



4 WEEK STRENGTH AND FITNESS PROGRAM

A structured training plan designed to help you build strength, improve fitness, and develop confidence in the gym.

Kameron Mackellar

Exercise Scientist

More info:

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About The Coach

This program was created by Kameron Mackellar, an Exercise Scientist and coach specialising in strength training and long-term fitness development.

The training principles used in this program are based on evidence-based exercise science and the same structured approach used with online coaching clients.

The goal is simple: help people move better, get stronger, and build sustainable fitness habits that last.



How To Use This Program

SETS & REPS (THE BASICS)

What is a Rep?

A rep (repetition) is one complete movement.

Example:

Squat down → stand up = 1 rep

What is a Set?

A set is a group of reps completed before resting.

Example:

3 sets of 10 reps means:

10 reps → rest → 10 reps → rest → 10 reps

REP RANGES (e.g. 10–12 reps)

When you see 10–12 reps, it means you choose a weight that:

- You can lift at least 10 times with good form
- But no more than 12 times

How to choose the right weight

- If you reach 12 reps easily → increase the weight next session
- If you reach 10 reps only → stay at that weight
- If you reach 11 reps → perfect, you're progressing

The last 2–3 reps should feel challenging, but your form should still be controlled.

Rep ranges allow for day-to-day strength changes and make progression easier for beginners.

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TEMPO (e.g. 3-0-2-0)

Tempo tells you how fast to move the weight.

Example: 3-0-2-0

- 3 seconds lowering the weight
- 0 pause at the bottom
- 2 seconds lifting the weight
- 0 pause at the top

Why tempo matters

- Improves technique
- Reduces injury risk
- Prevents rushing
- Helps muscles work properly

If unsure, slow and controlled is always correct.

REST PERIODS

Rest is the time between sets.

Example: Rest 60 seconds

Rest allows:

- Muscles to partially recover before the next set
- Better performance and strength in each set
- Improved training quality and technique
- Stronger long-term results from your workouts

Do not rush your rest periods – they are an important part of the workout.

If unsure, follow the rest time listed in the program for each exercise.

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PROGRESSIVE OVERLOAD (WHY THIS PROGRAM WORKS)

Progressive overload means gradually increasing the challenge over time.

You progress by:

- Adding small amounts of weight
- Doing more reps
- Improving control and tempo
- Completing all prescribed sets

PAIN VS MUSCLE FATIGUE

- Muscle fatigue / burn = normal
- Sharp pain / joint pain = stop immediately

If something hurts, switch to a pain-free variation or skip the exercise.

HOW LONG SHOULD A SESSION TAKE?

Most sessions take 45–60 minutes.

If short on time:

- Keep rest strict
- Reduce sets if needed
- Maintain good technique

Consistency matters more than perfection.

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UNSURE HOW TO PERFORM AN EXERCISE?

Each exercise in this program includes a video demonstration to ensure you're performing it correctly and getting the most out of every session. You can access these videos by clicking the link provided or by scanning the QR code if you're using a printed version of the program.

These videos will guide you through proper technique, key coaching cues, and what you should be feeling during each movement – helping you train with confidence and avoid common mistakes.

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GENERAL WARM-UP & COOLDOWN GUIDE

(Use before and after every workout)

WHY WARM-UPS AND COOLDOWNS MATTER

A proper warm-up prepares your body for exercise by increasing blood flow, improving joint mobility, and activating the muscles you are about to train. This helps improve performance, movement quality, and reduces the risk of injury.

A cooldown allows your body to gradually return to a resting state, helps reduce muscle tightness, supports recovery, and promotes relaxation after training. Consistently warming up and cooling down will help you train more comfortably, recover better, and progress safely over time.

GENERAL WARM-UP (5–8 MINUTES)

Purpose: Increase blood flow, prepare joints and muscles, improve movement quality, and reduce injury risk.

STEP 1: LIGHT CARDIO (2–3 MINUTES)

Choose one:

- Treadmill walk
- Stationary bike
- Rower
- Cross-trainer

Intensity: Easy to moderate. You should feel warm, not fatigued.

STEP 2: MOBILITY & ACTIVATION (3–5 MINUTES)

Move slowly and with control.

- Cat–Cow – 8–10 reps
- Hip Hinge Drill – 10 reps
- Bodyweight Squats – 10 reps
- Band or Machine Row – 10 reps
- Glute Bridges – 10 reps

This is preparation, not a workout. Focus on quality movement.

GENERAL COOLDOWN (4–6 MINUTES)

Purpose: Reduce muscle tightness, support recovery, and calm the nervous system.

STEP 1: BREATHING (30–60 SECONDS)

Inhale through the nose for 4 seconds.

Exhale slowly through the mouth for 6 seconds.

This helps shift your body into recovery mode.

STEP 2: STRETCHING (3–5 MINUTES)

Hold each stretch for 20–30 seconds.

- Quadriceps stretch
- Hamstring stretch
- Calf stretch
- Chest stretch
- Lat stretch
- Glute stretch (figure-4 or lying)

Stretch to a comfortable range. No bouncing or pain.

PROGRAM NOTES

- Use this warm-up and cooldown for every session
- Keep movements controlled and relaxed
- Consistency matters more than perfection
- If short on time, prioritise the warm-up first

WHY THIS APPROACH WORKS

Using the same warm-up and cooldown builds routine, improves movement quality over time, supports recovery, and helps keep training safe and sustainable for beginners.

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How Hard Should Each Set Feel?

During most sets, you should aim to finish with 1–2 repetitions left in reserve. This means the set should feel challenging, but you should still be able to perform one or two more reps with good form if needed.

Training this way allows you to:

- Maintain proper technique
- Reduce injury risk
- Recover better between sessions
- Progress consistently over time

If a weight feels too easy and you could perform many more repetitions than prescribed, increase the weight slightly during your next set or session.

If a weight feels too heavy and your form breaks down early, reduce the weight and focus on controlled movement.

Quality movement always comes before heavier weights.

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How To Structure Your Training Week

To get the best results from this program, aim to complete four workouts per week, with at least one rest day between some sessions. This allows your muscles to recover and adapt while maintaining consistent progress.

A simple weekly structure could look like this:

Example schedule:

Monday – Lower Body

Tuesday – Upper Push

Wednesday – Rest

Thursday – Upper Pull

Friday – Rest

Saturday – Full Body

Sunday – Rest

If these days do not suit your schedule, that is completely fine. The most important thing is completing all four sessions each week while allowing your body time to recover between workouts.

Consistency over time will produce far better results than trying to train perfectly every week.

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Program: General Fitness Accelerator

Coach: Kameron Mackellar

Day: Lower Body

Leg Press Machine (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	2 min	3	0	1	0						
2	3	8-12	2 min	3	0	1	0						
3	3	8-12	2 min	3	0	1	0						
4	3	8-12	2 min	3	0	1	0						



Romanian Dead Lift (RDL) (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-10	90 sec	2	0	2	0						
2	3	8-10	90 sec	2	0	2	0						
3	3	8-10	90 sec	2	0	2	0						
4	3	8-10	90 sec	2	0	2	0						

Leg Extension (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	2	0	1	0						
2	3	8-12	1 min	2	0	1	0						
3	3	8-12	1 min	2	0	1	0						
4	3	8-12	1 min	2	0	1	0						



Hamstring Curl (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	2	0	1	0						
2	3	8-12	1 min	2	0	1	0						
3	3	8-12	1 min	2	0	1	0						
4	3	8-12	1 min	2	0	1	0						



Standing Calf Raises (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	12-15	1 min	2	0	2	0						
2	3	12-15	1 min	2	0	2	0						
3	3	12-15	1 min	2	0	2	0						
4	3	12-15	1 min	2	0	2	0						



Program: General Fitness Accelerator

Coach: Kameron Mackellar

Day: Upper Push

Chest Press Machine (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	3	0	2	0						
2	3	8-12	1 min	3	0	2	0						
3	3	8-12	1 min	3	0	2	0						
4	3	8-12	1 min	3	0	2	0						

Incline Dumbbell Press

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	90 sec	3	0	1	0						
2	3	8-12	90 sec	3	0	1	0						
3	3	8-12	90 sec	3	0	1	0						
4	3	8-12	90 sec	3	0	1	0						

Shoulder Press Machine

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	3	0	2	0						
2	3	8-12	1 min	3	0	2	0						
3	3	8-12	1 min	3	0	2	0						
4	3	8-12	1 min	3	0	2	0						

Cable Tricep Pushdown (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	10-12	1 min	2	0	1	0						
2	3	10-12	1 min	2	0	1	0						
3	3	10-12	1 min	2	0	1	0						
4	3	10-12	1 min	2	0	1	0						

Dumbbell Lateral Raises (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	12-15	1 min	2	0	2	0						
2	3	12-15	1 min	2	0	2	0						
3	3	12-15	1 min	2	0	2	0						
4	3	12-15	1min	2	0	2	0						

Program: General Fitness Accelerator

Coach: Kameron Mackellar

Day: Upper Pull

Lat Pulldown

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	90 sec	2	0	1	0						
2	3	8-12	90 sec	2	0	1	0						
3	3	8-12	90 sec	2	0	1	0						
4	3	8-12	90 sec	2	0	1	0						

Seated Cable Row

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	2	0	2	0						
2	3	8-12	1 min	2	0	2	0						
3	3	8-12	1 min	2	0	2	0						
4	3	8-12	1 min	2	0	2	0						

Single Arm Dumbbell Row (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	10-12	1 min	2	0	1	0						
2	3	10-12	1 min	2	0	1	0						
3	3	10-12	1 min	2	0	1	0						
4	3	10-12	1 min	2	0	1	0						

Rear Delt Fly (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	12-15	1 min	2	0	2	0						
2	3	12-15	1 min	2	0	2	0						
3	3	12-15	1 min	2	0	2	0						
4	3	12-15	1 min	2	0	2	0						

Bicep Preacher Curl Machine (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	10-12	1 min	2	0	2	0						
2	3	10-12	1 min	2	0	2	0						
3	3	10-12	1 min	2	0	2	0						
4	3	10-12	1 min	2	0	2	0						

Program: General Fitness Accelerator

Coach: Kameron Mackellar

Day: Full Body

Leg Press (Video Demo)



WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	2 min	3	0	1	0						
2	3	8-12	2 min	3	0	1	0						
3	3	8-12	2 min	3	0	1	0						
4	3	8-12	2 min	3	0	1	0						

Shoulder Press Machine (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-10	1 min	3	0	2	0						
2	3	8-10	1 min	3	0	2	0						
3	3	8-10	1 min	3	0	2	0						
4	3	8-10	1 min	3	0	2	0						

Cable Seated Row (Video Demo)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	3	0	2	0						
2	3	8-12	1 min	3	0	2	0						
3	3	8-12	1 min	3	0	2	0						
4	3	8-12	1 min	3	0	2	0						

Hamstring Curl (Video Demo)



WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	8-12	1 min	2	0	2	0						
2	3	8-12	1 min	2	0	2	0						
3	3	8-12	1 min	2	0	2	0						
4	3	8-12	1 min	2	0	2	0						

Plank (30 sec)

WEEK	SETS	REPS	REST	TEMPO				SET 1		SET 2		SET 3	
				LOWER	PAUSE	LIFT	PAUSE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1	3	3	1 min	2	0	2	0						
2	3	3	1 min	2	0	2	0						
3	3	3	1 min	2	0	2	0						
4	3	3	1 min	2	0	2	0						

What To Do After This Program

This 4-week program is designed to help you build confidence in the gym, improve your strength, and develop a consistent training routine.

If you enjoyed the program and would like a more personalised approach, online coaching may be the next step.

With personalised coaching, you receive:

- A fully customised training program based on your goals
- Ongoing progress tracking and adjustments
- Guidance on technique and exercise selection
- Support and accountability to keep you consistent

Every client's training plan is designed specifically for their fitness level, schedule, and long-term goals.

If you would like to learn more about coaching options or book a coaching call, you can apply through the link below.

<https://linktr.ee/kmactive>

Not ready for coaching yet?

Follow [@_kmactive](#) on Instagram for free training tips and exercise guidance.

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