

THE FOLLOWING PROGRAMME IS DESIGNED TO GAIN MUSCLE. TYPICALLY, A REST DAY SHOULD BE INSERTED AFTER EVERY 3 WORKOUTS TO MAXIMISE RECOVERY AND GROWTH.....

EXAMPLE REST DAY MAY CONSIST OF:

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
45 MIN CV	RUN	-	-	-
100 WEIGHTED SUPERSET WITH 100 NORMAL	ABS EXERCISES	20	10	VARIOUS

LEGS WORKOUT 1

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
DEEP WITH GOOD FORM	SQUATS	4	8-10	
	SMITH MACHINE CALF RAISES	3	8-10	
SUPER SET WITH	LEG EXT	3	10-12	
	HAMSTRING CURLS	3	10-12	
SUPER SET WITH	LEG PRESS	3	8-10	
	CALF RAISES	3	10-12	
	WEIGHTED LUNGES	2	10	
	DUMBBELL JUMP SQUATS	2	10	

CHEST WORKOUT 2

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
	FLAT BENCH	4	8-10	
	INCLINE BENCH	3	8-10	
6 INCLINE PRESS AFTER EACH SET	DUMBBELL FLYS	3	8-10 + 6	
	CABLE CROSS OVER	3	10-12	
REVERSE GRIP	DECLINE SMITH MACHINE BENCH PRESS	3	8-10	
UNTIL FAILURE	WEIGHED DIPS	3	-	

BICEPS WORKOUT 3

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
12 LIGHT 10 MEDIUM 8 HEAVY	E-Z BAR CURLS	6	30	
3 X 12 REP DROP SETS	INCLINE DUMBBELL CURLS	1	36	
SUPER SET WITH	STANDING HAMMER CURL	3	8-10	
	ROPE HAMMER CURL	3	16-20	
SINGLE ARM	CONCENTRATION CURLS	2	10	

FOREARM WORKOUT 3 CONTINUED

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
SUPER SET WITH	WRIST CURLS	2	10-12	
	REVERSE GRIP CURLS	2	10-12	

EXAMPLE REST DAY MAY CONSIST OF:

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
45 MIN CV SPLIT BETWEEN THE 2	ROWER AND BIKE INTERVAL TRAINING	-	-	-
150 SIT UPS	VARIOUS ABS EXERCISES	10	15	VARIOUS

TRICEPS WORKOUT 4

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
TRIPLE SUPER SETS	ROPE PULL DOWN (SPLAYED)	20	3	
	ROPE PULL DOWN NARROW GRIP	20	3	
	OVERHEAD ROPE EXTENSION	20	3	
DOUBLE HANDED	DUMBBELL TRICEP EXT	3	8-10	
DROP SET 10-10-10	V BAR PULL DOWN	1	30	
SMITH MACHINE	CLOSE GRIP BENCH PRESS	3	10	
FAILURE	WEIGHTED DIPS	2	-	

BACK WORKOUT 5

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
	WIDE GRIP PULL-UP	4	10	
	DEAD LIFT	3	10	
60 HEAVY BUT USE A BELT	RAISED DEAD LIFT	2	8-10	
ALTERNATE EACH BACK WORKOUT	T BAR ROW / SEATED ROW	3	10-12	
SUPER SET WITH	WIDE-GRIP LAT PULL DOWN	3	8-10	
PARALLEL GRIP	CLOSE GRIP LAT PULL DOWN	3	8-10	
KNEELING ON FLAT BENCH	SINGLE ARM ROWS	3	8-10	
SMITH MACHINE	BENT OVER ROW	3	8-10	

SHOULDERS WORKOUT 6

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
BARBELL	CLEAN AND PRESS	3	10	
	ARNOLD PRESS	3	10-12	
FRONT, SMITH MACHINE	SHOULDER PRESS	3	8-10	
REAR, SMITH MACHINE	SHOULDER PRESS	3	8-10	
SUPER SET WITH	FRONT RAISE (DUMBBELL)	2	10	
CABLE CROSS MACHINE	DOUBLE HAND FRONT RAISE	2	10	
	SEATED LAT-RAISE	3	10	

TRAPS WORKOUT 6 CONTINUED

COMMENTS	EXERCISE	SETS	REPS	WEIGHT USED
E Z BAR	UPRIGHT ROW	3	10-12	
SUPERSET DUMBBELL	FRONT SHRUG	3	10	
BARBELL	REAR SHRUG	3	10	