



BUILT.

**BUILT.**

*online  
2022 ladies*

# BUILT.

*April  
2022 ladies*

## **Disclaimer**

All documents included or exchanged between the BUILT. Coaches (Thomas Moore) and the Client are the intellectual property of BUILT proprietary limited and are not to be copied, sold, published, posted, or redistributed either in part or in full without their written consent.

All and any violations will be prosecuted to the fullest extent of the law.

Thomas Moore is not a medical doctor or registered dietitian. As such, the contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem. It is not intended to replace the advice of a physician. Always consult your physician or a qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. Thomas Moore and/or BUILT proprietary limited will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness, or death.

# BUILT.

*April 2022 ladies*

## INTRO FREE WEEK

### 2 WEEK INTRO BLOCK

DAY 1	LOWER
DAY 2	UPPER
DAY 3	FULL BODY

This program has been designed to introduce you to the type of online programming you can expect with BUILT. Whether you're a beginner or have been training for years, this week will introduce you to the fundamental movements that

will optimise your strength and performance.

This week block includes three days of training (lower, upper, and full body).

Ideally train on consecutive days (e.g., Monday, Wednesday, Friday) to allow for maximal recovery for each of the muscle groups.

Video support is provided to help assist with exercise demonstrations and instructions, all you do to access this is click one of the names of the exercises and it will automatically take you to the YouTube video specific for that exercise.

**Reading the program** – the exercises are named, the number of sets performed is the first number shown and the second number is the number of repetitions to be performed. E.g., Dumbbell Bench Press (exercise) 3 (sets) x (by) 10 (repetitions).

# BUILT.

*April 2022 ladies*

## PROGRAM

DAY 1 (Upper)	DAY 2 (Lower)	DAY 3 (Full Body)
1) Dumbbell Bench Press 3 x 10	1) Romanian Deadlift 3 x 8	1) Back Squat 3 x 8
2) Lat Pull Down 3 x 12	2) Hip Thrust 3 x 10	2) Plank 3 x max
3) DB Overhead Press 3 x 10	3) Leg Press 3 x 15	3) Lat Pull Down/Chin Ups 3 x 8/max
4) Seated Row 3 x 12	4) Lying Hamstring Curl 3 x 12	4) Walking Lunges 3 x 8 ea.
5) DB Lateral Raises 3 x 15		5) Face Pull 3 x 15
5) Rope Tricep Extension 3 x 20		6) DB Rear Delt Raises 3 x 15
	<b>FINISHER CIRCUIT</b>	
	<b>3 ROUNDS</b>	
	Banded Crab Walk x 20	
	Banded Kickbacks x 20	
	Banded Glute Bridge x 20	