

HIT IT RIGHT

NO
PERSONAL
TRAINER
NEEDED



All you need to know on muscle growth,
weight loss, gym ethics, nutrition, how
to avoid common mistakes.

**Hitting the gym and
doing it the right way!**

BASED ON SCIENCE AND
EXPERIENCE, WRITTEN BY A
HEALTH SCIENTIST AND
FORMER FITNESS INSTRUCTOR

Afayomide
Oluwaseyi

DEDICATION

To the selected few that want a better body and are curious
enough to read.
Hat's off to you!!!!

CONTENTS

1. [INTRODUCTION](#)
2. [WHY YOU SHOULD WORKOUT](#)
3. [STAYING MOTIVATED](#)
4. [GYM BUDDIES](#)
5. [MUSCLE IMBALANCE](#)
6. [CORRECTING MUSCLE IMBALANCE](#)
7. [TYPE OF BODIES](#)
8. [HOW MUSCLE HYPERTROPHY WORKS](#)
9. [HOW WEIGHT LOSS WORKS](#)
10. [COMMON GYM EQUIPMENTS](#)
11. [TYPES OF MUSCLES](#)
12. [SKELETAL MUSCLES](#)
13. [EGO LIFTING](#)
14. [DECENCY](#)
15. [GYM SLANGS AND TERMINOLOGIES](#)
16. [WE ARE DOING THIS TOGETHER](#)

17. CREDITS

18. About The Author

INTRODUCTION

“Whatever is worth doing at all, is worth doing well”

-Phillip Stanhope, 4th earl of Chesterfield

The modern man's need for muscle is different from early times because your strength is not tied directly to your survival as it once was thousands of years ago during the days of the early man. We are more innovative now and have to make use of our brains more than ever and rely little on muscles for our survival. Nevertheless, it is still essential to have muscles even better to have bigger and stronger muscles for reasons we will be seeing later in this book.(fun fact: The reason why guys can pull off their jackets to cover their girlfriends while it is snowing and cold is because of more muscle mass. The more muscles you have, the more heat your body produces and you can stay warmer relative to someone with less muscle mass).

You are definitely one of the selected few because your purchase of this eBook shows you are curious enough to read and also determined to change your body for the better.

This book will be giving an overview of muscle growth based on science, in-depth explanation of ethics at the gym, and help you understand the things you need to grow your muscles.

WHY YOU SHOULD WORKOUT

There are numerous benefits to working out. We all workout for different reasons: to pick up chicks, to look good in the mirror, to prove someone wrong, to prove to yourself that you can be better, whatever reason it is, that source of motivation is setting you on the right path and comes with added benefits .

Health benefit: The health benefits of working out are numerous. There are lots of fats in your body that are unhealthy and are just there to increase your chances of getting sick or getting a disease. Every muscle in your body needs energy to function properly and they get that energy sometimes from stored fat through a process called lipolysis which is basically a process that changes fat to fatty Acid and glycerol. The fatty acids are absorbed by cells and the more muscles you have, the more your muscles get to absorb and use up the fats in your body.

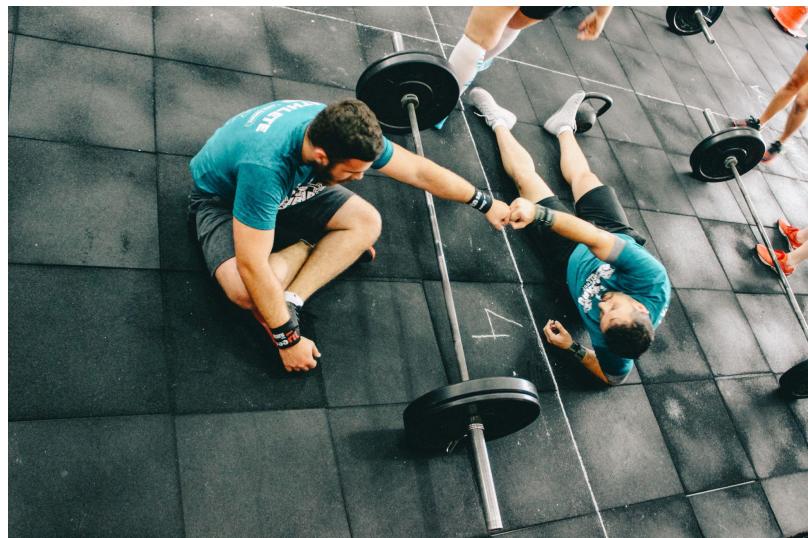
Mental Health:

Yes! Working out can drastically improve your mental health. When you work out, the feel good hormones(dopamine, serotonin, endorphin) are released into your bloodstream and can help with even depression. I have had two of my gym buddies tell me that the time they are at the gym is the time they feel the most alive. More muscle mass also means more of the hormone testosterone and this has a lot of benefits including cognitive benefits. High testosterone helps with thinking abilities. It also helps to improve your mood and prevents you from feeling fatigued all the time.

Strength and physical benefits: We might not be living in a time where physical strength was primary and crucial to survival but it still is an essential part of our lives. Becoming stronger helps to boost your self esteem and makes you love yourself more. Walking beside a mirror and seeing your body looking beautiful has a positive effect on your mind. When

you are healthier and stronger it increases your chances to perform better in all other aspects of your life and that is something we all want. To move further in this game of life.

GYM BUDDIES



One of the best things about going to the gym is the new people you are bound to meet. I can't remember where I saw the saying "brothers that sweat together, stay together". The friends I made at the gym have helped me grow both physically and mentally. Now, not everyone is bound to make friends at the gym, I know some acquaintances that have been hitting the gym for months and are not interested in the social aspect at all. It depends on your personality before you enroll for your membership. I will use myself as an example for this: The first time I got to the gym, I felt like I did not belong and always had my headphones on but I was never the one to keep quiet whenever I had problems or something bothered me. I never hesitated to meet those stronger than I was or those that had spent more time at the gym than I did. One of the first problems I had that made me move closer to the people I will someday call brothers was that I had one chest growing bigger than the other due to improper form while doing the bench press. My right side was stronger so I was lifting more weights with my right side than my left and on the bench press I kept using my right side to push most of the weight and that left me with a bigger right chest than

left. It was very minute and unnoticeable but I am OCD and it made me stressed a lot. When the stress was getting too much for me, I asked my bro's for help and they came through for me. Told me to stop using the barbell for some time but instead use the dumbbells for my bench press so I can train each hand independently(A mistake you should watch out for). That helped me out a lot and eventually I actually forgot about the little difference between the two pecs and my two chests started looking equal. Friendship at the gym comes naturally, you don't have to force anyone to be friends with you or talk to you. Just keep being yourself and don't let ego get in the way.

Muscle Imbalance

Muscle imbalance is a noticeable difference between muscles of the same muscle group. My left chest being bigger and stronger than my right is an example of muscle imbalance. It is important to note that muscle imbalances can be fixed and they usually fix themselves but it is better to avoid them in the first place. Prevention is better than cure.

Muscle imbalance can be caused by different things but the most common causes are our daily activities, improper form at the gym, lack of a [workout routine](#).

Daily Activities: Daily activities are often overlooked but they can be a cause of muscle imbalance. We may or may not notice it but we always tend to use one side of our body for our daily activities more than the other. You use one hand to open the door ,to lift heavy weights such as your car battery, when you are using the vacuum. These little things can cause muscle imbalance but they are usually not noticeable.

Improper form at the gym: This is a big factor for muscle imbalance. Working out without proper form can leave you with an unbalanced body. This is also why you should not ego lift, you should focus on doing a particular workout the right way first. Get familiar with it before you start lifting heavy.

Lack of a workout routine: At the gym, just like everything in life, you should have a plan. Have a workout routine. Plan the days you will be targeting specific muscle groups so your body can come off well. Give each muscle group time to rest before the next time you plan to work on them.

How To Correct Muscle Imbalance

We have seen the causes of muscle imbalance but if you already have them before now, here are a few things you can do:

1. **Train each side of your muscles independently:** The best [gym equipment](#) to train each side of your muscles independently is the [dumbbell](#). The beauty of the dumbbell is that it can be used to work on every muscle of your body so if you notice you have a muscle imbalance in a muscle group then it is time to start using dumbbells more.

You don't necessarily have to go more [reps](#) or [set](#) on the weaker side. If you constantly train that muscle group independently then the weaker side will catch up eventually.

2. **Daily Activities:** The effect that your daily activities have on muscle imbalance are usually not obvious till you are lifting and you notice you can go more reps with one side than you can on the other side. This is perfectly normal and is present in everybody. We all have a side of our body that we favor over the other during our daily activities. If this bothers you then you can try being intentional with what side of your body you choose to use. If you normally use the right arm to lift heavy or you tend to rest most of your weight on your left leg while standing you can consciously try using your left side next time. You will have to be conscious about what side of the body you use for your activities.
3. **Proper Form:** focus on performing a workout the right way rather than just trying to lift heavy. Not performing a workout properly can do more damage than good. You can be lifting regularly but if your form isn't right, you might not get your desired result and that can mess up your motivation and self image. Training each side of a muscle group independently and focusing on proper form will help improve your muscle imbalance.

Watch workout videos on youtube and ask questions on our group chat or you can ask me directly via my number at the end of this book.

STAYING MOTIVATED

Motivation is usually temporary. You are motivated to start a new skill, to start new relationships, to start that project but a few weeks later, you start getting less motivated, less energetic to do what you set out to do and a month later you stop! You don't finish! You let other life situations blur out the vision you had initially.

This applies to the gym. I see a lot of people come to the gym for a week straight and a week later they don't come at all.

This chapter is to make sure the scenario above is not you.

It is especially not easy when you don't see results as soon as you imagined you would. Be realistic with your visions at the beginning, depending on your body type, it can take weeks before you start having noticeable changes. Just keep working harder.

To keep that motivation burning you should do the following:

Self Motivation:

To stay motivated, my first advice is for you to motivate yourself. Always remind yourself why you started going to the gym in the first place. To be healthier, to get stronger, to look better, to have good posture, to improve your mental health. Have a target body type in your mind and always remind yourself. You can have a picture on your phone or poster on your wall of someone you want his or her body type.(Mine is Kevin Hart although I don't want his height).

Have a workout Routine:

Have a workout routine and follow it. When you follow a routine you won't want to mess it up. Say for example, you do leg days every wednesday, you won't want to mess it up cause you don't want to end up with a broad chest and tiny legs hence even if you feel less motivated, the thought of

you not working out on your legs will make you want to hit the gym that day. Having a workout routine and following it will not only help you stay motivated, it will help you get disciplined.

Don't workout alone:

It is not advisable to rely entirely on an external source for motivation because, what happens when that source of motivation is not there? If your source of motivation is gone, you will feel less motivated and maybe even stop working towards that goal entirely. Same logic applies with having gym buddies. Working out with your gym buddies is an excellent form of motivation but you should not rely entirely on them for motivation. If your gym buddy(s) are not around you might go less reps, less sets or stop going to the gym. Always keep this in mind while working out with your new friends.

But while they are around they are an excellent source of motivation. They scream at you to get that last rep in, the clap for you when you workout well, and they also try to correct you when you are not doing a particular workout in proper form.

Music:

If you are a loner like I was during my early days at the gym, music was my go to for motivation. I have a playlist of my favorite songs. An artist screaming at me to do more, to keep going, is an excellent source of motivation

HOW MUSCLE HYPERSTROPHY WORKS

Muscle Hypertrophy is the increase in the size of cells, tissue or organs in your body. In simple terms: "Muscular Growth".

When you lift at the gym, you are doing some microscopic damage to your muscles and making them adapt to the stress you are putting them under. But this damage is good. It is what we want, we want our muscles to get stressed and then give it time to heal, which is what will make those muscles eventually grow bigger and stronger.

What you eat:

To build muscles, what you eat is as important as the weight you are lifting. Eat carbohydrates, plenty of protein, fruits, vegetables, drink plenty of fluids (less soda, more water).

How much should you eat?

You should be on a protein-high diet (and less carbs if you do not want to bulk up or grow fatter).

Excellent sources of protein are: fish, dairy products (milk, cheese, yogurt, ...), eggs, meat, beans and legumes.

Protein is broken down into amino acids which are very important for building muscles and gaining strength. Amino acids help to build muscles and repair the microscopic damage you have done to your tissues during normal daily activities and while lifting at the gym.

Carbohydrates are also an essential part of muscle building. You need carbs for energy and taking carbs post-workout will help you perform better. Eating carbs will prevent your body from breaking down already built muscles for energy. Excellent sources of carbs are: oats, rice, quinoa, potatoes. It is best to opt for low-fat carbs but you can include your choice of carbs into your diet.

Fruits: Fruits are incredibly healthy and eating fruit or drinking them in the form of smoothies can be an excellent source of energy. Examples of such

fruits are: Banana, apple, blueberries, oranges. You can include any other choice of fruit into your diet.

Vegetables: Eating green leafy veggies can help build body strength and have a higher protein level for muscle hypertrophy. Green vegetables such as cabbage, broccoli, spinach, kale,

Starchy vegetables can also be implemented in your diet but they are higher in calories so you should be mindful of that if you are trying to lose weight. Starchy vegetables such as corn, potatoe, beets, turnips.

Protein Supplements: Protein supplements are an excellent way to get the protein needed to maximize muscle hypertrophy. Taking supplements is not a shortcut to working out and you still have to lift as you should. It is just a straightforward way to get the protein needed to achieve your body goal.

How much protein is enough for muscle gain?

To maximize muscle growth, you need 0.7gram to 1.0gram of protein per pound of your body weight. That is 105 - 150 gram per 150pounds(65kg).

****If you are using supplements, you should read the correct usage at the body of the container of your supplement. You can use both protein supplements and diet but be sure to not eat too much because excess protein is converted to fat and can lead to weight gain. If your goal is to gain muscles and reduce your overall body fat([mesomorph body type](#)) you should avoid that... ****

Rest:

Treating your body to enough rest is an overlooked part of muscle building. Most of your muscle growth and repair process takes place while you rest, especially when you are sleeping. So finding the time to rest is a very essential part of muscle building and even life in general.

In summary: workout, eat, rest and repeat.

HOW WEIGHT LOSS WORKS

You have probably gone through many sites that claim to help you lose weight and you have seen a-lot of false and unrealistic information all over the internet. I will go straight to the point and tell you the answer, which is that there is no magical answer or shortcut to weight loss.

To lose weight, you have to use more energy than you ingest. Simple as that. Calorie deficit. Simple math.

How much weight you lose depends on your calorie intake. You have to use more calories than you ingest. You have to play the long term game and use more energy than you ingest.

What you should eat:

Eat carbs with low fat, eat protein, fruits and vegetables. Your body needs the nutrients, don't starve yourself or go on hunger strike. Just make sure you are not eating more calories than you are using for your daily activities. There are lots of free calorie calculators on the web and apps that can help you calculate the amount of calories present in a meal.

Having more muscle mass also helps in weight loss. The muscles in your body use up energy so the more muscles you have, the more energy you end up using(Higher Metabolism).

Weight Loss Mistakes:

A common mistake people make to lose weight in general is spot reduction. Spot reduction is when you are doing specific exercise that targets only the part of the body that contains the fat you are trying to get rid off. If you are only doing facial exercises to get rid of fat from the face, that is spot reduction and you might not get your desired result.

Spot reduction is still very popular for some reason and even some fitness instructors still make the mistake of telling clients to focus on spot reduction, wasting both their time and the clients in the process or maybe they are just trying to get more money from the client by not being straightforward with the solution to weight loss.

What is really happening is that The body tries to get energy from all the cells of your body so trying to get rid of fat from your belly alone by doing only abdominal exercise won't be an effective method. You have to do more cardio as mentioned earlier with compound exercise. **Compound exercises** target more than one muscle group. Examples are squat, plank, deadlift, lunge, pushup.

Losing Belly Fat:

No doubt belly fat is the most annoying and stubborn fat in the whole body. Not to mention how unhealthy they are.

Focusing on only abdominal exercise will give you a stronger core but they are not effective in losing belly fat.

To lose belly fat you need to do more cardio, compound exercises and be on a calorie deficit.

Losing weight with little to no extra muscle mass:

If you want to lose weight without gaining any extra muscle mass(that means you don't want extra muscles), you will have to do more cardio exercises and be on a calorie deficit.

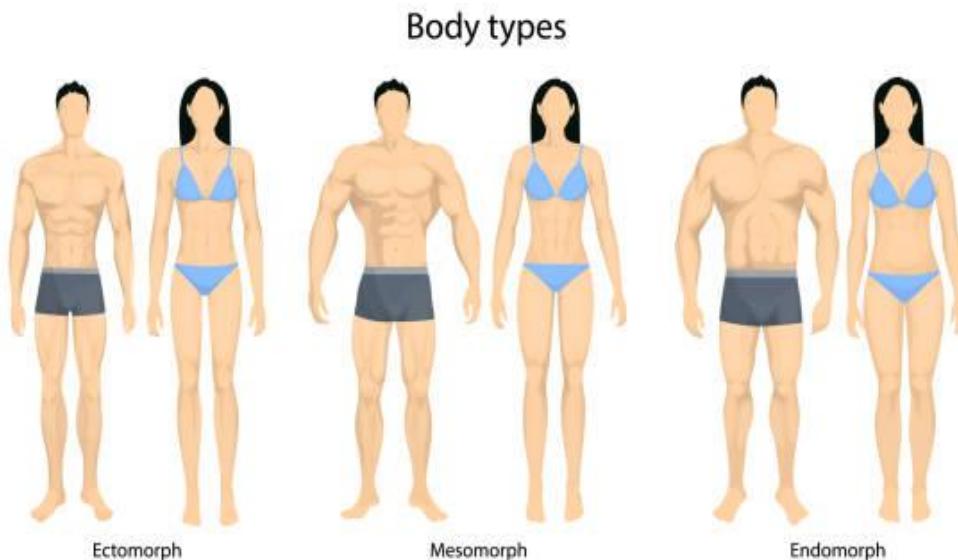
Cardio exercises are any exercise that makes your heart beat faster and keeps it that way for a prolonged amount of time such as running, jogging, walking, jump rope, dancing, jumping jacks,

Engage in more exercise that doesn't have to do with lifting and eat less.

TYPE OF BODIES

The question "what do I want" is a question you have to answer before you hit the gym or you will just keep doing

Things because you see others doing it and you might not like the end result. You have to have your goal, your ideal body in your mind before you hit the gym.



Body types or Somatotypes are grouped into 3 according to Dr William H. Sheldon, an American psychologist and physician back in 1940.

- 1. Ectomorph(skinny):** They are lean, skinny with less body fat and muscles. They find it relatively harder to gain weight in the form of muscles or fat due to their slow metabolism rate.
- 2. Mesomorph(Athletic):** They are athletic and strong. They have enough muscle mass and are able to easily gain weight and lose weight due to their high rate of metabolism.

3. **Endomorph(Bulky):** They have the most body fat, lots of muscle.
They easily build muscles but have a harder time staying lean.
Endomorphs have a slower metabolism.

William H. Sheldon thought your body type determined your personality. He thought Ectomorphs were introverted, quiet, intelligent and restrained, mesomorphs were thought to be active, extroverted and competitive, Endomorphs were thought to be extroverted, cheerful, relaxed and lazy but recent studies have shown that the reverse is the case and your personality is what determines your body type not the other way round.

COMMON GYM EQUIPMENTS

**** If any of the workouts mentioned in this chapter does not sound familiar, do well to check youtube videos on how to properly do the workouts. You will understand it better by watching someone actually engage in the action***

1. Dumbbell:



The dumbbell is a short bar with the weight attached at each end. It can be used for a wide range of exercise to target a wide range of the body. From the back to the chest to your shoulders, to your legs. It is a no-brainer to get dumb-bells if you wish to work out at home since it can be used for different parts of the body.

Dumbbell for chest workouts:

Incline Dumbbell Bench Press, Flat Dumbbell Bench Press, Decline

Dumbbell Bench Press, Fly-press, Crush Press

Dumbbell for back workouts:

Bent Over Row, wide Row, Back Fly, One Arm Row, Kneeling One Arm

Row, DeadLift, Stiff Legged DeadLift

Dumbbell for Biceps Workouts:

Biceps Curls, Cross Body Curls, Hammer Curls

Dumbbell for Triceps:

Bent Over Triceps Extension, Lying triceps Extension, Triceps Kickback,

Dumbbell Skull crusher

Dumbbell for Legs and glutes:

Lunge, Squat , deadlift

Dumbbell for Shoulders:

Dumbbell Shoulder Press, Dumbbell raise,
Dumbbell shoulder shrugs

Dumbbell for forearm workouts: Forearm Dumbbell curl, hammer curl, supinated, pronated and neutral wrist curl, Reverse curls

2. KettleBell:



These are kettle shaped(a round weight with flat bottom and a thick handle) and are very similar to the Dumbbell in usage. Just like the dumbbell they are also used to target specific muscle groups.

KettleBell for Chest Workouts:

KettleBell Bench press, kettlebell decline bench press, kettleBell, upright front raise, Kettlebell pushup

KettleBell for back workouts:

Kettlebell Alternating Bent-over fly, Kettlebell swing, KettleBell Deadlift, Kettlebell Renegade row.

KettleBell for Biceps Workouts:

Kettlebell Hammer Curl, Kettlebell preacher curl, Kettlebell biceps curl.

KettleBell for Triceps:

Kettlebell skull crusher, Tricep Kickback, single arm overhead extension, Triceps extension

KettleBell for Legs and glutes:

Lunge, squat , deadlift

KettleBell for Shoulders:

KettleBell raise, KettleBell Shoulder Shrugs, KettleBell Shoulder Press

KettleBell for forearm workout:

Forearm KettleBell curl, kettlebell hammer curl, kettlebell reverse curls

3. Bar-bell:



The bar-bell is a long metal bar to which discs of varying weights are attached to it at each end. There are different types of barbells depending on the shape and the weight of the empty bars. You should ask your instructor for the name of the barbells that are being used presently at your gym. The barbell can also be used for a wide range of workout and is the best choice for building the chest with the bench press.

Barbell for chest workouts:

Incline Barbell Bench Press, Flat Barbell Bench Press, Decline Barbell Bench Press.

Barbell for back workouts:

Barbell standard deadlift, Barbell Bent-Over Row, Barbell T Row.

Barbell for triceps workouts:

Barbell Skull crusher, Barbell Close Grip Bench Press,

Barbell for Biceps workouts: barbell curl, barbell drag curl

Barbell for shoulder workouts: barbell shrug, barbell high pull, behind the neck press

Barbell for leg and glutes workouts: squat, lunges, standing calf raise, glute bridges

Barbell for forearm workouts: barbell wrist curls, reverse barbell curl

**** When calculating the total weight you are lifting it is worth noting that the weight of the bar itself should be taken into consideration. The weight of a bar varies on the type your gym is using but for a single dumbbell it is usually between 5 to 10 pounds per hand while that of the bar-bell is between 15 to 45 pounds. You should ask your gym instructor the specific weight on each of the bats and as a beginner you can start working out with empty bars if the smallest weight available in your gym is too heavy for you to lift. ****

4. Cable Workout Machine:

A cable machine is a system of adjustable cable and pulleys used for lifting different aspects of the body.



Cable machine for chest workouts: Cable fly, cable chest press, Cable iron cross chest,

Cable machine for back workouts: lat pulldown, face pull, reverse lat pulldown, seated cable row,

Cable machine for triceps workouts: cable rope pulldown, overhead triceps extension, cable pulldown

Cable machine for biceps workouts: cable hammer curls, cable curls, squatting cable curls, cable reverse curls

Cable machine for forearm workouts: cable wrist curls, cable reverse wrist curls

Cable machine for shoulder workouts: single arm front raise, single arm lateral raise, cable shoulder press

Cable machine for leg and glutes workouts: cable squats, cable reverse lunge, cable single leg deadlifts, cable calf raisins, cable pull throughs.

5. Sit-up Bench:



The Sit-up bench is used for abdominal exercises such as the russian twist, bench leg raises, sit up, reverse crunch. It is used to build stronger core muscles hence abs.

6. Treadmill



The Treadmill is a device that allows you to perform cardio workouts such as running, jogging, walking while staying in the same place. It is very effective for weight loss programs but not as effective for building muscle.

TYPES OF MUSCLES

There are three different types of muscles:

1. Smooth Muscle
2. Cardiac Muscle
3. Skeletal Muscle

****In exercise physiology, Skeletal muscles are the main muscles in the body that undergo hypertrophy and hence, it will be discussed in more detail in this book.****

Smooth Muscle:

Smooth muscles are muscles you cannot consciously control. They are mostly found at the walls of the viscera and blood vessels, iris and ciliary body of the eye and also attached to hair follicles of the skin. Most smooth muscles are weak, slow and rhythmic. Smooth muscles in the digestive tract act to move substances like the food you have eaten and to restrict flow such as the involuntary flow of urine from the bladder.

****for more understanding of the functions of smooth muscle, see : vasoconstriction, sphincteric activity, peristalsis, vascular pulsation.****

Cardiac Muscle: Basically, these are heart muscles and can be found in adjacent portions of great vessels(aorta, vena cava).

Cardiac muscles are involuntary and active throughout the lifespan of an individual, that is from the moment your heart starts beating till the day it finally stops.

Cardiac Muscles are strong, quick with continuous rhythmic contraction. They function to pump blood from the heart.

Skeletal Muscles: Skeletal muscles (e. g biceps, triceps)are attached to the skeleton, fascia of limbs and head/neck.

30% to 40% of our total body mass are skeletal muscles.

They are voluntary muscles, each movement that we consciously perform is done with a combination of skeletal muscles and bones.

The skeletal muscles are the main targets in the gym. Heavy weight lifting, balance, maintaining proper body posture are all linked with the development and building of skeletal muscles.

SKELETAL MUSCLES

We will not be talking about all the skeletal muscles in the body, only those we will be working on with our workout routine. These muscles can be broken down into:

1. Back: Extrinsic Back Muscles
2. Arm/Forearm
3. Shoulder
4. Chest
5. Abdomen
6. Legs
7. Glutes

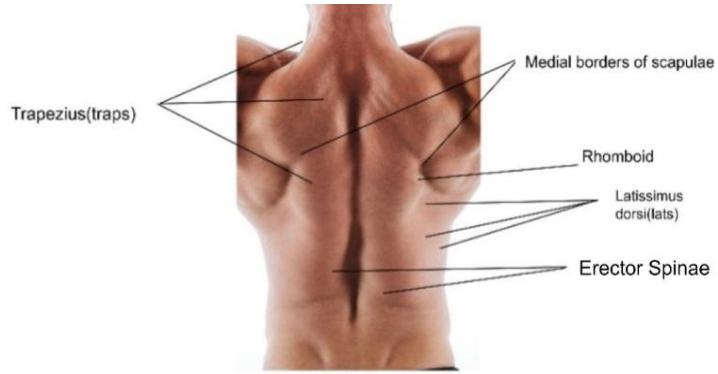
I will try to keep things as simple as possible and talk about the muscles relevant to our goal in this book.

1. BACK:

The muscles of the back are divided into two major groups. The Extrinsic back muscles and The Intrinsic back Muscles.

Extrinsic Back Muscles: These include superficial and intermediate muscles
--Superficial Extrinsic Back Muscles consist of the trapezius(traps), latissimus dorsi(lats), levator scapulae, rhomboids. They help to control limb movement.
--Intermediate Extrinsic Back Muscles consist of the serratus posterior superior and the serratus posterior inferior . These muscles are not found on the surface anatomy because they are under other muscles of the back such as the traps, lats, rhomboids. They help to control respiratory movements

Intrinsic Back Muscles: They are not on the surface anatomy of the back. They maintain posture and control movements of the vertebral column.

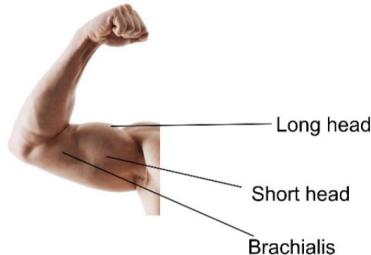


Surface Anatomy Of Back

2. ARM

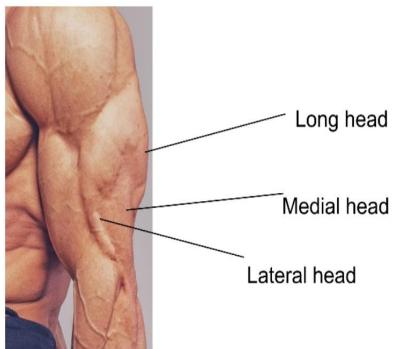
Your arm is the part of the upper limb between the shoulder and the elbow. The Biceps and Triceps are part of the upper arm.

The Biceps as the name implies has two heads: the short head and the long head. They are located at the front of your arms. They help in bending the arms, serve to support and stabilize the stronger brachialis muscle when lifting. The brachialis is also a muscle of the arm and is also targeted when we do biceps workout.



Surface Anatomy Of Biceps

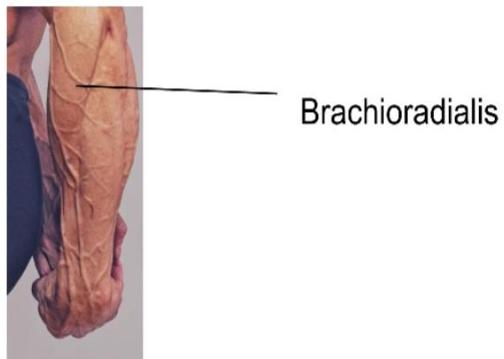
The Triceps has three heads: A medial, a lateral and a long head. When contracted, they extend the forearm and straighten the elbow.



Surface Anatomy Of Triceps

Forearm:

The forearm is below the elbow and stops at the wrist. They work together to move the elbow, forearm, wrist and digits of the hand.

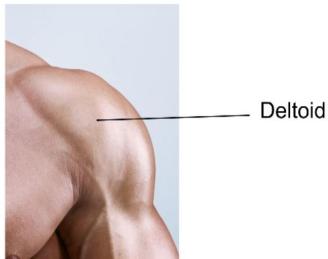


Surface Anatomy Of Forearm

3. SHOULDER

This has the largest joint in the body with the widest range of movement. The shoulders have numerous muscles that attach to the scapula, humerus and clavicle. Muscles of the arms, back and chest (such as the biceps and triceps, latissimus dorsi, pectoralis major, pectoralis minor) also act on the shoulder.

One of the most prominent of these muscles is the Deltoid. The Deltoid is a large triangular muscle that covers the glenohumeral joint and gives the shoulder its rounded-off shape.



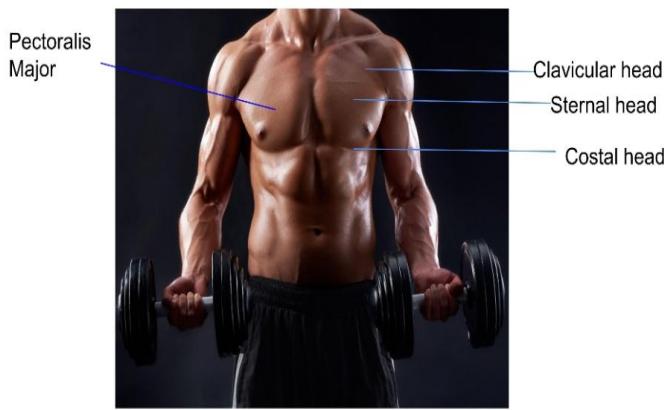
Surface Anatomy Of Shoulder

4. CHEST

The chest has two main muscles: The pectoralis Major and the pectoralis Minor.

The pectoralis Major is the fan shaped part of the chest. It is the more prominent one and is the one that pops out when you go shirtless. It has three parts: The clavicular head(upper chest muscle), the sternal head (medial part) and the costal head(lower chest muscle).

The pectoralis Minor is found under the pectoralis minor but can also be worked out by performing certain chest workouts such as the chest dips.

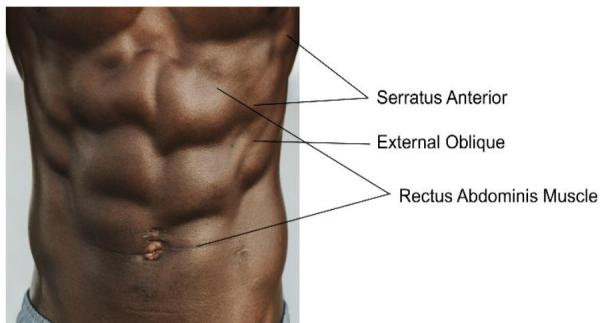


Surface Anatomy Of Chest

5.ABDOMEN

The abdomen,(commonly called the stomach, belly or tummy) is between the chest and the pelvis. It contains most of the organs of the digestive system.

Fat accumulates in different parts of the body but the most common and unwanted fats are the ones stored in your abdomen known as belly fat. Belly fat not only makes you look out of shape but is also unhealthy. Males are more likely to store this fat but are also more likely to lose it compared to females due to accumulation of more muscles in the male body. The more muscles you have the greater tendency you have to lose fat.



Surface Anatomy of The Abdomen

6.LEGS

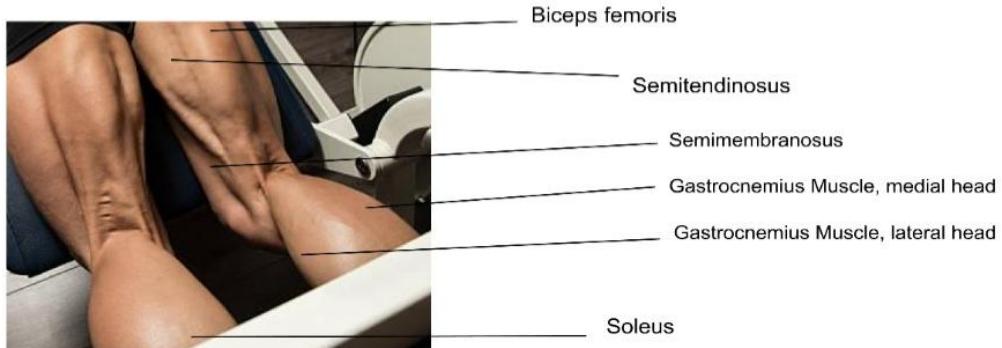
The muscles of the legs relevant to the purpose of this book are the hamstrings, quadriceps(quads), Calf.

The hamstrings are a group of muscles located at the back of your thigh. They are responsible for walking, running, jumping and many other physical activities.

The muscles of the Hamstrings are

Biceps Femoris Longus
Semitendinosus
Semimembranosus

Calves: These are the muscles at the back of the lower back of legs. The main muscles of the calves are the Gastrocnemius and Soleus. They provide support and aid in movement and rotation of our lower limb.



Surface Anatomy Of Hamstrings And Calves

Quadriceps(or quads) are a group of four muscles located at the front of your thigh and are responsible for extending the knee. It is one of the largest and strongest muscles in the body.

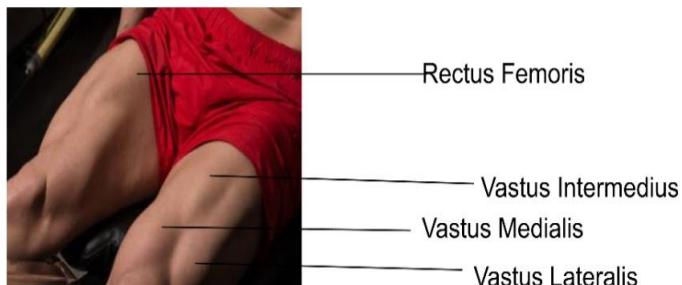
The muscles of the quadriceps are

Rectus Femoris

Vastus Lateralis

Vastus medialis

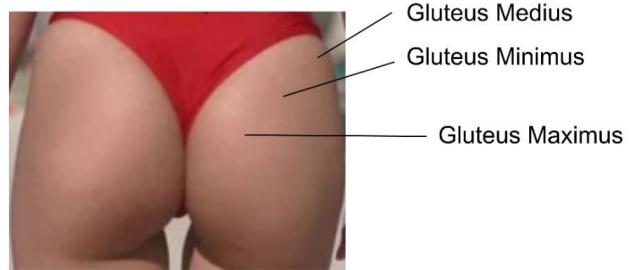
Vastus intermedius



Surface Anatomy Of Quadriceps

7. Glutes

The glutes are muscles of the buttocks, They include the gluteus maximus, gluteus medius, and gluteus minimus. They aid in movement, extension and abduction of the thigh at the hip joint.



Surface Anatomy Of Glutes

WORKOUT PLAN

A workout plan is like a time-table for you to follow each day you plan to work out at the gym. Do not make the mistake of trying to work on all parts of your body everyday. Your body won't have time to heal and grow. You will keep getting stronger but you won't be able to maximize muscle growth if you dont give each part of your body intervals so they can get enough time to rest.

I personally follow this workout plan

Monday: Chest and Abdomen

Tuesday: Shoulder and Back

Wednesday: Leg and Arm

Thursday: Chest and Forearm

Friday: Arm and Back

Saturday: Shoulder and Leg

Sunday: abdominal exercise at home and rest.

I spend 3 hours at the gym everyday and I am able to do 10 minutes of cardio to warm up my entire body before I start lifting.

With that workout plan I am able to give each muscle group some time to rest before the next time I get to work that same muscle group.

Feel free to tailor it based on your own schedule. Just make sure there are days of rest between each muscle group.

****I don't have a separate day for glutes because leg workouts also target the glutes*****

EGO LIFTING

You start going to the gym, you are growing stronger and getting closer to your body goal, adrenaline starts to set in, all of a sudden you start getting this urge to impress people or prove something to yourself and lift way heavier weight than you should. Not only do you increase your risk of incurring an injury, You are also most likely going to be lifting in bad form which will affect your body goal and your posture. Have it in mind that the people you are ego lifting for will most likely not remember what you did once they leave the gym so it is not worth it. You should always try to lift within your means.

Going 8 - 12 reps is ideal. Anything less than 8 reps is too heavy and going more than 12 reps is too light(read that again). If you wish to increase the weight, do it progressively. For example, say you are lifting 20kg with the barbell bench press, going 8 - 12 reps and you wish to increase it cause it is starting to feel light. The next time you get to the gym and are about to do the bench press, add 5kg to both sides of the bench press making it a total of 30kg. Try it only during the first set and then go back to the 20kg. That way you are letting your body gradually get used to the extra weight and reducing your risk of an injury.

DECENCY

You have worked so hard at the gym and the results are now becoming evident and you are so eager to show it off. There are numerous ways you can share your progress to even reach a wider audience. You can take pictures and post them on social media, put it on your Instagram, Twitter, or whichever platform you use where people that want to see your naked sexy body can easily search for it and see it. But while you are at the gym you should keep your shirts on while working out. Not everyone wants to see you naked no matter how ripped you are looking and walking around in the gym naked makes you look like a show off. In a public gym do not forget the word public attached to it. It is still a public place and you should attach some decency to it and respect the people around you.

You should be proud of yourself, be happy you are having your desired body, you are healthier than ever before. When you look in the mirror and the image you see is making you so proud of yourself and making you so happy, that should be enough but if you really want to show your body which there is nothing wrong in that, show it to your spouse, family, friends and if you don't have that option or it is not enough for you, show it on social media. People have some type of control over the type of content they want on their social media feed. Just don't force it on people to have to look at your body whether they like it or not. Put some decency to it. You want to be a better person not grow into a monster or a bully.

GYM SLANGS AND TERMINOLOGIES

Ever been at the gym and you start hearing different terms being used by different people and you are too shy to ask what that means? Well this chapter is for you. You can always come here to check out what certain gym slangs mean.

Reps(repetitions): One complete body movement for a particular exercise

Sets: The amount of reps you have completed

SuperSet: going back and forth with two different exercises with minimal to no rest in between.

DropSet: performing one set of exercise to failure and decreasing the weight, going 3 - 5 sets with minimal to no rest in between.

HeavyWeight: Weights that you can't go more than 12 reps are considered heavy weight

LightWeight: Weights that you can go more than 12 reps are considered light weight

Progressive overload: Increasing the weights or reps as you go more sets

HIIT: High-Intensity Interval Training

Cardio: any exercise that makes your heart beat faster and keeps it that way for a prolonged amount of time such as running, jogging, walking, jump rope, dancing, jumping jacks,

FreeWeights: Weights that you can pick up and move around such as dumbbells, kettlebells.

Leg day: The day you choose to work on your lower limb(legs) and glutes

Chest day: The day you choose to workout on your Chests

Arm day: The day you choose to workout on your arms

Back day: The day you choose to workout on your back muscles and usually shoulders

Warm up: any exercise you do to increase your heart rate and prepare your body before you start working out.

Upper Chest: A simple term for the clavicular head of the chest

Middle Chest: A simple term for the sternal head of the chest

Lower Chest: A simple term for the costal head of the chest.

WE ARE DOING THIS TOGETHER.

I am going to be with you during your fitness journey.

Here is my number: 08051539903.

My email: daramolaseyi12@gmail.com.

I will answer every question you have, as I know you probably have more and you can just text me for a chat. I will be glad to hear from you.

Thanks for reading

CREDITS

Amazing photos used in this book were provided by

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Labeling done by @daramolaseyi12@gmail.com

About The Author

Afayomide Daramola is a medical physiologist at Ekiti State University. He has been a fitness instructor in the past and is sharing his fitness journey with the world.

Contact the author for further questions and enquiries [@daramolaseyi12@gmail.com](mailto:daramolaseyi12@gmail.com)
Also available on [Instagram](#), [Twitter](#)