



7EVERN 7ESSION 7ERIES

THE RETURNING REGIME

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THE RETURNING REGIME

WELCOME TO THE REGIME TO HELP YOU REGAIN THE PROGRESS YOU MADE PRE-LOCKDOWN.

TAKING WEEKS OFF FROM RESISTANCE TRAINING WILL HAVE HAD SEVERE EFFECTS ON YOUR PERFORMANCE, RECOVERY & BODY CONDITION.

IT IS IMPORTANT TO CONSIDER YOURSELF A NEW GYM GOER ALL OVER AGAIN, HOWEVER YOU HAVE BETTER KNOWLEDGE OF EXERCISE NOW THAN THEN!

ALSO USEFUL FOR ANY NEW GYM GOER

REMEMBER TO START OFF WORKING IN YOUR COMFORT ZONE, INCREASING YOUR VOLUME OVER THE NEXT 1-4 WEEKS.

GET BACK TO WHERE YOU WERE WITHOUT INJURY OR EXTREME SORENESS, THAT PREVENTS YOU GOING BACK FOR ANOTHER <3 DAYS.



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This programme is 7 different session plans over 7 days.

*They will be muscle group splits or full body sessions,
This is to help you target all the areas in your body
Without overdoing it.*

*Splitting your normal workout load over 2 sessions with more visits
This will help your body recover and cope better.*

Ultimately getting you to your winning past much faster!



8-10: all out efforts each round



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THE RETURNING REGIME SESSION 1 - FULL BODY

Exercise	Reps	Sets	Resistance
Step ups			
Shoulder press	12	3	RPE 6-7
Bent over row			
Clean & Press	8reps + 2 min's pulse raising cardio for 4 rounds		RPE 8-10
Cardio			

*A pulse raiser could be:
skipping, running, rowing, cross training, cycling, or stepper*



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THE RETURNING REGIME SESSION 2 - LEGS

Exercise	Reps	Sets	Resistance
Crab squats	12	3	RPE 4-5
Front squats	12		RPE 6-7
Hip thrusts	24		RPE 6-7
Swiss Hamstring curl	24		RPE 4-5

*Complete this as a circuit,
Looks simple but hits every muscle in your legs.
Remember you need to introduce & remind your body what exercise is.*



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THE RETURNING REGIME SESSION 3 - PUSH

Exercise	Reps	Sets	Resistance
Incline bench press	12	3	RPE 6-7
Press ups			RPE 4-5
Arnold presses	12	3	RPE 6-7
Lateral raises			RPE 4-5

*Complete this as a superset of 2 exercises back to back,
Looks simple but hits every muscle in your chest, shoulders & triceps.
Remember you need to introduce & remind your body what exercise is.*



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THE RETURNING REGIME SESSION 4 - PULL

Exercise	Reps	Sets	Resistance
Assisted Pull ups	12	3	RPE 6-7
Upright rows	12		RPE 6-7
Bicep curls	24		RPE 4-5
Back extensions	24		RPE 4-5

*Complete this as a circuit with a focus on the first 2 exercises,
Looks simple but hits most muscles in your lower back, biceps & upper back.
Remember you need to introduce & remind your body what exercise is.*



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THE RETURNING REGIME SESSION 5 - HIIT

Exercise	Reps	Sets	Resistance
Goblin squats	20	5	RPE 6-7
Bent Over Rows	15		
Bench press	10		
Cleans	5		
Finish with: 1k Row or, 2k run or, 3k cycle or, 8min stepper			

*Complete this as a pyramid circuit that gets harder,
Looks simple but hits most muscles & cardio included.
Remember you need to introduce & remind your body what exercise is.*



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THE RETURNING REGIME SESSION 6 - ARMS & LEGS

Exercise	Reps	Sets	Resistance
Hammer curls	12	4	RPE 4-5
Tricep extensions	12		
Front raises	12		
Hamstring curls	20	4	RPE 4-5
Leg extensions	20		
Calf raises	20		

*Complete this as a circuit,
Consider this your recovery session.
Remember you need to introduce & remind your body what exercise is.*



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THE RETURNING REGIME SESSION 7 - POWERLIFTING

Exercise	Reps	Sets	Resistance
Squats	10	3	RPE 6-7
	5	3	RPE8+
Lat Pull downs	10	3	RPE 6-7
	5	3	RPE8+
Bench press	10	3	RPE 6-7
	5	3	RPE8+

*Complete this and try to achieve 80% of what you were capable of before lockdown,
Consider this a new assessment of what you are capable of after this week.*



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THE RETURNING REGIME CONGRATULATIONS

*This programme has been completed!
7 different sessions over 7 days.*

*You have now reduced your chance of injury,
conditioned your body to handle whats coming next week!*

*You should find your recovery, energy & performance
Have all improved this week, then if you only did 2 hard workouts that broke you.*

*Expect to see more programmes like this in the future.
You will hear about new programmes via email or Instagram so keep subscribed,
following my social media @luke.j.morbey on Instagram*