



# BRIAN DANLEY FITNESS

## PRIVATE STUDIO TRAINING

Purpose: To train at a private gym

### RESISTANCE TRAINING:

#### **BEGINNER (< 8 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	67 - 80% 1-RM
SETS =	1 - 2
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	30 - 40 MINS

#### **INTERMEDIATE (8 - 18 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	67 - 80% 1- RM
SETS =	2 - 3
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	40 - 50 MINS

## **ADVANCED (> 18 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	67 - 80% 1-RM
SETS =	3 - 4
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	50 - 60 MINS

## **WORKOUT PROGRAMS:**

- **CIRCUIT TRAINING**
- **SUPERSET TRAINING**
- **3-DAY SPLIT TRAINING**
- **TRX-RIP TRAINING**
- **UNILATERAL TRAINING**
- **ALTERNATE HIGH-LOW TRAINING**
- **ALTERNATE HEAVY-LIGHT-MEDIUM TRAINING**
- **UPPER-LOWER BODY TRAINING**
- **CORE TRAINING**
- **FLEX BAND TRAINING**
- **DUMBBELL TRAINING**
- **STABILITY BALL TRAINING**

## **CARDIO TRAINING:**

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	60 - 85% HRR
WORKOUT DURATION =	20 - 45 MINS

## **WORKOUT PROGRAMS:**

- **SLOW / LONG DISTANCE TRAINING**
- **INTERVAL TRAINING**
- **REPETITION TRAINING**
- **CROSS TRAINING**
- **CIRCUIT TRAINING**