

PWRHOUSE TRAINING HANDBOOK

Official Member Programmes

Programme Overview

Programme	Experience	Sessions
START	Beginner	2 Days
START	Beginner	3 Days
BUILD	Beginner / Intermediate	Upper / Lower (2 Days)
BUILD	Intermediate	Upper / Lower (4 Days)
BODYBUILDING	Intermediate / Advanced	5 Days
WOMEN'S GLUTE & STRENGTH	Beginner / Intermediate	3 Days

PWRHOUSE START

2 Day Programme

Day A

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Squat Press	2	10–12	2	90 sec	—
Strive Chest Press	2	10–12	2	90 sec	—
Nautilus Nitro Pulldown	2	10–12	2	90 sec	—
Flex Fitness Lateral Raise	2	12–15	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	12–15	1	60 sec	—
Cybox Ab Raise	2	12–15	1	60 sec	—

Day B

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Hack Squat	2	10–12	2	120 sec	—
Bodymasters T-Bar Row	2	10–12	2	90 sec	—
Strive Shoulder Press	2	10–12	2	90 sec	—
Cybox VR2 Seated Leg Curl	2	10–12	1	75 sec	—
Life Fitness Pro 2 Pec Deck	2	12–15	1	60 sec	—
Flex Fitness Dip Machine	2	10–12	1	60 sec	—

PWRHOUSE START

3 Day Programme

Day 1

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Leg Press	2	10–12	2	90 sec	—
Strive Chest Press	2	10–12	2	90 sec	—
Nautilus Nitro Pulldown	2	10–12	2	90 sec	—
Flex Fitness Lateral Raise	2	12–15	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	12–15	1	60 sec	—

Day 2

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Hack Squat	2	10–12	2	120 sec	—
Bodymasters T-Bar Row	2	10–12	2	90 sec	—
Strive Shoulder Press	2	10–12	2	90 sec	—
Cybox VR2 Seated Leg Curl	2	12–15	1	75 sec	—
Life Fitness Pro 2 Pec Deck	2	12–15	1	60 sec	—
Cybox Ab Raise	2	12–15	1	60 sec	—

Day 3

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox VR2 Leg Extension	2	10–12	2	75 sec	—
Strive Incline Press	2	10–12	2	90 sec	—
Precor Flite Pulldown	2	10–12	2	90 sec	—
Life Fitness Pro 2 Rear Delt	2	12–15	1	60 sec	—
Flex Fitness Dip Machine	2	10–12	1	60 sec	—
Atlantis Reverse Hyper	2	12–15	1	60 sec	—

PWRHOUSE BUILD

Upper / Lower (2 Days)

Upper

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Incline Press	3	8–10	2	120 sec	—
Bodymasters T-Bar Row	3	8–10	2	120 sec	—
Nautilus Nitro Pulldown	3	10–12	1	90 sec	—
Flex Fitness Lateral Raise	3	12–15	1	60 sec	—
Life Fitness Pro 2 Pec Deck	2	12–15	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	12–15	1	60 sec	—
Flex Fitness Dip Machine	2	10–12	1	60 sec	—

Lower

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Hack Squat	3	8–10	2	120 sec	—
Cybox Squat Press	3	10–12	2	120 sec	—
Cybox VR2 Leg Extension	3	12–15	1	75 sec	—
Cybox VR2 Prone Leg Curl	3	10–12	1	75 sec	—
Cybox Donkey Calf Raise	3	12–15	1	60 sec	—
Nautilus Glute Drive	2	10–12	1	90 sec	—

PWRHOUSE BUILD

Upper / Lower (4 Days)

Upper A

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Chest Press	3	8–10	2	120 sec	—
Nautilus Nitro Pulldown	3	8–10	2	120 sec	—
Strive Shoulder Press	3	8–10	2	120 sec	—
Life Fitness Pro 2 Pec Deck	2	12–15	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	10–12	1	60 sec	—
Flex Fitness Lateral Raise	3	12–15	1	60 sec	—

Lower A

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Hack Squat	3	8–10	2	120 sec	—
Cybox VR2 Leg Extension	3	10–12	1	75 sec	—
Cybox VR2 Seated Leg Curl	3	10–12	1	75 sec	—
Cybox Donkey Calf Raise	3	12–15	1	60 sec	—
Nautilus Glute Drive	2	10–12	1	90 sec	—

Upper B

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Incline Press	3	8–10	2	120 sec	—
Bodymasters T-Bar Row	3	8–10	2	120 sec	—
Precor Dual Cable Pulldown	3	10–12	1	90 sec	—
Life Fitness Pro 2 Rear Delt	3	12–15	1	60 sec	—
Flex Fitness Dip Machine	2	10–12	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	10–12	1	60 sec	—

Lower B

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Smith Machine Squat	3	8–10	2	120 sec	—
Cybox Leg Press	3	10–12	2	120 sec	—
Strive Leg Extension	2	12–15	1	75 sec	—
Cybox VR2 Prone Leg Curl	3	10–12	1	75 sec	—
Cybox VR2 Abductor	2	15–20	1	60 sec	—
Cybox VR2 Adductor	2	15–20	1	60 sec	—
Atlantis Reverse Hyper	2	12–15	1	60 sec	—

PWRHOUSE BODYBUILDING

5 Day Programme

Day 1 – Chest

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Chest Press	3	8–10	2	120 sec	—
Strive Incline Press	3	8–10	2	120 sec	—
Nautilus Leverage Chest Press	3	10–12	1	90 sec	—
Life Fitness Pro 2 Pec Deck	3	12–15	1	60 sec	—

Day 2 – Back

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Lat Pulldown	3	8–10	2	120 sec	—
Nautilus Leverage Row	3	8–10	2	120 sec	—
Precor Dual Cable Seated Row	3	10–12	1	90 sec	—
Precor Flite Pulldown	2	12–15	1	75 sec	—

Day 3 – Legs

Exercise	Sets	Reps	RIR	Rest	Weight
Cybox Hack Squat	4	8–10	2	120 sec	—
Cybox Leg Press	3	10–12	2	120 sec	—
Strive Leg Extension	3	12–15	1	75 sec	—
Cybox VR2 Prone Leg Curl	3	10–12	1	75 sec	—
Cybox VR2 Seated Leg Curl	2	12–15	1	75 sec	—
Cybox Donkey Calf Raise	4	12–15	1	60 sec	—

Day 4 – Shoulders

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Shoulder Press	3	8–10	2	120 sec	—
Flex Fitness Lateral Raise	4	12–15	1	60 sec	—
Life Fitness Pro 2 Rear Delt	3	12–15	1	60 sec	—
Cybox Smith Machine Shrugs	3	10–12	1	90 sec	—

Day 5 – Arms

Exercise	Sets	Reps	RIR	Rest	Weight
Life Fitness Pro 1 Bicep Curl	3	10–12	1	60 sec	—
Precor Dual Cable Curl	3	12–15	1	60 sec	—
Flex Fitness Dip Machine	3	10–12	1	75 sec	—
Precor Dual Cable Triceps Pushdown	3	12–15	1	60 sec	—

PWRHOUSE WOMEN'S GLUTE & STRENGTH

3 Day Programme

Day 1 – Glutes & Quads

Exercise	Sets	Reps	RIR	Rest	Weight
Nautilus Glute Drive	3	10–12	2	120 sec	—
Cybox Hack Squat	3	8–10	2	120 sec	—
Cybox Squat Press	3	10–12	1	120 sec	—
Cybox VR2 Abductor	3	15–20	1	60 sec	—
Cybox Donkey Calf Raise	3	12–15	1	60 sec	—

Day 2 – Upper Body

Exercise	Sets	Reps	RIR	Rest	Weight
Strive Chest Press	3	10–12	2	90 sec	—
Nautilus Nitro Pulldown	3	10–12	2	90 sec	—
Nautilus Leverage Row	3	10–12	2	90 sec	—
Flex Fitness Lateral Raise	3	12–15	1	60 sec	—
Life Fitness Pro 2 Pec Deck	2	12–15	1	60 sec	—
Life Fitness Pro 1 Bicep Curl	2	12–15	1	60 sec	—

Day 3 – Glutes & Hamstrings

Exercise	Sets	Reps	RIR	Rest	Weight
Nautilus Glute Drive	3	10–12	2	120 sec	—
Cybox Smith Romanian Deadlift	3	8–10	2	120 sec	—
Cybox VR2 Prone Leg Curl	3	10–12	1	75 sec	—
Cybox VR2 Abductor	3	15–20	1	60 sec	—
Atlantis Reverse Hyper	3	12–15	1	60 sec	—
Dumbbell Walking Lunges	2	10–12 / leg	1	90 sec	—

General Training Guidelines

Warm Up

- * Walk on the treadmill for 5–10 minutes before training.
- * Before your first compound exercise, complete:
 - * 1 light warm-up set of 15 reps
 - * 1 moderate warm-up set of 8 reps

Tempo

- * Lift the weight in 1 second.
- * Lower the weight under control over 2–3 seconds.
- * Avoid using momentum.

Reps in Reserve (RIR)

RIR	Meaning
2	Finish the set with approximately 2 good reps left.
1	Finish the set with approximately 1 good rep left.
0	You cannot complete another rep with good form.

For most exercises, aim to finish each set with 1–2 RIR.

Rest Times

- * Heavy compound exercises: 90–120 seconds
- * Isolation exercises: 60–75 seconds

Progressive Overload

When you reach the top of the prescribed rep range on every working set with good technique, increase the weight by the smallest increment available the next time you perform the exercise.

Technique

- * Prioritise good form over heavier weight.
- * Use a full, controlled range of motion.
- * Stop the set if your technique breaks down.

Recovery

- * Train consistently.
- * Eat enough protein to support muscle growth and recovery.
- * Stay hydrated.
- * Aim for 7–9 hours of sleep each night.

Track Your Progress

Record your working weights every session. Small improvements over time lead to significant long-term progress.