No.
PG-SONIA1
Issued on
29/11/2026

Training programme

Member

Sonia Mehenni

Member no. NB-100001

Goal
Strength

Weeks
8

Starts
12/11/2026

Coach
Tinhinane

Status
Active

Wk	Session	Exercises
1	1 · Strength	Suspension plank, paused 3×8 @ 21.3 kg ; Bodyweight lunge, single-side 3×10 @ 27.3 kg ; Machine row, single-side 3×12 @ 33.3 kg ; Barbell lunge, isometric hold 3×10 @ 39.3 kg
1	2 · Strength	Band hip thrust, explosive 3×8 @ 21.3 kg ; Suspension plank, endurance 3×10 @ 27.3 kg ; Kettlebell deadlift 3×12 @ 33.3 kg ; Barbell bench press 3×10 @ 39.3 kg
1	3 · Strength	Kettlebell deadlift, 3-1-1 tempo 3×8 @ 21.3 kg ; Barbell bench press, 3-1-1 tempo 3×10 @ 27.3 kg ; Barbell squat, paused 3×12 @ 33.3 kg ; Dumbbell hip thrust, paused 3×10 @ 39.3 kg
2	1 · Strength	Barbell lunge, isometric hold 3×8 @ 22.5 kg ; Dumbbell squat, explosive 3×10 @ 28.5 kg ; Band hip thrust, explosive 3×12 @ 34.5 kg ; Suspension plank, endurance 3×10 @ 40.5 kg
2	2 · Strength	Barbell bench press 3×8 @ 22.5 kg ; Suspension plank 3×10 @ 28.5 kg ; Kettlebell deadlift, 3-1-1 tempo 3×12 @ 34.5 kg ; Barbell bench press, 3-1-1 tempo 3×10 @ 40.5 kg
2	3 · Strength	Dumbbell hip thrust, paused 3×8 @ 22.5 kg ; Suspension row, paused 3×10 @ 28.5 kg ; Dumbbell hip thrust, single-side 3×12 @ 34.5 kg ; Barbell row, single-side 3×10 @ 40.5 kg
3	1 · Strength	Suspension plank, endurance 3×8 @ 23.8 kg ; Kettlebell deadlift 3×10 @ 29.8 kg ; Barbell bench press 3×12 @ 35.8 kg ; Suspension plank 3×10 @ 41.8 kg
3	2 · Strength	Barbell bench press, 3-1-1 tempo 3×8 @ 23.8 kg ; Barbell squat, paused 3×10 @ 29.8 kg ; Dumbbell hip thrust, paused 3×12 @ 35.8 kg ; Suspension row, paused 3×10 @ 41.8 kg
3	3 · Strength	Barbell row, single-side 3×8 @ 23.8 kg ; Band squat, isometric hold 3×10 @ 29.8 kg ; Medicine ball plank, isometric hold 3×12 @ 35.8 kg ; Bodyweight hip thrust, explosive 3×10 @ 41.8 kg
4	1 · Lighter	Suspension plank 2×8 @ 17.5 kg ; Kettlebell deadlift, 3-1-1 tempo 2×10 @ 21.8 kg ; Barbell bench press, 3-1-1 tempo 2×12 @ 26 kg ; Barbell squat, paused 2×10 @ 30 kg
4	2 · Lighter	Suspension row, paused 2×8 @ 17.5 kg ; Dumbbell hip thrust, single-side 2×10 @ 21.8 kg ; Barbell row, single-side 2×12 @ 26 kg ; Band squat, isometric hold 2×10 @ 30 kg
4	3 · Lighter	Bodyweight hip thrust, explosive 2×8 @ 17.5 kg ; Smith machine bench press, explosive 2×10 @ 21.8 kg ; Band squat 2×12 @ 26 kg ; Dumbbell lunge 2×10 @ 30 kg
5	1 · Strength	Barbell squat, paused 3×8 @ 26.3 kg ; Dumbbell hip thrust, paused 3×10 @ 32.3 kg ; Suspension row, paused 3×12 @ 38.3 kg ; Dumbbell hip thrust, single-side 3×10 @ 44.3 kg
5	2 · Strength	Band squat, isometric hold 3×8 @ 26.3 kg ; Medicine ball plank, isometric hold 3×10 @ 32.3 kg ; Bodyweight hip thrust, explosive 3×12 @ 38.3 kg ; Smith machine bench press, explosive 3×10 @ 44.3 kg
5	3 · Strength	Dumbbell lunge 3×8 @ 26.3 kg ; Suspension row 3×10 @ 32.3 kg ; Band squat, 3-1-1 tempo 3×12 @ 38.3 kg ; Dumbbell lunge, 3-1-1 tempo 3×10 @ 44.3 kg
6	1 · Strength	Dumbbell hip thrust, single-side 3×8 @ 27.5 kg ; Barbell row, single-side 3×10 @ 33.5 kg ; Band squat, isometric hold 3×12 @ 39.5 kg ; Medicine ball plank, isometric hold 3×10 @ 45.5 kg

Wk	Session	Exercises
6	2 · Strength	Smith machine bench press, explosive 3×8 @ 27.5 kg ; Band squat 3×10 @ 33.5 kg ; Dumbbell lunge 3×12 @ 39.5 kg ; Suspension row 3×10 @ 45.5 kg
6	3 · Strength	Dumbbell lunge, 3-1-1 tempo 3×8 @ 27.5 kg ; Suspension row, 3-1-1 tempo 3×10 @ 33.5 kg ; Trap bar deadlift, paused 3×12 @ 39.5 kg ; Dumbbell row, paused 3×10 @ 45.5 kg
7	1 · Strength	Medicine ball plank, isometric hold 3×8 @ 28.8 kg ; Bodyweight hip thrust, explosive 3×10 @ 34.8 kg ; Smith machine bench press, explosive 3×12 @ 40.8 kg ; Band squat 3×10 @ 46.8 kg
7	2 · Strength	Suspension row 3×8 @ 28.8 kg ; Band squat, 3-1-1 tempo 3×10 @ 34.8 kg ; Dumbbell lunge, 3-1-1 tempo 3×12 @ 40.8 kg ; Suspension row, 3-1-1 tempo 3×10 @ 46.8 kg
7	3 · Strength	Dumbbell row, paused 3×8 @ 28.8 kg ; Trap bar deadlift, single-side 3×10 @ 34.8 kg ; Dumbbell bench press, single-side 3×12 @ 40.8 kg ; Dumbbell squat, isometric hold 3×10 @ 46.8 kg
8	1 · Lighter	Band squat 2×8 @ 21 kg ; Dumbbell lunge 2×10 @ 25.3 kg ; Suspension row 2×12 @ 29.5 kg ; Band squat, 3-1-1 tempo 2×10 @ 33.5 kg
8	2 · Lighter	Suspension row, 3-1-1 tempo 2×8 @ 21 kg ; Trap bar deadlift, paused 2×10 @ 25.3 kg ; Dumbbell row, paused 2×12 @ 29.5 kg ; Trap bar deadlift, single-side 2×10 @ 33.5 kg
8	3 · Lighter	Dumbbell squat, isometric hold 2×8 @ 21 kg ; Machine bench press, isometric hold 2×10 @ 25.3 kg ; Dumbbell deadlift, explosive 2×12 @ 29.5 kg ; Kettlebell lunge, explosive 2×10 @ 33.5 kg

A programme set by your coach; the loads are guides to adjust to how you feel on the day.