

# Chest & Triceps

## Legs & Shoulders

## Biceps & Back

Chest:

**Focus on puffing chest, keeping shoulders back and activating lats**

Barbell v.s Dumbbell:

Barbells are better for building strength as it's easier to balance and go heavy, dumbbells are better for building aesthetics as their range of motion hits the chest better

Pec heads:

Upper: when your arms are moving from low to high

Middle: when your arms are moving parallel

Lower: when your arms are moving from high to low

**This is mainly for the sake of isolation; each chest exercise will hit each head!**

Exercises:

Fly (elevated, lowered, chest-height) – arms can bend a bit, don't go too low if on a bench

Bench (flat, incline, decline) – you want your elbows to be lower (not straight out)

Dips – lean forward otherwise you are hitting your triceps

UCV raise – with a curl grip, raise your whole arm up and across

**1 arm fly with a band is extremely underrated**

Triceps:

**Avoid straitening arms / “parallel tension”**

Exercises:

Skull crushers – try these with a band, its pretty great

Behind the head (?) – personally these make my shoulders crack so I don't like them

Cable pushdown

Rocking cable pushdown

Push arm back (?) – can't go heavy with these, but it's a pretty good warm up

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Legs:

**Focus on pushing feet through the ground**

#### Exercises:

Squat (sumo, conventional, box)

Deadlift (sumo, conventional, straight legged)

Leg press – place legs higher hits much harder

Calf raises – save these for the end of the workout

Leg press down

Weighted wall sit – amazing finisher for supersets

Hamstring bridge – legs further away from butt

Squat shuffle

Hip thrusts (1 leg, both legs) – focus on raising hips above legs, don't go too heavy

#### Glute regiment:

Fire hydrants – focus on keeping knee forward

Donkey Kicks – focus on your leg going up as high as you can

Glute Bridge – legs close to butt and further away from each other

Sideway scissor – do a lot of these and do not go too high for hip health

#### Foot positioning:

Toes in – focuses ham strings but it hurts your knees so its to be avoided

Toes out – focuses butt

Normal – focuses quads

#### Reps:

The muscle fibers in your legs are thicker than in the rest of your body, because of this its recommended you do more reps per set to build muscle more effectively

**\*NOTE\*** people who do not work out their hamstrings properly are likely to experience injury, unfortunately its really hard to isolate this muscle and work it out in a healthy way. Straight legged deadlifts and deadlifts/squats in general are your best bet! Please do not use that hamstring machine its really bad for your lower back

#### Shoulders:

**Elbows in front of body, raising arms with elbow/hand pressed against wall  
great warmup**

#### Exercises:

Standing explosive press (?) – heavier weight focus on controlled descent

Arnold Press

Shoulder Press (barbell, dumbell) – if using barbell change up where you grip frequently

Military Press

Cable

Face pulls – these can be done in a door way too!

Reverse fly(?) – focus on bicep grip and leading with elbow

High pull – raise arms up while leading with wrists, arms bent

Sideways lifts(?)

UCV raise – with a curl grip, raise your whole arm up and across

Cable side lateral raise – lift from behind your back, allow shoulders to stretch

Cable front raise – face forward, start from behind, allow shoulders to stretch

Landmine shoulder press

Bent reverse fly(?)

Rear delts:

Developing your rear delts helps keep your shoulders healthy and improves your posture, they also have an extremely underrated physique when developed

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Biceps:

**Warming up adequately, keep elbows in place**

Exercises:

Hammer curl

Cheat curl

Bicep curl

Spider curl

Chin ups (palms facing face)

Bicep hang

**\*\*Please avoid concentration curls, they are a waste of time\*\***

2 different muscles:

I don't know the name but depending on your grip position (think of hammer curls v.s bicep curls) you will hit different muscles. Hammer curl grip will develop the muscle for aesthetics (pushes on bicep to make it look bigger) while curl grip will actually build biceps

Back:

**Focus on where elbows go and posture**

Exercise:

Lat pulldown (close grip, wide grip)

Chin ups (palms away from face; close grip, wide grip)

Row (standing, seated, bench, barbell)

Deadlift (sumo, conventional)

Weakness:

Developing a strong back is definitely the most important muscle to develop if you want to get

stronger. Your back is actually quite weak compared to other muscles, so building it up will help you avoid injury

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### Extra Info:

#### Techniques:

One and a half reps

Super sets

Drop set

“The gauntlet”: an extreme drop set where you go decrease the weight very slowly

#### Building muscle

metabolic: Low weight lots of reps, performed fast and range of motion is cut short

overload: Standard weight lifting

eccentric: Slow, controlled movement – this is what generally causes muscle soreness

For core, I’d highly recommend a workout generator called 6pack promise

#### Rep count:

Higher reps and lower weight will generally tone while lower reps and higher weight will build more muscle, its best to incooperate a bit of both though no matter what your goals are

Seated exercises will always be easier than standing as when your standing you will need your core to engage for balance

#### Lessons I personally learnt the hard way:

-If you’d like to build muscle you’ve got to eat a lot, to the point where you need to force yourself

-Focus on form, and even once you’ve learnt the correct form, come back and check your form. Incorrect form will lead to unhealthy joints and wasted time

-Overtraining exists, never work out the same muscle one day after another there are lots of viable muscle splits: push pull legs, push pull, upper body lower body, full body every second day etc...