

PREP

PREPARED TO BECOME



TRAIN FOR LIFE.

Six weeks of strength, body control and movement.

A FREE TRAINING GUIDE BY POLO

01 / PREP

BEFORE YOU START

A note from Polo

I train before work some days and after a full shift on others. I still want to build my chest and shoulders. I also want to pull myself over a bar, move properly and feel good doing it.

When I started, five pull-ups was where I was at. I kept showing up, cleaned up the reps and eventually got my first muscle-up. That meant more to me than a number on a machine.

This is the structure I wish I had earlier. Use it to learn your own body. Change a movement if it does not suit you. Write down what worked. Six weeks from now, I want you to have something you can actually point to.

Polo

PREP IS PREPARED TO BECOME.

Your version of that is yours to build.

HOW TO USE IT

The week

Four focused lifts, one skills day. Move the days around your life.

01	PUSH	Chest, pressing, dips and core
02	PULL	Back, pull-ups, grip and carries
03	LEGS	Lower-body strength and landing
04	UPPER	Shoulders, arms and body control
05	FLOW	Skill practice and movement
06	RESET	Walk or easy cardio; mobility
07	OFF	Rest, eat and sleep

THE RULE

On busy weeks, get Push, Pull and Legs done first. Add Upper and Flow when you can. A missed day is not a failed week; pick up where you left off.

HOW TO USE IT

Before each session

Spend 8-12 minutes getting ready for what you are about to do.

01 GET WARM

Walk or cycle for 3-5 minutes. If backward walking feels good, use it gently.

02 OPEN THE RANGE

A few controlled squats, hip hinges and shoulder movements. No need for a full mobility class.

03 PRACTISE THE PATTERN

Do two or three lighter sets of your first lift before the working weight.

04 KEEP A STANDARD

Choose a load that lets you own the rep. Stop explosive work when speed or shape goes.

ADJUST IT

Pain, technique breaking down or unusually poor recovery are reasons to change the session. Use a simpler option, lower the load or take the day to recover.

THE SESSIONS

Push

Chest / power / calisthenics

Build the press, then use it. Keep the first movement quick and the heavier lifts controlled.

MOVE	SETS / REPS	REST
Explosive push-up Hands on a bench if floor speed is not there yet.	4 × 3-5	60-90s
Incline dumbbell press Leave one or two clean reps in reserve.	4 × 6-10	2 min
Flat dumbbell press Full range. Own the bottom.	3 × 8-12	90s
Dip or assisted dip Choose the version you can control.	3 × 6-12	90s
Push-up variation Change the angle; keep the same standard.	2 × 10-20	60s
Hanging knee raise No swinging.	3 × 8-15	60s

FINISH

2 rounds: 5 pull-ups (assisted if needed) + 15 push-ups. Rest 90 seconds.

POLO'S NOTE

Yes, I train for physique. I just want the muscle to do something too.

THE SESSIONS

Pull

Back / grip / pulling power

Start with the cleanest pull you can do. Assistance is useful; swinging through bad reps is not.

MOVE	SETS / REPS	REST
Fast pull-up or pulldown Move with intent. Stop when speed drops.	4 × 3-5	90s
Pull-up or assisted pull-up Full reach at the bottom; controlled finish.	4 × 5-10	90s
Chest-supported row Pause briefly near the body.	4 × 8-12	90s
One-arm dumbbell row Keep your trunk steady.	3 × 8-12	75s
Hammer curl No swinging.	3 × 8-12	60s
Dead hang Breathe, keep the shoulders active.	3 × 20-45s	60s
FINISH 3 rounds: 30 m farmer carry + 10 m slow bear crawl.		

POLO'S NOTE

My first five pull-ups were the starting point. Count clean reps, then build from there.

THE SESSIONS

Legs

Strength / single-leg work / conditioning

This session should make you stronger on the ground and more confident moving through space.

MOVE	SETS / REPS	REST
Pogo or low box jump Quiet landing. Skip jumps if your knee is unhappy.	3 × 3-5	60-90s
Split squat Use a comfortable, controlled range.	4 × 6-10/side	90s
Romanian deadlift Keep the weight close and the back steady.	4 × 6-10	2 min
Walking lunge Take steps you can control.	3 × 10/side	75s
Step-up Drive through the working leg.	3 × 6-8/side	75s
Calf raise Full stretch and finish.	3 × 12-20	60s
FINISH 6 rounds: 45 seconds easy skipping or bike + 45 seconds easy pace.		

POLO'S NOTE

For knee discomfort, swap jumps for a bike warm-up and use a pain-free leg range.

THE SESSIONS

Upper

Shoulders / arms / control

I like building shoulders and arms. I also want to press, hang and carry well.

MOVE	SETS / REPS	REST
Wall handstand hold Or use a pike hold. End before the line collapses.	4 × 20-40s	60s
Dumbbell shoulder press Keep the ribs down.	4 × 6-10	90s
Chin-up or assisted chin-up Use a grip you own.	3 × 6-10	90s
Lateral raise Move the shoulder, not the whole body.	3 × 12-20	60s
Landmine press Smooth path; strong trunk.	3 × 8-12/side	75s
Curl + close push-up Alternate the pair, then rest.	3 × 8-12 / 8-15	75s

FINISH

2 rounds: 10 push-ups + 6 assisted chin-ups + 20 m suitcase carry per side.

POLO'S NOTE

Build the frame. Keep it useful.

THE SESSIONS

Flow

A day to practise rather than chase numbers. Keep it to 40-60 minutes.

SKILL / 15 MIN

Pick one: handstand, muscle-up progression or an L-sit. Short sets while fresh.

GROUND / 10 MIN

Bear crawl, side crawl or easy floor transitions. Go slow enough to feel each position.

HANG / 10 MIN

Dead hangs, scapular pulls or light pull-ups. Leave some in the tank.

RANGE / 10 MIN

Wrists, shoulders, hips and ankles. Work into range you can control.

PLAY / 5-10 MIN

Try a movement you enjoy. Stop while you still want to come back next week.

WRITE DOWN ONE THING YOU LEARNED.

THE SIX WEEKS

How to progress

Repeat the main movements long enough to see whether you are improving.

01 Find your starting point

Choose weights and exercise versions you can repeat with clean technique.

02 Make the reps better

Keep the same plan. Smoother range and stronger positions count.

03 Add one thing

One rep, a little weight or a harder bodyweight version. Choose one.

04 Hold the standard

Push toward the top of each rep range without grinding every set.

05 Show your work

Try the next progression only where the previous one is solid.

06 Step back and check

Do about one-third fewer sets. Compare clean reps, loads and how you feel.

OUTSIDE THE GYM

Fuel and recover

EAT FOR THE GOAL

If you want to gain, eat consistently and watch your weekly weight trend. If it never moves, add food. Protein at each meal is a good start.

DRINK WATER

Especially during hot Perth days and sweaty sessions. Keep it simple and consistent.

SLEEP

Progress is harder to spot when you are constantly under-recovered. Give it some room.

KEEP MOVING

Walk on reset days. Do a little mobility where you feel stiff. You do not need to earn a rest day.

A NOTE ON PAIN

Work around pain rather than forcing the written exercise. Persistent or worsening pain deserves an assessment from a qualified clinician.

YOUR NOTES

Keep the receipts

At the end of each week, write one useful observation.

WEEK 01

Sessions done ____ / 5

WEEK 02

Sessions done ____ / 5

WEEK 03

Sessions done ____ / 5

WEEK 04

Sessions done ____ / 5

WEEK 05

Sessions done ____ / 5

WEEK 06

Sessions done ____ / 5
