

ARRNOTT'S PROGRAM

By One Playground Coach, JP Silber

Arrnott, a cook, singer, editor and mental health advocate. He does Personal Training at One Playground. This is his current 3-day-a-week gym program, created by his Coach.



Day 1 Full-Body

Est. 38 minutes



EQUIPMENT

Dumbbells, Kettlebell, Barbell & Cable

SUPERSET OF 4 SETS

Kettlebell Sumo Squat | 10 reps

Rest for 20 secs

KB Alternating Shoulder Press | 8 reps e.s.

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

SUPERSET OF 4 SETS


Face Pull | 10 reps

Rest for 20 secs

Dumbbell Thruster | 10 reps

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

4 SETS

Barbell Bench Press | 8 reps

Rest for 90 secs

REPEAT 4 TIMES

TRAINING SESSION, DONE!

PROGRAMMING LINGO

E.S.: Stands for “each side” – an instruction referring to performing a certain number of reps on each side.

REP: A repetition is one complete movement of an exercise. Within a rep there is typically a lengthening and shortening of one or many muscle groups.

SET: Any series of “reps” of an exercise. When one set is complete, you usually have a short rest before the next set.

SUPERSET: Performing two different exercises back to back, with little or no rest in between, and then resting.



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Day 2 Full-Body

Est. 38 minutes



EQUIPMENT

Barbell & Machines

SUPERSET OF 4 SETS

Barbell Overhead Press Standing | 8 reps

Rest for 20 secs

Sled Push | 2 reps

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

SUPERSET OF 4 SETS

Seated Row | 10 reps

Rest for 20 secs

Box Squat | 10 reps.

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

4 SETS

Barbell Sumo Deadlift | 8 reps

Rest for 90 secs

REPEAT 4 TIMES

TRAINING SESSION, DONE!

PROGRAMMING LINGO

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Day 3 Full-Body

Est. 38 minutes



EQUIPMENT

Dumbbells, Barbell & Machines

SUPERSET OF 4 SETS


Leaned Back Seated Row | 10 reps

Rest for 20 secs

Seated Pronated Dumbbell Shoulder Press | 10 reps

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

SUPERSET OF 4 SETS


Dumbbell Single Arm Row | 10 reps

Rest for 20 secs

Barbell Incline Bench Press | 10 reps

Rest for 90 secs

REPEAT 4 TIMES

REST FOR 2 MINS 

4 SETS

Horizontal Leg Press | 10 reps

Rest for 90 secs

REPEAT 4 TIMES

TRAINING SESSION, DONE!

PROGRAMMING LINGO

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REP: A repetition is one complete movement of an exercise. Within a rep there is typically a lengthening and shortening of one or many muscle groups.

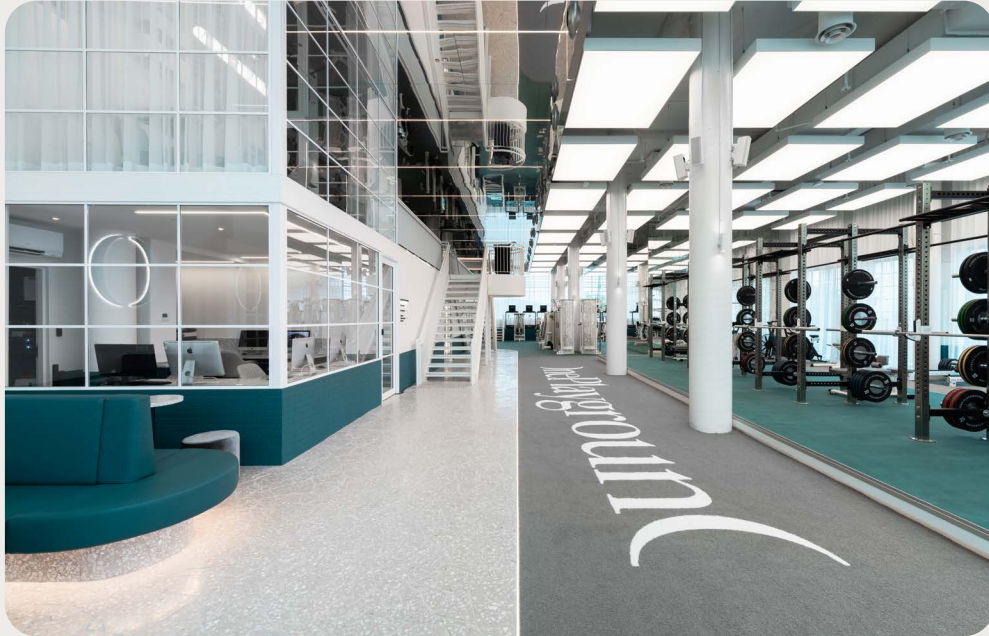
SET: Any series of “reps” of an exercise. When one set is complete, you usually have a short rest before the next set.

SUPERSET: Performing two different exercises back to back, with little or no rest in between, and then resting.

EXERCISE	SETS	REPS	INT-SET REST	REST	WEEK 1 KG/REPS	WEEK 2 KG/REPS	WEEK 3 KG/REPS	WEEK 4 KG/REPS
DAY 1								
A1. Kettlebell Sumo Squat	4	8-10	20					
A2. KB Alternating Shoulder Press		8/8		60-90				
B1. Face Pull	4	8-10	20					
B2. Dumbbell Thruster		8-10		60-90				
C1. Barbell Bench Press	4	6-8	20	60-90				
DAY 2								
A1. Barbell Overhead Press Standing	4	6-8	20					
A2. Sled Push		2		60-90				
B1. Seated Row	4	8-10	20					
B2. Box Squat		8-10		60-90				
C1. Barbell Sumo Deadlift	4	6-8	20	60-90				
DAY 3								
A1. Leaned Back Seated Row Standing	4	8-10	20					
A2. Seated Pronated Dumbbell Shoulder Pres		8-10		60-90				
B1. Dumbbell Single Arm Row	4	8-10	20					
B2. Barbell Incline Bench Press		8-10		60-90				
C1. Horizontal Leg Press	4	8-10	20	60-90				

OnePlayground

ENDLESS EXPERIENCES



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