

TRAINING PROGRAMME

TRAINING PLAN

Length: **4 weeks**

Level: Beginner

Lifting Tempo: **3-1-2-1** (Eccentric - Amortisation - Concentric - Isometric)

The goal is to promote muscle tear & damage by going slow during the muscle elongation phase. This will help the muscle grow bigger during recovery.

Movement phase	Muscle condition
Eccentric phase	Muscle lengthening phase
Amortisation phase	Pre-stretch phase before entering the concentric phase
Concentric phase	Muscle shortening phase
Isometric phase	Muscle contracted and held in one position.

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Week 1 - 4

DAY - CHEST & TRICEP				
EXERCISES	SETS	REPS	EQUIPMENT	MUSCLE TARGET
Pec Fly	3	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Pec Fly Machine	Overall Chest
Flat Chest Press	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Smith Machine	Middle Chest
Inner Chest Press	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Middle Chest Press Machine	Middle Chest, Inner Chest
Chest Fly	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Cable Machine	Overall Chest
Tricep Push Down with Rope	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Cable Machine	Medial Head

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DAY - BACK & BICEP				
EXERCISES	SETS	REPS	EQUIPMENTS	MUSCLE TARGET
Lat Pull Down	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Pull Down Machine	Scapula, Teres major Teres minor Lat
Back Row	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Row Machine	Lat, Teres major
Close Grip Seated Pull	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Seated Pull Machine	Lats
Lower Back Hyper Extension	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Back Hyperextension Machine - with plate	Lower Back
Narrow Grip Curl	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Ez Bar	Long Head

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DAY - SHOULDER				
EXERCISES	SETS	REPS	EQUIPMENT	MUSCLE TARGET
Seated Shoulder Press	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Smith Machine	Front Delt
Shoulder Front Raise	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Cable Machine with rope	Front Delt
Shoulder Lateral Raises	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Dumbbells	Side Delt
Rear Delt Reverse Fly	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Rear Delt Fly Machine	Rear Delt
Hammer Curl	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Dumbbell	Short Head
Tricep Push Down with Straight Bar	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Cable Machine	Long Head

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DAY - LEG				
EXERCISES	SETS	REPS	EQUIPMENT	MUSCLE TARGET
Leg Extension	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Leg Extension Machine	Quadriceps
Squat	4	15 to 8 reps Note : * Working set with increased weight and drop of reps to 6-8 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Squat Machine	Quadriceps, Hamstrings, Glutes
Leg Press	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Leg Press Machine	Quadriceps, Hamstrings, Glutes
Leg Curl	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Machine	Hamstrings
Calf Raise	4	20 to 10 reps Note : * Working set with increased weight and drop of reps to 10-12 (Reps-in-reserve to be 1 to 2 remaining for the last set)	Calf Machine	Calves

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DAY - UPPER ABDOMINAL				
EXERCISES	SETS	REPS	EQUIPMENT	MUSCLE TARGET
Crunch	3	Failure	Mattress	Upper Abs
Leg Raises	3	Failure	Mattress	Lower Abs, Hip Flexors

*** At least train twice or three times per abdominal part for a week
(may train abs after workout/cardio session)**

Cardio

Workout day

- 30 to 40 minute per session with 3 to 4 times per week
- Incline treadmill walk with incline of 10 to 15 level and speed of 3.5 to 5.)Better with staircase machine)
- Make sure start sweating from 5th minute, if not try with higher intensity
- Heart rate range between 110 - 130 per minute

Rest Day

- 50 to 60 minute per session with 3 to 4 times per week, if can
- Incline treadmill walk with incline of 10 to 15 level and speed of 3.5 to 5.)Better with staircase machine); or any other sport will do.
- Make sure start sweating from 5th minute, if not try with higher intensity
- Heart rate range between 110 - 130 per minute