

The Upper Body Session.

One complete workout, programmed the way I program for clients — nothing random, every set with a reason.

★ A genuine piece of my coaching · free

A WORD FIRST

Anyone can hand you exercises. The reasons are the coaching.

This is a real upper-body session — the same way I'd program it for someone I coach. What makes it work isn't the exercise list; it's the **effort**, laid out set by set, so every set does a specific job instead of just making you tired.

Run it as one of your upper days. Give it an honest go and you'll feel the difference between “a workout” and a session that's actually built to make you bigger and stronger.

— Luigi

01 · HOW TO RUN IT

Read this before your first set.

WHAT “RIR” MEANS

RIR = reps in reserve — how many good reps you'd have left if you stopped. 2 RIR means you could've done ~2 more. 0 RIR means that set is **all-out** — the last honest rep you can do with good form. It's how you train hard **and** safely: you push the effort without turning every set into a grind.

- **Each exercise ramps up.**
The first set is lighter and higher-rep to warm the pattern; each set after it gets heavier and closer to all-out. Add weight as the reps drop.
- **Rest 1.5–2 minutes between sets.**
Longer on the heavy top sets, shorter on the lighter ones. Rest is what lets you lift enough to matter.
- **Warm up 5 minutes first.**
A few easy minutes to raise your temperature, then a light set of the first exercise before you load it up.
- **Technique before weight, always.**
An all-out set only counts if the reps are clean. If form breaks, that was your last rep — not one more.

Upper Body

Rest 1.5–2 min between sets. Every “all-out” set means 0 reps left in the tank — a clean, honest last rep.

Incline dumbbell bench press

SET	REPS	EFFORT
Set 1	12–15 reps	leave 3 in reserve
Set 2	10 reps	leave 2 in reserve
Set 3	8 reps	leave 1 in reserve
Set 4	5–6 reps	all-out • 0 left

Flat bench press (barbell)

SET	REPS	EFFORT
Set 1	10 reps	leave 2 in reserve
Set 2	8 reps	leave 1 in reserve
Set 3	5–6 reps	all-out • 0 left

Lat pulldown

SET	REPS	EFFORT
Set 1	10 reps	leave 2 in reserve
Set 2	8 reps	leave 1 in reserve
Set 3	5–6 reps	all-out • 0 left

Cable row

SET	REPS	EFFORT
Set 1	10 reps	leave 1 in reserve
Set 2	8–10 reps	all-out • 0 left

Standing biceps curl

SUPERSET WITH CABLE TRICEPS PUSHDOWN

SET	REPS	EFFORT
Set 1	15 reps	leave 2 in reserve
Set 2	12 reps	leave 1 in reserve
Set 3	5–6 reps	all-out • 0 left

SUPERSET

Do a set of curls, then go **straight** into a set of triceps pushdowns with no rest between them. Rest after the pair, then repeat. It saves time and gives the arms a proper finish.

03 • MAKING IT WORK OVER TIME

One rule to keep it progressing.

Each time you run this session, **try to beat one number** from last time — one more rep on a set, or a touch more weight on your top sets while keeping the reps. That's it. Small, honest progress, session after session, is what actually builds the body — not chasing a brand-new “harder” workout every week.

WHEN YOU WANT THE FULL PICTURE

This is one session. Your results come from the whole plan.

A single great workout is a taste. Real change comes from a programme built around **you** — your body, your week, your goal — with the other days, the nutrition, and someone keeping you honest between sessions. That's what I do, from 5am, seven days, at Anytime Fitness Tulse Hill. First consultation's free, and I'll give you a straight price before you decide anything.

Book a free consultation → luigifitnesspt.com/contact

This is general fitness guidance, not medical advice. If you have an injury or health condition, or you're unsure whether you're ready to train this hard, check with your GP first. Train within your limits and stop if something hurts.