TAILORED BY AMMAR YASSER

The 40-*minute* Programme

Four sessions a week. Forty minutes each. Built around work, travel and dinners out.

A NOTE FROM YOUR COACH

Welcome.



> You don’t need two hours in the gym. You need forty good minutes, four times a week, and a plan that survives a busy calendar.

Everything in this programme is built around the week you actually have: meetings, flights, Friday lunch. Follow it as written for twelve weeks. Log every lift. Beat last week by one rep or one kilo. That is the whole secret.

Your check-in is every Sunday. Send your numbers and two photos, and we adjust from there.

Ammar

40
MINUTES A SESSION

4
SESSIONS A WEEK

12
WEEKS

8K
DAILY STEPS

THE WEEK

Four sessions. *Three to live.*

SUN	**UPPER A**		40 MIN
MON	**LOWER A**		40 MIN
TUE	**REST + 8K STEPS**		–
WED	**UPPER B**		40 MIN
THU	**LOWER B**		40 MIN
FRI	**FAMILY DAY**		–
SAT	**MOBILITY**		20 MIN

How to read it

Upper and lower days alternate so every muscle is trained twice a week. Most sets stop one or two reps before failure. The last set of each exercise goes all the way.

Travelling? Swap the day for the hotel session on page 14.

2 WORKING SETS ON COMPOUNDS

REST 90 S

LOG EVERY LIFT

DAY 01 · SUNDAY

Upper A

40 minutes · 6 exercises



	EXERCISE	SETS	REPS	REST	DONE
A1	**Incline dumbbell press** Bench at 30°. Two seconds down.	3	8–10	90 s	☐
A2	**Chest-supported row** Elbows to the hips. Pause at the top.	3	8–10	90 s	☐
B1	**Seated shoulder press** Stop one rep short of failure.	2	10–12	75 s	☐
B2	**Lat pulldown, neutral grip** Full stretch at the top.	2	10–12	75 s	☐
C	**Cable lateral raise** Lead with the elbow.	2	12–15	60 s	☐
D	**Rope pushdown + cable curl** Superset. No rest between.	2	12–15	60 s	☐

Beat last week by one rep.
That's progress.

VIDEO DEMO
FOR EVERY LIFT → APP