

Fisher Fitness: Ultim8

I hope you enjoy it and get some awesome results from this tried and tested workout. Remember to work hard and work consistently! I will be using this program from now on, as I did design it for myself, but it can also work for you too.

Now, first things first. Progress pictures. I advise you to take one or two before you start this program, and then take one every few weeks in the same mirror, so you, yourself, can see the gains you're making. Don't worry about the scales, they will fluctuate daily due to a number of factors. Progress pictures will tell the true story.

In terms of the reps, ensure you're controlling the weight, and performing each rep/set while squeezing the target muscle. Time under tension is key, not just the amount of reps you do. A key factor in muscle building is progressive overload! In basic terms, getting stronger. So, aim to either increase the weight or do an extra rep or two every week – doing one more rep than last time on a bench press is still classed as gaining strength.

The main things are, keeping consistent with the training and diet. Your aim is to build lean muscle tissue while losing excess body fat. Focusing on getting stronger in the gym with perfect technique will result in improved body composition (more lean mass and less adipose (fat) tissue)

Now, to build muscle optimally, while losing body fat (recomp) your body ideally needs to be at maintenance calories. Basically, you need to consume your TDEE (Total daily energy expenditure). If you're new to weight lifting, you'll be able to build muscle a lot easier than someone who's experienced. Use a TDEE calculator on www.gainsupplements.co.uk to calculate your daily energy expenditure and workout how many calories you'll need per day. Have around 2g protein per kg of bodyweight too. So, I weigh 80kg, so will aim for around 160g per day.

Follow the program, eat good quality foods, lots of lean meats/protein, keep patient, and most of all, enjoy the journey! You WILL see results if you keep consistent and work hard.

Good luck, and don't be afraid to ask any questions you may have on Facebook or Instagram.

I will get back to you ASAP!



(Hypertrophy / Strength)

Week 1: RIR 3

Week 2: RIR 2

Week 3: RIR 1

Week 4: Deload

(RIR = Reps In Reserve. Stop the set when you have 3/2/1 good reps left in the tank)

Day 1

1. Squat: 3x6
2. Bench: 3x6
3. Inverted Row: 3x12

4. Reverse Fly: 3x15
5. Leg Curl: 3x15

Day 2

1. Deadlift: 3x5
2. DB OH Press: 3x8
3. BOR: 3x8

4. Chest Fly: 3x12
5. Leg Extensions: 3x15

Day 3

1. Push Press: 3x5
2. Pull Ups: 3x8
3. Leg Press: 3x12

4. Lateral Raise: 3x15
5. Tricep Push downs: 3x12

Day 4

1. Glute Drive: 3x8
2. Lat Pull Down: 3x10
3. DB OH Press: 3x8

4. Leg Extensions: 3x20
5. Lateral Raise: 3x20

Day 5

1. RDL: 3x8
2. Seated Row: 3x12
3. Dips: 3x10

4. Calf Press: 4x12
5. Tricep Push downs: 3x8