



## Introduction:

Toby Rowland has been a professional cover and fitness model with the classic V shape body for over a decade. He has graced the cover of a number of magazines including multiple covers for Men's Health and Men's Fitness. This programme is based on the type of training programme Toby himself performs: he is a big believer that the simple compound movements should make up the core of a training programme as opposed to concentrating on small isolation exercises for muscle groups. Toby is walking proof that the training laid out below does the job.

Toby generally follows a 3 day split: chest/triceps, back/biceps, legs/shoulders. He tries to double up on one of those three sessions each week to hit a different area twice in a week every few weeks. Alternatively, he throws in a different session like a chest/back, a GVT push/pull or GVT leg session, a heavy strength day or something else to keep things interesting and mix it up a bit. In terms of CV training Toby is a big fan of intervals on the ergo as it truly requires the entire body to work, aids lowering of body fat and blows away all the cobwebs in a short sharp session.

Toby has a very strong, slim and defined core. He puts it down to utilising compound movements that hit the abs and oblique's; like renegade rows, squats, pull-ups and overhead presses. Toby also utilises a few specific core exercises at the end of routines to really finish them off. Take note of the reps, sets, rest and tempo. Try to stick to what is given. The slow tempo is there for a reason: to increase time under tension and therefore muscle building capability of the training thus helping you to reach that V shape physique.

Note that the rep ranges change each week even though the exercises stay the same. This means you need to increase the weight each week for a specific exercise which will force the muscles to grow and adapt to a changing stimulus. It will also mean that when you return to the rep range at the start of the programme you will be able to lift more than you started on for those reps of that exercise. This is progression and you need to progress to make the body adapt.





Week 2 – Sunday rest day

MONDAY - Back and Biceps			TUESDAY - Legs and Shoulders			WEDNESDAY - Cardio/ergo intervals			THURSDAY - Chest and Triceps			FRIDAY- Back and Biceps			SATURDAY - Legs and Shoulders		
Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets
Lat pull down	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Deadlift	12-15, 3010 tempo	2	Slow warm up (jogging)	2-5 minutes		Dumbell chest press	3, 5, 7, 9, 2010 tempo. Drop weight by 5-10 kg each time	4	Lat pull down	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Deadlift	6-8, 3010 tempo	2
Seated row	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Leg press	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Sprint	250m sprint	6	Machine chest press	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Seated row	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2	Leg press	3, 5, 7, 9, 2020 tempo. Drop weight by 5-10 kg each time	2
Wide grip pull-ups & renegade kettle bell row	Pull up to failure & 15 kettle bell rows	3 super sets	Barbell clean and press & barbell push press	12-15 20X0 tempo	2 super sets	Cool down	2-5 minutes		Close grip bench press & shoulder width bench press & wide grip bench press	6-8 on each, 3010 tempo	3 super sets	Wide grip pull-ups & renegade kettle bell row	Pull up to failure, 3010 tempo & 12-16 kettle bell rows, 2020 tempo	3 super sets	Barbell clean and press & barbell push press	6-8 Clean and press explosive & 6-8, 20X0 tempo	2 super sets
Underhand bent over row & hammer curls	12-15 on each, 2010 tempo	3 super sets	Barbell squats & kettle bell swings	12-15, 2010 tempo	2 super sets				Cable pec fly & Tricep rope cable push down	12-15 on each 2010 tempo	3 super sets	Underhand bent over row & hammer curls	6-8 on each, 3010 tempo	3 super sets	Barbell squats & kettle bell swings	6-8 squats, 3010 tempo & 6-8 explosive kettle bell swings	2 super sets
Inverted row (TRX or bar) & barbell curl	12-15 on each, 2010 tempo	3 super sets	Barbell military press & barbell upright row	12-15, 2010 tempo	3 super sets				Incline dumbell chest press & chest flick press up	6-8 dumbells, 2010 tempo & to failure on press ups, 10X0 tempo	3 super sets	Inverted row (TRX or bar) & barbell curl	6-8 on each, 3010 tempo	3 super sets	Barbell military press & barbell upright row	12-15, 2010 tempo	3 super sets
Lying cable curl & standing rope cable curl	12-15 on each, 2010 tempo	3 super sets	Incline seated lateral raise & prone lying reverse flys	12-15, 2010 tempo	3 super sets				Tricep dips (weighted if necessary) & Diamond press up	Dips to failure, tempo 20X0 & press up 6-8, 3010 tempo	3 super sets	Lying cable curl & standing rope cable curl	6-8, 3010 tempo	3 super sets	Incline seated lateral raise & prone lying reverse flys	6-8, 3010 tempo	3 super sets
Plank	30 seconds	3	Leg press calf extension	12-15, 30X10 tempo	3				Weighted ab curl	6-8, 2010 tempo	2	Plank	60 seconds	2	Seated calf raises	6-8, 3010 tempo	3
Hanging leg raises	8-12	2							Medecine ball v-sits	8-12	2	Hanging leg raises	8-12	2			
Hanging twisted knee raise	8-12	2							Medecine ball woodchop	12-16	2	Hanging twisted knee raise	8-12	2			