

4 WEEK FOUNDATIONS PROGRAM

**Building Strength, Embracing Adaptability:
Your Personalized 4-Week Fitness Journey**



DIVINEBODYBYEMMA.COM

OVERALL GOALS

- Learn proper form and technique
- Learn to brace your core while breathing effectively
- Increase muscular strength and endurance
- Repeat the 4-week programme 3x to move into the evolution phase – try and increase weight at the end of every 4-week cycle to begin the next one

HOW TO UTILIZE THE PROGRAM

- **The reps outlined are a mere suggestion**, feel very free to do less or more depending on how your body feels.
- **Lift as much weight as feels comfortable to you.** Anything can be done with body weight, light weights, or a heavier weight depending on your own abilities.
- Form is so **much more important than reps and weight.**

There are many regressions that can be made for the main exercises (squat, deadlift, push, pull.) Below they are outlined from the easiest version to the hardest version. **Please select the version that is best for you**, and know that the one outlined in the programme can either be regressed or progressed.



MAIN EXERCISES

There are many **regressions** that can be made for the main exercises. Below they are outlined from **easiest version to hardest version**. Please select the version that is best for you, and know that the one outlined in the program can either be **regressed or progressed**.

SQUAT	DEADLIFT
<ul style="list-style-type: none">• Box squat with a pause on the box• Squat to target (tap the box briefly, then stand)• Counterbalance squat• Body weight squat• Dumbbell front squat• Goblet squat• Safety bar squat• Barbell front squat• Barbell back squat	<ul style="list-style-type: none">• Kettlebell deadlift from blocks• Kettlebell deadlift• Landmine deadlift• Trap bar deadlift from blocks• Trap bar deadlift• Sumo deadlift from blocks• Conventional deadlift from blocks• Sumo deadlift
PUSH	PULL
<ul style="list-style-type: none">• Machine incline chest press• Elevated push-up• Landmine overhead press• Floor press• Push-up• Dumbbell incline bench press• Barbell bench press• Incline barbell bench press	<ul style="list-style-type: none">• Machine seated row• High to low seated row with cables• Supinated or neutral grip lat pulldown• Face pull• Machine low row• Dumbbell bench supported row• Chest supported row• Barbell row

Range of motion (ROM) can also progress or regress an exercise. A longer ROM will make something harder, and a shorter ROM will make it easier.

This programme is a general guideline for an overall way to progress in the gym and see results. However, it is not specific to individual clients, thus, if they have an injury, medical condition or inability to perform some exercises, please seek a form of modification.

WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4

DAY 1: LOWER BODY

- 1 **90:90 HIP OPENER | 2 SETS | 10 REPS PER SIDE**
 - Warm up hip flexors
- 2 **RESISTANCE BAND LATERAL SQUAT WALK | 2 SETS | 10 REPS PER LEG**
 - Resistance band around knees
 - Lower to a 90-degree squat
 - Brace core
 - Keeping back straight, side step for 10 reps on one side, then 10 reps on the other side
- 3 **BOX SQUAT | 3 SETS | 10-15 REPS**
 - Can be weighted or not based on ability
 - Perform a squat while taking a seat on the box set up behind the client
 - Pause on the box
 - Explode up out of the movement
- 4 **KETTLEBELL DEADLIFT | 3 SETS | 10-12 REPS**
 - Kettlebell in the middle of feet
 - Feet just a bit wider than shoulder with toes pointed outwards
 - Hinge at the hips driving bum back while maintaining a straight back and braced core
 - Bent slightly at the legs as the kettlebell is lowered down
- 5 **BODYWEIGHT LUNGES | 3 SETS | 10-15 REPS PER SIDE**
 - Take a casual step forward, and stop, this is where your foot placement should be
 - Lower body until legs are at a 90-degree angle
 - Keep chest upright
- 6 **HAMSTRING CURLS (MACHINE) | 3 SETS | 10-12 REPS**
- 7 **CORE FINISHER | 3 SETS**
 - Hollow hold | 10-20 seconds
 - Hollow rocks | 10 reps

WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4

DAY 2: UPPER BODY

- 1 **RESISTANCE BAND CHEST OPENER**
 - Hold a long resistance band in both hands – the closer the hands are together, the harder the warm-up exercise will be
 - Pull hands apart to stretch the chest
 - Hands start in front and end with them fully extended on either side of the body
- 2 **DUMBBELL CHEST PRESS | 3 SETS | 10-12 REPS**
- 4 **BENT OVER ROW | 3 SETS | 10-12 REPS**
 - Use a pre-set barbell (light in weight for beginner level)
 - Bend over, back straight, braced core, bum back
 - Use an overhand grip on the bar, pull the bar up, elbows back

- 4 **CHEST FLY MACHINE | 3 SETS | 10-12 REPS**
- 5 **CABLE FACE PULLS | 3 SETS | 10-12 REPS**
- 6 **BENT OVER REVERSE FLIES WITH DUMBBELLS | 3 SETS | 10-12 REPS SUPERSET WITH LATERAL RAISES | 3 SETS | 10-12 REPS**
- 7 **CORE FINISHER | 3 SETS**
 - Plank | 20-30 seconds
 - Plank twists | 10-12 reps per side

WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4

DAY 3: FULL BODY

- 1 **BODYWEIGHT WALKING LUNGE | 2 SETS | 15 REPS PER SIDE**
- 2 **SQUAT | 3 SETS | 10-15 REPS**
 - Either bodyweight, dumbbell weighted, or barbell depending on strength
 - For dumbbell weight, hold one dumbbell in between legs
 - Keep core braced, back straight, vertically move downwards
 - Resist arching back and leaning too far forward
- 3 **ELEVATED PUSH UP | 3 SETS | AS MANY REPS AS POSSIBLE**
- 4 **KETTLEBELL SWINGS | 3 SETS | 10-12 REPS SUPERSET WITH KETTLEBELL DEADLIFT | 3 SETS | 10 REPS**
- 5 **CABLE SEATED ROW | 3 SETS | 8-10 REPS**
- 6 **HIIT FINISHER | 20 SECONDS ON, 10 SECONDS REST, 30 SECONDS IN BETWEEN ROUNDS:**
 - Burpees
 - Russian twists
 - Squat jumps

WEEK 1 | **WEEK 2** | WEEK 3 | WEEK 4**DAY 1: LOWER BODY**

- 1 **90:90 HIP OPENER | 2 SETS | 10 REPS PER SIDE**
 - Warm up hip flexors
- 2 **RESISTANCE BAND LATERAL SQUAT WALK | 2 SETS | 10 REPS PER LEG**
 - Resistance band around knees
 - Lower to a 90-degree squat
 - Brace core
 - Keeping back straight side step for 10 reps on one side, then 10 reps on the other side
- 3 **GOBLET SQUAT | 3 SETS | 10-15 REPS**
- 4 **LANDMINE DEADLIFT | 3 SETS | 10-12 REPS**
- 5 **FRONT FOOT ELEVATED LUNGE | 3 SETS | 10-15 REPS PER SIDE**
- 6 **CABLE KICKBACKS | 3 SETS | 10-12 REPS**
- 7 **CORE FINISHER | 3 SETS**
 - Crunches | 10-15 reps
 - Russian twists | 10 reps

WEEK 1 | **WEEK 2** | WEEK 3 | WEEK 4**DAY 2: UPPER BODY**

- 1 **RESISTANCE BAND CHEST OPENER**
 - Hold a long resistance band in both hands – the closer the hands are together, the harder the warm-up exercise will be
 - Pull hands apart to stretch the chest
 - Hands start in front and end with them fully extended on either side of the body
- 2 **SHOULDER PRESS | 3 SETS | 10-12 REPS**
- 3 **ASSISTED WIDE GRIP PULL-UPS | 3 SETS | 10-12 REPS**
- 4 **MACHINE INCLINE CHEST PRESS | 3 SETS | 10-12 REPS**
- 5 **CABLE ROWS | 3 SETS | 10-12 REPS**
- 6 **BICEP CURLS | 3 SETS | 10-12 REP**
- 7 **CORE FINISHER | 3 SETS**
 - Dead bugs | 10-15 reps
 - Mountain climbers | 10-12 reps per side

- 1 **LATERAL BODYWEIGHT LUNGES | 2 SETS | 15 REPS PER SIDE**
- 2 **SINGLE ARM DUMBBELL CLEAN | 3 SETS | 10-12 REPS PER ARM**
- 3 **ASSISTED CHIN UPS | 3 SETS | 8-10 REPS**
- 4 **HIP THRUST | 3 SETS | 10-12 REPS**
 - Use either a dumbbell, or light pre-set barbell, or a regular barbell if able
- 5 **MACHINE ROWS (NEUTRAL GRIP) | 3 SETS | 10-12 REPS**
- 6 **HIIT FINISHER | 3 ROUNDS, 20 SECONDS ON, 10 SECONDS OFF, 30 SECONDS BETWEEN ROUNDS**
 - Bent over flies (either no weight or with dumbbells)
 - Reverse lunges
 - YTW

WEEK 1 | WEEK 2 | **WEEK 3** | WEEK 4**DAY 1: LOWER BODY**

- 1 **90:90 HIP OPENER | 2 SETS | 10 REPS PER SIDE**
 - Warm up hip flexors
- 2 **RESISTANCE BAND LATERAL SQUAT WALK | 2 SETS | 10 REPS PER LEG**
 - Resistance band around knees
 - Lower to a 90-degree squat
 - Brace core
 - Keeping back straight side step for 10 reps on one side, then 10 reps on the other side
- 3 **SUMO DEADLIFT | 3 SETS | 10-12 REPS**
- 4 **HIP THRUST | 3 SETS | 10-12 REPS**
- 5 **QUAD EXTENSIONS | 3 SETS | 10-12 REPS SUPERSET WITH GOBLET SQUATS | 3 SETS | AS MANY REPS AS POSSIBLE**
- 6 **SINGLE LEG DEADLIFT | 2 SETS | 8-10 REPS**
- 7 **CORE FINISHER | 3 SETS**
 - V sits | 12 reps
 - Hollow hold | 10-15 seconds

WEEK 1 | WEEK 2 | **WEEK 3** | WEEK 4**DAY 2: UPPER BODY**

- 1 **RESISTANCE BAND CHEST OPENER**
 - Hold a long resistance band in both hands – the closer the hands are together, the harder the warm-up exercise will be
 - Pull hands apart to stretch the chest
 - Hands start in front and end with them fully extended on either side of the body
- 2 **SKULL CRUSHERS | 3 SETS | 10-12 REPS**
- 3 **SINGLE ARM BENT OVER ROWS | 3 SETS | 10-12 REPS**
- 4 **MACHINE CHEST FLIES | 3 SETS | 10-12 REPS SUPERSET WITH MACHINE REVERSE FLIES | 3 SETS | 10-12 REPS**
- 5 **LATERAL RAISES | 3 SETS | 10-12 REPS**
- 6 **BICEP CURLS | 3 SETS | 10-12 REPS**
- 7 **CORE FINISHER | 3 SETS**
 - Dead bugs | 10-15 reps
 - Mountain climbers | 10-12 reps per side

- 1 **LATERAL BODYWEIGHT LUNGES | 2 SETS | 15 REPS PER SIDE**
- 2 **SINGLE ARM DUMBBELL CLEAN | 3 SETS | 10-12 REPS PER ARM**
- 3 **ASSISTED CHIN-UPS | 3 SETS | 8-10 REPS**
- 4 **HIP THRUST | 3 SETS | 10-12 REPS**
 - Use either a dumbbell, or light pre-set barbell, or a regular barbell if able
- 5 **MACHINE ROWS (NEUTRAL GRIP) | 3 SETS | 10-12 REPS**
- 6 **SKIER | 150 METERS | 3 ROUNDS SUPERSET WITH BICEP CURLS | 10-12 REPS**

WEEK 1 | WEEK 2 | WEEK 3 | **WEEK 4****DAY 1: LOWER BODY**

- 1 **90:90 HIP OPENER | 2 SETS | 10 REPS PER SIDE**
 - Warm up hip flexors
- 2 **RESISTANCE BAND LATERAL SHUFFLE | 2 SETS | 10 REPS PER LEG**
 - Resistance band around knees
 - Lower to a 90-degree squat
 - Brace core
- 3 **KEEPING BACK STRAIGHT SIDE STEP FOR 10 REPS ON ONE SIDE, THEN 10 REPS ON THE OTHER SIDE**
- 4 **DUMBBELL SQUAT | 3 SETS | 10-15 REPS**
 - Two dumbbells, one in each hand, dumbbells on either side of the body
 - Feet hip distance apart
 - Lower to 90-degree angle
- 5 **ROMANIAN DEADLIFT | 3 SETS | 10-12 REPS**
 - Feet hip distance apart
 - Keep legs straighter than usual deadlift, push bum back
 - Keep back straight and core braced
 - Slight leg bend
- 6 **REVERSE LUNGES WITH FRONT FOOT ELEVATED | 3 SETS | 10-15 REPS PER SIDE**
- 7 **ABDUCTION MACHINE | 3 SETS | 10-12 REPS**
- 8 **QUAD EXTENSION MACHINE | 3 SETS | 10-12 REPS**
- 9 **CORE FINISHER | 3 SETS**
 - Hollow hold | 20-30 seconds
 - Russian twists | 10 reps

WEEK 1 | WEEK 2 | WEEK 3 | **WEEK 4****DAY 2: UPPER BODY**

- 1 **RESISTANCE BAND CHEST OPENER**
 - Hold a long resistance band in both hands – the closer the hands are together, the harder the warm-up exercise will be
 - Pull hands apart to stretch the chest
 - Hands start in front and end with them fully extended on either side of the body
- 2 **FLOOR PRESS | 3 SETS | 10-12 REPS**
- 3 **LATERAL MACHINE PULL DOWNS | 3 SETS | 10-12 REPS**
- 4 **DUMBBELL FLIES | 3 SETS | 10-12 REPS**

5 DUMBBELL Y RAISE | 3 SETS | 10-12 REPS

- On a reclined bench, have the client face down on the bench
- Have a dumbbell in each hand and raise the dumbbells in a Y formation ahead of them
- Raise to about head level and lower again

6 TRICEP CABLE EXTENSION | 3 SETS | 10-12 REPS SUPERSET WITH TRICEP OVERHEAD CABLE EXTENSION | 3 SETS | AS MANY REPS AS POSSIBLE**7 CORE FINISHER | 3 SETS**

- Plank | 30-45 seconds
- Mountain climbers | 10-12 reps per side

WEEK 1 | WEEK 2 | WEEK 3 | **WEEK 4****DAY 3: FULL BODY****1 SQUAT PULSES WITH RESISTANCE BAND | 3 SETS | 10 REPS****2 DUMBBELL THRUSTS | 4 SETS | 10 REPS**

- Dumbbells in neutral grip resting just above shoulders
- Squat down with dumbbells remaining at shoulders
- On the squat up, explode and push the dumbbells up in a shoulder press

3 ELEVATED PUSH UPS | 3 SETS | 10-12 REPS

- If possible regular push-ups, but if not, then elevated push-ups

4 LATERAL CABLE PULL DOWN | 3 SETS | 10-12 REPS**5 SUMO DEADLIFT | 4 SETS | 10-12 REPS**

- Use a dumbbell or a barbell depending on abilities

6 HIIT FINISHER | 30 SECONDS ON, 10 SECONDS OFF, 20 SECONDS BETWEEN ROUNDS

- High knees
- Squat jumps
- Burpee with dead stop push-up



HEALTH AND SAFETY DISCLAIMER

ACKNOWLEDGEMENT OF UNDERSTANDING

I, _____
(please print your full name), acknowledge
that I am voluntarily participating in these
activities and agree to bear any risk
associated with my involvement.

I commit to seeking medical advice prior to
beginning this programme, especially if I
have pre-existing health conditions or
concerns. I understand the importance of
personal responsibility in adjusting the
exercises to fit my capabilities and
limitations.

I recognise that this programme is not a
substitute for medical advice.

Date:

