



**MURPHY
TRAINING**

JOAB MURPHY MSC BSC

TRAINING PLAN.

Murphy.Training

Sample Powerlifting Plan.

Video Tutorial of the Training Program - <https://www.loom.com/share/a7e9801439264f39a45dc76eaf64abfb>

Training Plan - Overview:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistant Training	Bench	Deadlift	Squat	Rest	Lower	Upper	Rest
Abs		Abs	Abs		Abs		

Daily Breakdown:

Bench Press Session.

Exercise	Sets	Reps	Rest	Intensity (out of 10 intenististy)	Youtube Link:
Barbell Bench Press	5	Build to a 5RM at RPE 8, drop 10% 4X5	1 minute	8	https://www.youtube.com/watch?v=gRVjAtPip0Y
Plate elevated press up with weight on back	3	12	1 minute	8	https://www.youtube.com/watch?v=KadL9HpmWSg
Pull Ups with weighted belt	5	5	1 minute	8	https://www.youtube.com/watch?v=lpAG2z91Ys
Lat Pull Down	2	20	1 minute	8	https://www.youtube.com/watch?v=0oelB6wi3es&t=2s
Cable Curls	2	20	1 minute	8	https://www.youtube.com/watch?v=QZEqB6wUPxQ&t=14s
Floor Barbell Skull Crushers	2	15	1 minute	8	https://www.youtube.com/watch?v=3rrrpsRKDi0

Deadlift Session.

Exercise	Sets	Reps	Rest	Intensity	Youtube Link:
Deadlift	4	Build to a 5RM at RPE 8, drop 10% 4X5	2 minutes	7	https://www.youtube.com/watch?v=ytGaGln3SjE
Barbell bent over rows	3	8	1 minute	8	https://www.youtube.com/watch?v=vT2GjY_Umpw
Back Extensions	3	12	1 minute	8	https://www.youtube.com/watch?v=ph3pddpKzww&t=2s
Leg Press	3	20	1 minute	8	https://www.youtube.com/watch?v=IZxyjW7MPJQ

Squat Session.

Exercise	Sets	Reps	Rest	Intensity	Youtube Link:
Barbell Back Squat (1 second pause at the bottom)	4	6	2 minutes	7	https://www.youtube.com/watch?v=C8MYeGhmn-U
Barbell Good Mornings	4	8-10	1 minute	8	https://www.youtube.com/watch?v=vKPGe8zb2S4
Back Extensions	3	12	1 minute	8	https://www.youtube.com/watch?v=ph3pddpKzww&t=2s
Heel Elevated Goblet Squat (put plates underneath your heels)	3	20	1 minute	8	https://www.youtube.com/watch?v=gpNky6gvseQ

Lower Session

Exercise	Sets	Reps	Rest	Intensity	Youtube Link:
Safety Bar Squats	5	5	2 minutes	7	https://www.youtube.com/watch?v=b2jmZyptN64
Good Mornings	3	12	1 minute	8	https://www.youtube.com/watch?v=vKPGe8zb2S4&t=2s
Leg Press	3	20	1 minute	8	https://www.youtube.com/watch?v=IZxyjW7MPJQ
Hamstring curl	2	20	1 minute	8	https://www.youtube.com/watch?v=GbcgewbuwMI
Leg Extensions	2	20	1 minute	8	https://www.youtube.com/watch?v=YyVsfVjQeL0

Upper Session

Exercise	Sets	Reps	Rest	Intensity (out of 10 intenististy)	Youtube Link:
Barbell Overhead Press	5	5	1 minute	8	https://www.youtube.com/watch?v=2yJwXTZQDDI
DB Bench Press	4	12-15	1 minute	8	https://www.youtube.com/watch?v=5n9TlaoRD58
Lat pull down	5	10	1 minute	8	https://www.youtube.com/watch?v=lueEJGjTuPQ
Lateral Raises	3	12-15	1 minute	8	https://www.youtube.com/watch?v=zpUTA5i16kA

Exercise	Sets	Reps	Rest	Intensity (out of 10 intenististy)	Youtube Link:
DB Barbell curl 4 second negative	3	12-15	1 minute	8	https://www.youtube.com/watch?v=QZEqB6wUPxQ
Over head rope tricep extensions	3	12-15	1 minute	8	https://www.youtube.com/watch?v=SLYwsE_W1eM

Abs/Core Session

Exercise	Sets	Reps	Rest	Intensity	Youtube Link:
Side Plank	4	30 seconds on each side	2 minutes	9	https://www.youtube.com/watch?v=N_s9em1xTqU
Plank	5	45 seconds	2 minutes	9	https://www.youtube.com/watch?v=pSHjTRCQxlw
Dead Bugs	2	20	2 minutes	7	https://www.youtube.com/watch?v=g_BYB0R-4Ws

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Joab is a Level 4 Personal Trainer and Certified Strength and Conditioning Coach, with a Bachelor's and Master's Degree in Strength and Conditioning. This is the highest level taught of academic qualification, in health and fitness.

Joab has an extensive background through his professional experiences within the industry, ranging from working with international professional athletes to working in independent gyms with clients who have never set foot in a gym before.

Health and Fitness is his passion and he has played sports from an early age which led to high sporting achievements, including playing for Exeter Chiefs Academy. This first introduced Joab to an array of knowledgeable coaches and outstanding athletes, which helped him sharpen and perfect his skills in the art of coaching.

So if you're a complete beginner or even if you're advanced, Joab can help you level up in your ability, physique or general well-being, to achieve the goal you've always envisioned.

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