



MY Week - November 2024

Bruce and Jan



Bruce and Jan have had a lifetime of training and fitness, both being keen runners, cyclists and weightlifters. Jan has a background in triathlon, while Bruce had always trained alone.

When they met up 12 years ago Jan encouraged Bruce to join her in competitive events. That led to 7 years of running and cycling racing. That sadly came to an

end when both suffered the inevitable knee injuries - leading Bruce to concentrate on weight training while Jan worked on functional fitness at her local gym.

Covid brought them together in their home gym and they have been training together to improve body composition and muscle building ever since. Below is their current 3 month building block.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training	Weight Training	Functional Fitness/Rest
<i>Back</i>	<i>Legs</i>	<i>Shoulders</i>	<i>Chest/Triceps</i>	<i>Legs</i>	<i>Accessories</i>	
<ul style="list-style-type: none"> • Pull-ups 3x working sets 8x/12x reps • Seated High Lat Cable Pulls 3x working sets 8x/12x reps • Unilateral Low Cable Pulls 3x working sets 8x/12x reps 	<ul style="list-style-type: none"> • Dead Lifts 3x working sets 8x/12x reps • Back Squat 3x working sets 8x/12x reps • Glute Bridge 3x working sets 8x/12x reps 	<ul style="list-style-type: none"> • Seated Should Press, Smith's 3x working sets 8x/22 reps • Seated Dumbbell Press 3x working sets 8x/12x sets • Lateral Raises 3x working set 8x/12x reps • Rear Delts 3x working sets 8x/12x reps 	<ul style="list-style-type: none"> • Bench Press, Smith's 3x working sets 8x/12x reps • Inclined Bench Press, Smith's 3x working sets 8x/12x sets • Cable Chest Flys 3x working sets 8x/12x reps • Tricep Rope Pulls 3x working sets 8x/12x reps 	<ul style="list-style-type: none"> • Dead Lifts 3x working sets 8x/12x reps • Back Squat 3x working sets 8x/12x reps • Glute Bridge 3x working sets 8x/12x reps 	<ul style="list-style-type: none"> Abs, calfs and anything they fancy 	<ul style="list-style-type: none"> Jan works on functional fitness at her local gym Bruce takes a rest day

Jan and Bruce perform a little cardio most days - walking, indoor cycling and outdoor bike rides on the weekends - but nothing that will impact their muscle building goals. They always prioritize good nutrition, saying it has been a game changer.