
TRUST PERSONAL TRAINING

PERFORMANCE SERIES / SIGNATURE SERIES

SHOULDERS & BACK

8 WEEKS / 2 TRAINING DAYS / GYM BASED



THEMBA COLLIN MLOMBO

Trust Personal Training | Johannesburg, South Africa

EDITION 01 / SEPTEMBER 2026 / PERSONAL USE

01 / OVERVIEW

The signature approach

Inspired by Themba Collin Mlombo's reported training: frequent push-ups, high-repetition lateral raises, presses and rear-delt flyes, plus pull-ups twice weekly and bent-over rows. His report describes 60 pull-ups; this guide treats 60 as an optional total per session for capable trainees, never a minimum.

This is a newly structured version with added exercises, recovery limits and progression. It is not a verbatim training diary or a guarantee of Themba's physique. Developed for healthy intermediate adults with access to a gym.

Two focused sessions each week

Monday: Shoulder emphasis. Thursday: Back emphasis. Keep at least 48-72 hours between them. Replace two upper-body sessions in your existing split; do not stack this on top of a high-volume upper-body programme. Keep normal lower-body training on separate days.

Back width and definition reflect muscle development, overall body composition and genetics. Training cannot permanently change bone structure or selectively remove back fat.