoulder Rolls	20/20/20	2 and 2	0	slowly			
Back Scratchers	20/20/20	2 and 2	0	pain is your limit			
Pelvic Tilts	20/20/20	2 and 2	0	concentrate on the tilt backwards			
Rag Dolls	10 each way	3 and 3	0	fingers scrape the floor			
Hip Series	20/20/20	3 and 3	0	rest when you need to			
Standing Figure 4/ Bird/Warrior 3	5/5/5.	5 and 5	0	balance!			
Ankle Series	20/20/20	2 and 2	0	don't rush			
Rocking Chair	3 reps	30-45 sec hold	0	tuck the chin			