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## **Training Plan**

Hi again! Welcome to my training plan. Before going through my routine, you need to keep three things in mind:

1. Take this plan more as a guide to create your own training plan. The same routine does not work for everyone, and different exercises might be more beneficial for you. More importantly, do not put on the same weight as I do. The weight you can carry differs depending on your experience at the gym. Avoid injuries at all costs!
2. You will notice that I take breaks between sets and between gym sessions. I prioritize doing small intense training sessions over long frequent ones. It is way more effective to train intensively 3-4 times a week and rest at least one day between sessions than training 5-6 times a week with 3-hour sessions. Overtraining is real and can slow down your progress.
3. The training plan I am using is a mix of strength training and muscular mass training. Both are developed differently with different types of exercise and sets. If you want to develop your muscular mass, prioritize exercises that precisely aim at the body part you want to develop with more repetitions and slower movements. Using machines is better for that. If you want to develop your strength, prioritize exercises that require many parts of your body with fast movements and less repetitions (ex: bench press, squats, body-weight exercises, etc.)

## Week 1

### Day 1: Push Day (chest, triceps, and shoulders)

Exercise	Sets	Weight	Rest (after each set)
Dips	3 sets / 10 reps	Body	1 minute
Push-ups	3 sets / 13 reps	Body	1 minute
Dumbbell Press	2 sets / 11 reps 1 set / 10 reps	55lbs/dumbbell	2 minutes
Rope Pulldown	2 sets / 10 reps	110 lbs	1 minute
	1 set / 10 reps	100 lbs	
Skull crushers (laid on the bench with barbell)	3 sets / 12 reps	50 lbs	1 minute
Shoulder Press	3 sets / 9 reps	40 lbs	1 minute
Lateral raises  *To put more resistance in this exercise, when I lift the dumbbells, I bring them in front of my chest and back to the side of my body within 2 seconds.	2 sets / 12 reps	10 lbs	1 minute
	1 set / 9 reps	15 lbs	
Incline Walking Treadmill (cardio)	15 minutes	Speed: 5 km/hour Incline 5%	

Rest: 1 day

### Day 2: Pull Day (back and biceps)

Exercise	Sets	Weight	Rest (after each set)
Pull-ups	2 sets / 8 reps 1 set / 7 reps	Body	1 minute
Bent-over Rows	2 sets / 10 reps	135 lbs	2 minutes
	1 set / 8 reps	150 lbs	
Lat Pull-Down	3 sets / 10 reps	105 lbs	1.5 minutes
Curls	3 sets / 9 reps	70 lbs	1 minute
Dumbbell Curls	1 set / 7 reps	35 lbs/dumbbell	1 minute
	2 sets / 11 reps	30 lbs/dumbbell	
StairMaster (cardio)	4 minutes	Intensity level: 9 (holding the ramp)	
	2 minutes	Intensity level: 8 (not holding the ramp)	
	3 minutes	Intensity level: 9 (holding the ramp)	

	1 minute	Intensity level: 8 (not holding the ramp)	
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Rest: 1 day

### Day 3: Leg Day

Exercise	Sets	Weight	Rest (after each set)
Squats	1 set / 10 reps	45 lbs (bar)	2 minutes
	1 set / 10 reps	135 lbs	
	2 sets / 7 reps	185 lbs	
Leg Curls	3 sets / 10 reps	150 lbs	1.5 minutes
Lying Reverse Leg Curls	1 set / 8 reps	120 lbs	1.5 minutes
	2 sets / 10 reps	105 lbs	
Calf raises (platform, no machine)	3 sets / 20 reps	40 lbs kettlebell in each hand	1 minute
Stationary Bike	15 minutes	Intensity level: Between 13 and 15	

Rest: 2 days

## **Week 2**

### Day 1: Chest and Back

Exercise	Sets	Weight	Rest (after each set)
Pull-ups and Dips	2 supersets / 8 reps pull-ups + 10 reps dips 1 superset/ 7 reps pull-ups + 9 reps dips	Body	1.5 minutes
Push-ups	3 sets / 12 reps	Body	1 minute
Dumbbell Press	2 sets / 11 reps 1 set / 10 reps	55lbs/dumbbell	2 minutes
T-Bar Rows	3 sets / 10 reps	150 lbs	2 minutes
Lat Pull-Down	3 sets / 10 reps	105 lbs	1.5 minutes
Incline Walking Treadmill (cardio)	15 minutes	Speed: 5 km/hour Incline 5%	

Rest: 1 day

Day 2: Arms Day (biceps, triceps, and shoulders)

Exercise	Sets	Weight	Rest (after each set)
Curls	3 sets / 9 reps	70 lbs	1 minute
Dumbbell Curls	1 set / 7 reps	35 lbs/dumbbell	1 minute
	2 sets / 11 reps	30 lbs/dumbbell	
Rope Pulldown	2 sets / 10 reps	110 lbs	1 minute
	1 set / 10 reps	100 lbs	
Skull crushers (laid on the bench with barbell)	3 sets / 12 reps	50 lbs	1 minute
Shoulder Press	3 sets / 9 reps	40 lbs	1 minute
Lateral raises	2 sets / 12 reps	10 lbs	1 minute
	1 set / 9 reps	15 lbs	
*Done the same way as during my push day.			
StairMaster (cardio)	4 minutes	Intensity level: 9 (holding the ramp)	
	2 minutes	Intensity level: 8 (not holding the ramp)	
	3 minutes	Intensity level: 9 (holding the ramp)	
	1 minute	Intensity level: 8 (not holding the ramp)	

Rest: 1 day

Day 3: Leg Day

Exercise	Sets	Weight	Rest (after each set)
Bulgarian Squats (for each leg)  *For this exercise, I work both legs on each set. For example, for my first set, I would do 10 reps with my left leg, followed by 10 reps with my right leg, then rest.	2 sets / 10 reps	40 lbs dumbbell on each hand	2 minutes
	1 set / 8 reps		
Leg Curls	3 sets / 10 reps	150 lbs	1.5 minutes
Lying Reverse Leg Curls	1 set / 8 reps	120 lbs	1.5 minutes
	2 sets / 10 reps	105 lbs	

Calf raises (platform, no machine)	3 sets / 20 reps	40 lbs kettlebell in each hand	1 minute
Stationary Bike	15 minutes	Intensity level: Between 13 and 15	

Rest: 2 days

\*I add a day during the summer where I work outside solely on my cardiovascular. It generally lasts one hour with the exercise of my choice. It's refreshing and helps with my mental health, which is why I strongly advise it. I either run, swim, shadowbox, or play a sport with my friends. I still have at least one rest day after that.