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Strength training programme template



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TRAINING PROGRAMME

4-week plan

Push day (chest, shoulders, triceps)

Bench press: 3×8–12 Rest: 2min Progressive: +2.5kg/week

Overhead press: 3×8–10 Rest: 90s

Incline dumbbell press: 3×10–12 Rest: 90s

Tricep pushdown: 3×12–15 Rest: 60s

Leg day (quads, hamstrings, glutes)

Squat: 3×8–10 Rest: 2min Progressive: +5kg/week

Romanian deadlift: 3×10–12 Rest: 90s

Leg press: 3×12–15 Rest: 90s

Calf raise: 3×15–20 Rest: 60s

Pull day (back, biceps)

Barbell row: 3×8–10 Rest: 2min Progressive: +2.5kg/week

Pull-ups/lat pulldown: 3×8–10 Rest: 90s

Seated cable row: 3×10–12 Rest: 90s

Dumbbell curl: 3×10–12 Rest: 60s

Week 4 deload (reduce load by 40%)

Same exercises · same volume · 40% of week 3 weight

Purpose: neural recovery and consolidation

Week 5: restart at week 1 weight + 5% increase

Track every session in the workout log