

TWO REAL SESSIONS.

This is Week 1 of The Engine Room — the actual program, not a watered-down sample. Upper Limb 1 and Lower Limb 1, exactly as our members run them.

Take it to the gym. Run it. If you like how it feels, the rest of the program is waiting — and your first week is free.

HOW TO RUN IT

→ **Leave the ego at the door.**

This isn't max-effort lifting. The aim is no failed reps — ride the line and adjust.

→ **Stick to the clock.**

The timings are what create the intensity. Don't drift between sets.

→ **Series 1 = the meat and potatoes.**

Use ~50-60% of a 1RM you could hit any day. You should only get close to failure on the last set.

→ **Swap what doesn't suit you.**

Sore shoulder? No kit? Substitute a movement with the same pattern. Be a thinking athlete.

→ **60 minutes, not longer.**

If it's taking more, you're going too heavy or resting too long. Get off your phone and work.

This is one session. There are hundreds.

The Engine Room — built by Chris Dennis, 25 yrs elite S&C. First week free, then \$1 a day.

WEEK 1 · DAY 1

UPPER LIMB 1

Chest, back, shoulders and arms. In and out in 60 minutes.

WARM-UP

2 rounds · EMOM x 8 minutes

WUa	Seated DB Z-Press, palms facing	8
WUb	Hanging Scapula Protractions	8
WUc	Blackburns	8
WUd	Rest	—

Light and controlled. Open the joints — a weight you could manage for 15–20 reps.

SERIES 1

Every 3 minutes x 5 sets (15 minutes)

1a	Close Grip Bench Press	8
1b	Body Row — pronated grip	8

The meat and potatoes. ~50–60% of a comfortable 1RM. Same weight throughout.

SERIES 2

Every 5 minutes x 3 sets (15 minutes)

2a	1/2 Kneeling Single-Arm DB/KB Overhead Press	10.10
2b	Single-Arm DB/KB 3-Point Row	10.10
2c	Windshield Wipers	20

Heart rate up, sweat pouring, pump building. Drop the weight on sets 2–3 if needed — keep the timings.

OPTIONAL — EXTRA GAINZ

3 rounds · 30 sec on / 30 sec off (9 minutes)

3a	Bench Dips	max
3b	Tall Kneeling Kettlebell Horn Curls	max
3c	Feet-Anchored Sit-Ups	max

For those who love the work. Aim for 15+ reps in each 30-second window.

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WEEK 1 · DAY 2

LOWER LIMB 1

Legs, hips and core. Lean, athletic, joint-friendly.

WARM-UP

2 rounds · EMOM x 8 minutes

WUa	Hanging Knee to Chest	8
WUb	Dumbbell Hip Thrust (from bench)	8
WUc	Hamstring Squat	8
WUd	Rest	—

Light and controlled. Wake the hips and hamstrings up before you load them.

SERIES 1

Every 4 minutes x 5 sets (20 minutes)

1a	Rear Foot Elevated Split Squat	8.8
1b	Single Leg Banded Romanian Deadlift	8.8

Single-leg strength, built properly. Control the descent — no failed reps.

SERIES 2

Every 5 minutes x 3 sets (15 minutes)

2a	Goblet Cyclist Squat	10
2b	Side Plank Touches — hold top 2-3 count	10.10
2c	Single Leg Calf Raise	10.10

Legs burning, core switched on. Stick to the clock and focus on tempo.

OPTIONAL — CORE GAINZ

3 rounds · 30 sec on / 30 sec off (9 minutes)

3a	Front Plank Body Saw	max
3b	Hollow Hold	max
3c	Tall Kneeling Kettlebell Halo	max

Nine minutes of core. Optional — but the ones who do it are the ones who look it.

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