

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

LET'S GAIN! THE MUSCLE GAIN PROGRAM IS DESIGNED INCREASE MUSCLE. THROUGHOUT THE 10 WEEKS, THE WORKOUTS ARE DESIGNED TO BUILD OFF OF THE PREVIOUS WEEK. ALL PERCENTAGES ARE BASED OFF YOUR ONE REP MAX FOR THAT EXERCISE. GOOD LUCK! **LET'S GET TO WORK...**

**SEVERAL WORKOUTS HAVE "YOGA MOVEMENTS" IN THE WARMUP, THESE MOVEMENTS CONSIST OF KNEELING POSE, CHILDS POSE, DOWNWARD DOG, PIGEON POSE, HIGH LUNGE POSE, LIZARD POSE, LOW LUNGE W/ TWIST, DOWNWARD DOG W/ WALK ON HANDS BACK TO TOE TOUCH. RUN EACH EXERCISE FOR THE SPECIFIED AMOUNT OF TIME FOR THAT DAY!*

**SATURDAYS AND SUNDAYS ARE DEDICATED TO ACTIVE RECOVERY AND ARE OPTIONAL. HOWEVER, ACTIVE RECOVERY IS LOW IMPACT FORM OF EXERCISE TO CONTINUE TO BURN FAT AND HELP YOUR BODY RECOVER FROM WEIGHT TRAINING. HERE ARE A FEW IDEAS:*

- 30 MINUTE WALK/HIKE*
- 15 MINUTE JOG*
- 45 MINUTE BIKE RIDE*
- 30 MINUTES OF RECREATIONAL SPORTS*
- 20 MINUTE YOGA SESSION*
- 60 MINUTE MOBILITY TRAINING*

**You will see different intensity levels for select workouts, varying from light, moderate, to intense. This is based on your perceived effort if it says intense try to exert your maximum effort within reason! Remember you are only cheating yourself!*

For burnout workouts that say "total" try to complete the required reps in the fewest amount of sets possible! **LET'S GROW!*

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 1

BIKE: 5 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS EACH

BENCH PRESS: 4 X 8 (60%, 62.5%, 65%, 67.5%)

PULL UPS (UNDERHAND): 3 X 10

MILITARY PRESS (STANDING): 3 X 10

HIGH PLANK: 3 X 30 SECONDS

CLEAN TO PRESS: 4 X 5

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 8 EACH

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

WEIGHTED PUSHUPS: 3 X 10

SQUAT TO PLATE PRESS: 3 X 8

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 1

TREADMILL WALK (INCLINE): 8 MINUTES

BACK SQUAT: 4 X 8 (60%, 62.5%, 65%, 67.5%)

WEIGHTED GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 8

HANGING LEG RAISES: 3 X 30

ECCENTRIC DUMBBELL RDL (3 SEC ECC.): 3 X 10

SPLIT SQUAT LUNGE HOLD: 2 X 30 SECONDS

CALVE RAISES (PAUSE REP): 3 X 8

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

SQUAT TO JUMP (HANDS TO CEILING): 3 X 10

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 1

TREADMILL WALK (INCLINE): 5 MINUTES

BIKE: 5 MINUTES (MODERATE-INTENSE)

STRAIGHT BAR CURL: 4 X 8

STRAIGHT BAR TRICEP EXTENSIONS: 3 X 10

WEIGHTED CHRISTMAS TREE PUSH UP: 4 X 12

SIDE PLANK: 2 X 30 SECONDS EACH

OVERHAND CURLS TO UNDERHAND ECCENTRIC: 3 X 8 EACH

CABLE PUSHDOWNS: 3 X 12

BURNOUT:

CRUNCHES: 80 REPS

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 1

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 4 X 8

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 10

INVERTED BODYWEIGHT ROWS: 3 X 8

SINGLE ARM DUMBBELL ROW: 3 X 10

DUMBBELL SHRUGS: 4 X 6

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

FACE PULLS: 3 X 20

BAND PULL APARTS: 60 REPS

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 1

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL LUNGES (3 SECOND PAUSE): 4 X 5 EACH

SINGLE LEG GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 8

MACHINE LEG EXTENSION: 3 X 20

SINGLE LEG PRESS: 3 X 10

TOE TOUCH ABS: 3 X 20

CALVE RAISES SINGLE LEG: 4 X 8

BURNOUT:

AIR SQUAT: 50 REPS

WORLDS GREATEST STRETCH: 12 REPS

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 2

BIKE: 8 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 10 (60%, 60%, 62.5%, 65%)

PULL UPS (OVERHEAND): 3 X 5

MILITARY PRESS (STANDING): 3 X 10

PLANK: 3 X 30 SECONDS

DUMBBELL FRONT RAISE: 4 X 10

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 10 EACH

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

PUSHUPS: 3 X 20

PULL UP (PAUSE AT TOP TILL FAILURE): 3 SETS

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 2

TREADMILL WALK (INCLINE): 6 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 12 (57.5%, 60%, 65%, 70%)

BARBELL GLUTE BRIDGES: 3 X 8

SPLIT SQUAT: 3 X 6 EACH

COPENHAGEN PLANK: 3 X 15 EACH

DUMBBELL RDL: 3 X 5 (HEAVIER)

HAMSTRING CURL: 3 X 6

CALVE RAISES: 3 X 10 (HEAVIER)

BURNOUT:

WEIGHT SQUAT HOLD: 2 X 45 SECONDS

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 2

BIKE: 12 MINUTES (MODERATE - INTENSE)

INCLINE TREADMILL WALK: 12 MINUTES

EZ BAR CURL: 3 X 12

STRAIGHT BAR TRICEP EXTENSIONS: 3 X 12

CHRISTMAS TREE PUSH UP: 3 X 15

DUMBBELL SHRUG HOLD: 2 X 30 SECONDS

OVERHAND CURLS: 3 X 12

CABLE PUSHDOWN: 3 X 10 (HEAVIER)

BURNOUT:

BARBELL WRIST CURLS: 3 X 40

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 2

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 4 X 5

BAND PULL APART OR REVERSE FLY: 3 X 30

BARBELL BENT OVER ROW: 4 X 10

INVERTED BODYWEIGHT ROWS: 3 X 5 (WEIGHTED)

SINGLE ARM DUMBBELL ROW: 4 X 8

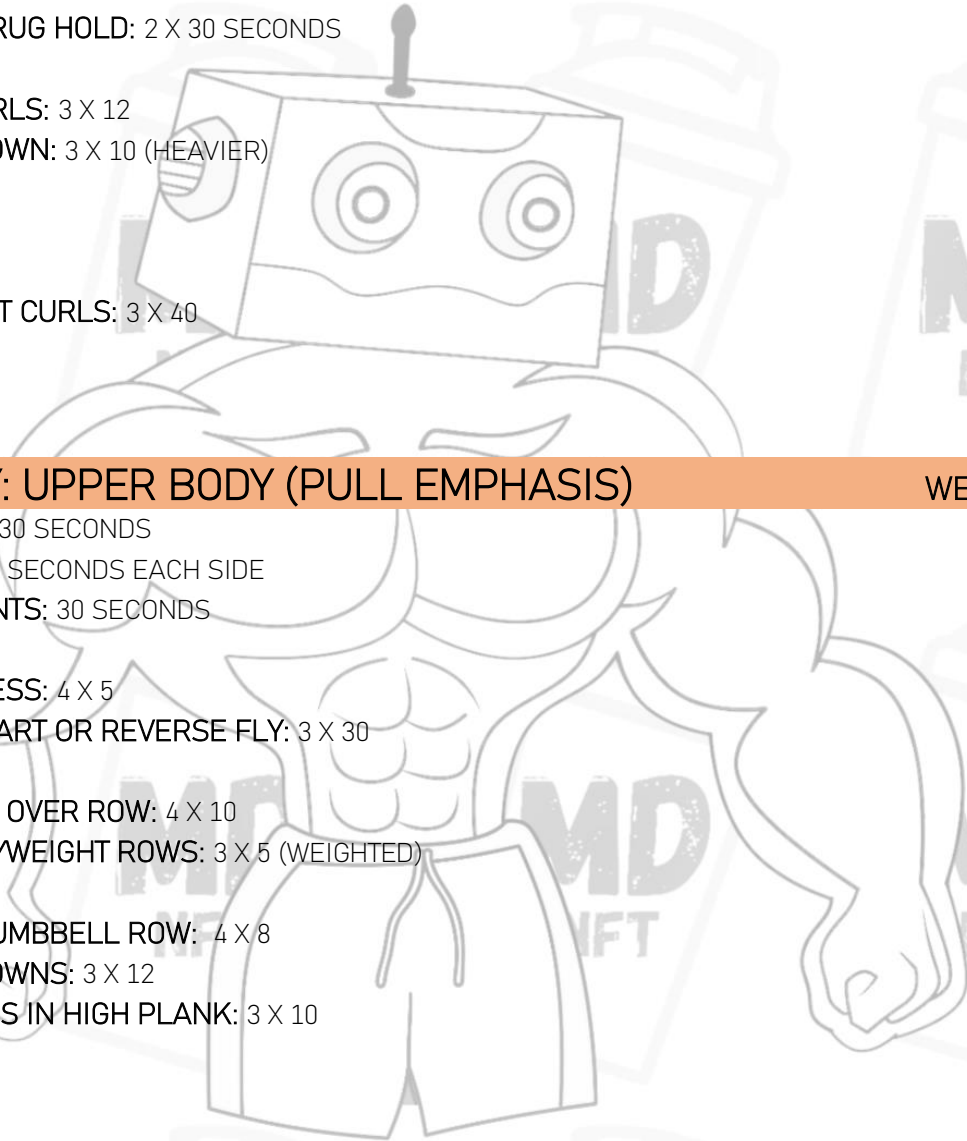
CABLE PUSHDOWNS: 3 X 12

SHOULDER TAPS IN HIGH PLANK: 3 X 10

BURNOUT:

PIKE PUSH UPS: 3 X 10

MOUNTAIN CLIMBERS: 100 REPS



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 2

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 8 (60%, 60%, 62.5%, 65%)

SINGLE LEG GLUTE BRIDGES: 3 X 8

DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH: 3 X 5 EACH

DUMBBELL GOBLET DEADLIFT HOLD: 3 X 30 SECONDS

BARBELL RDL: 2 X 10

CABLE CRUNCH: 3 X 20

SINGLE LEG CALVE RAISES: 3 X 15

BURNOUT:

SQUAT: 50 REPS

HIIT BIKE INTERVAL TRAINING: 15 SECOND MAX EFFORT/30 SECOND COAST 8 ROUNDS

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 3

BIKE: 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 8 (60%, 62.5%, 67.5%, 70%)

PULL UPS (OVERHAND, PAUSE REPS): 3 X 5

MILITARY PRESS DUMBBELL: 3 X 10

SIDE PLANK: 2 X 30 SECONDS EACH

INCLIE PRESS: 3 X 8-10

DUMBBELL ALTERNATING FRONT/SIDE RAISE: 3 X 10 EACH

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

WEIGHTED PUSHUPS: 3 X 8-10

BURPEES: 3 X 6

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 3

TREADMILL WALK (INCLINE): 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX BAR DEADLIFT: 4 X 10 (60%, 62.5%, 67.5%, 70%)

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 10

HIGH PLANK HOLD: 3 X 30 SECONDS

SINGLE LEG DUMBBELL RDL: 3 X 8

LUNGE HOLD: 3 X 20 SECONDS

SIDE LUNGE: 3 X 5 EACH

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

HAMSTRING CURL: 3 X 8

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 3

5LB PLATE WARM UP: 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

STRAIGHT BAR CURL: 4 X 10

DIPS: 3 X 8

UNDERHAND PULL UPS: 3 X 8

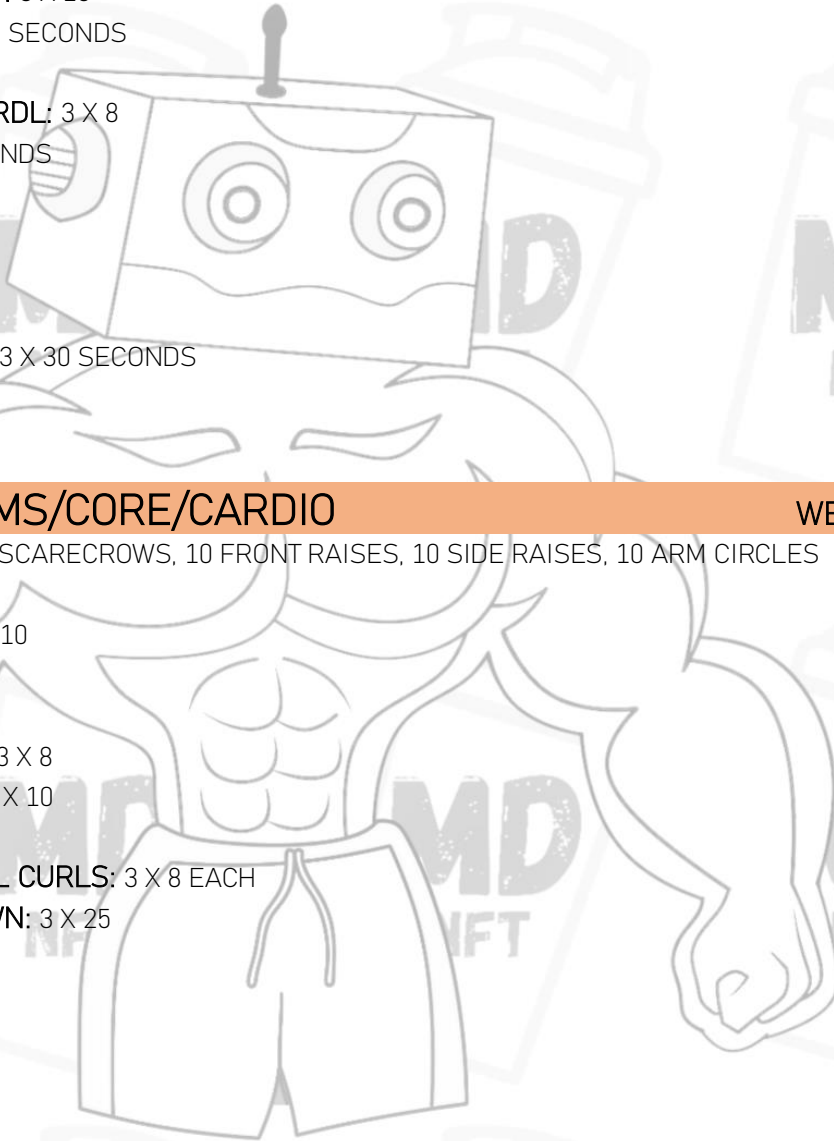
HANGING LEG SWINGS: 2 X 10

ALTERNATING DUMBBELL CURLS: 3 X 8 EACH

V-GRIP CABLE PUSHDOWN: 3 X 25

BURNOUT:

CRUNCHES: 100 REPS



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 3

FRONT PLANK: 45 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 12, 12, 15 (60%, 60%, 50%)

MACHINE ROW OR DUMBBELL ROW: 3 X 15

BARBELL BENT OVER ROW: 4 X 5 (HEAVIER)

WIDE GRIP PULLDOWN: 3 X 12

SINGLE ARM DUMBBELL ROW: 3 X 8 (HEAVIER)

CLOSE GRIP CABLE PULLDOWNS: 3 X 12

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

PUSH UPS: 3 X 25 OR FAILURE

MOUNTAIN CLIMBERS: 100 REPS

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 3

TREADMILL INCLINE WALK: 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

WALKING LUNGE: 4 X 5 EACH

WEIGHTED GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 12

GROIN STRETCH: 3 X 30 SECONDS

WEIGHTED WALL SITS: 3 X 45 SECONDS

TOE TOUCH ABS: 3 X 30

GOBLET SQUAT: 3 X 8 (HEAVIER)

BURNOUT:

SIDE LUNGE HOLD: 45 SECONDS EACH SIDE

BIKE: 10 MINUTES (MODERATE-INTENSE)

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 4

BIKE: 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 8, 8, 5, 5, 5 (60%, 60%, 62.5%, 70%, 70%)

PULL UPS: 3 X 10

SEATED MILITARY PRESS: 3 X 8

HIGH PLANK: 2 X 45 SECONDS

BARBELL SHRUG: 4 X 5

INCLINE HEX PRESS: 3 X 10

MOUNTAIN CLIMBERS: 3 X 10 EACH

BURNOUT:

WEIGHTED PUSH UP (PAUSE AT TOP AND BOTTOM FOR 3 SECONDS): 3 X 4

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 4

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 45 SECONDS

SPLIT STANCE DL: 3 X 8 EACH

GLUTE BRIDGE: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 5 (HEAVIER)

LOW PLANK TO HIGH PLANK: 3 X 10 EACH

LEG PRESS: 3 X 12

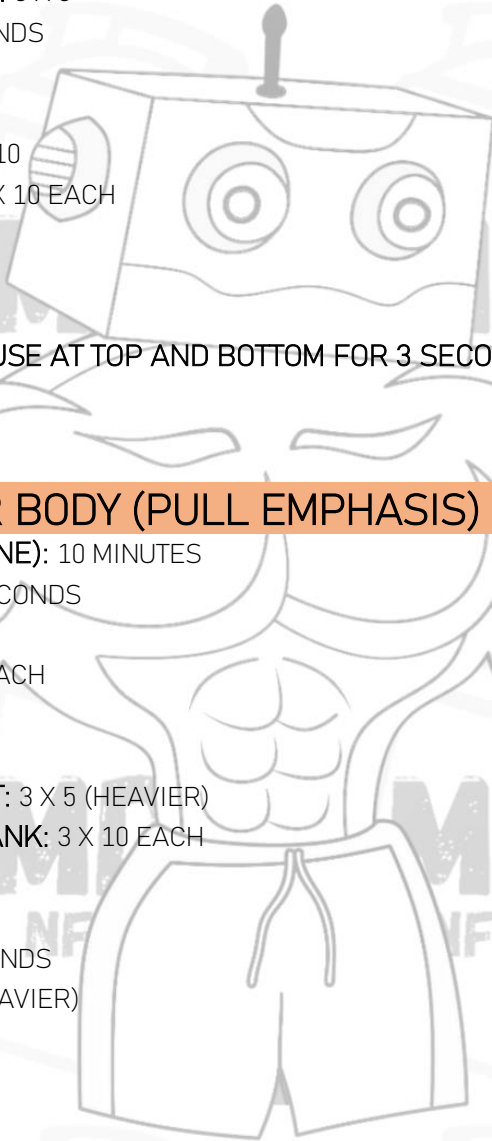
LUNGE HOLD: 3 X 30 SECONDS

CALVE RAISES: 3 X 10 (HEAVIER)

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

ALTERNATING LUNGE JUMPS: 3 X 6 EACH LEG



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 4

WORLDS GREATEST STRETCH: 2 X 10

STRAIGHT BAR CURL (PAUSE REP): 3 X 5

STRAIGHT BAR TRICEP EXTENSIONS: 3 X 15

CHRISTMAS TREE PUSH UPS: 4 X 20

SIDE PLANK: 3 X 20 SECONDS EACH SIDE

COWBOY CURLS: 3 X 10 EACH DIRECTION

ROPE CABLE PUSHDOWN: 4 X 10

BURNOUT:

SIDE CRUNCHES: 50 REPS EACH SIDE

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 4

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 3 X 12 (55%, 60%, 65%)

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 4 X 5 (HEAVIER)

WIDE GRIP CABLE PULLDOWNS: 3 X 12

CROSS CRUNCHES: 3 X 10 EACH SIDE

BURNOUT:

PUSH UPS (PAUSE AT TOP, MIDDLE, AND BOTTOM): 3 X 5

MOUNTAIN CLIMBERS: 120 REPS

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK 4

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX-BAR DEADLIFT: 5 X 5

GLUTE BRIDGES: 3 X 15

GOOD MORNINGS: 3 X 15

HAMSTRING HEEL SLIDE: 3 X 10

SINGLE LEG RDL: 3 X 5 EACH

TOE TOUCH ABS: 3 X 30

CALVE RAISES SINGLE LEG: 3 X 10 EACH

BURNOUT:

WEIGHTED BOUNCING SQUATS: 50 REPS

HIIT BIKE TRAINING: 10 SECOND MAX EFFORT/30 SECOND 50% EFFORT X 5 ROUNDS

WEEK 5: ACTIVE RECOVERY (DELOAD - NO WEIGHTS)

MONDAY:

15 MINUTE BIKE
50 AIR SQUAT HOLDS
50 PUSH UPS
40 PULLUPS
4 MINUTE PLANK

TUESDAY:

15 MINUTE INCLINE TREADMILL WALK
60 AIR SQUATS
65 PUSHUPS
40 PULL UPS
2 MINUTE SIDE PLANK EACH SIDE

WEDNESDAY: OFF - STRETCH!

THURSDAY:

10 MINUTE INCLINE WALK ON TREADMILL
80 LUNGES EACH LEG
80 PUSHUPS
50 PULLUPS
5 MINUTE PLANK

FRIDAY:

BIKE INTERVAL TRAINING (4 ROUNDS) - 30 SECONDS 90% EFFORT/30 SECONDS COAST
40 JUMPING ALTERNATE LUNGES
50 PAUSE REP PUSH UPS
2 MINUTE SIDE PLANK EACH SIDE
3 MINUTE HIGH PLANK

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 6

BIKE: 12 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS EACH

BENCH PRESS: 4 X 8 (60%, 65%, 67.5%, 70%)

PULL UPS (UNDERHAND): 3 X 10

SINGLE ARM DUMBBELL ROW: 4 X 10 EACH

SIDE PLANK: 4 X 15 SECONDS EACH SIDE

DUMBBELL CLEAN TO PRESS: 4 X 5

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 10 EACH

MOUNTAIN CLIMBERS: 3 X 30

BURNOUT:

PUSH UPS: 3 X 25

SQUAT TO OVERHEAD PRESS: 3 X 8

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 6

TREADMILL WALK (INCLINE): 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 8 (60%, 65%, 67.5%, 70%)

GROIN STRETCH: 3 X 30 SECONDS

BULGARIAN SPLIT SQUAT: 4 X 10 (MEDIUM)

HANGING LEG RAISES: 3 X 30 SECONDS

BARBELL RDL: 4 X 8 (HEAVIER)

DUMBBELL LUNGE (PAUSE REP): 2 X 30 SECONDS

CALVE RAISES (PAUSE REP): 3 X 8

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

BURPESS: 3 X 10

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 6

TREADMILL WALK (INCLINE): 8 MINUTES

BIKE: 4 MINUTES (MODERATE-INTENSE)

EZ BAR CURL: 4 X 8

STRAIGHT BAR TRICEP EXTENSIONS: 4 X 10

WEIGHTED BENCH DIPS (CONTROLLED ECCENTRIC): 4 X 12

SIDE PLANK: 2 X 30 SECONDS EACH SIDE

HAMMER CURLS: 4 X 10 EACH

V-GRIP CABLE PUSHDOWN: 4 X 12

BURNOUT:

CRUNCHES: 100 REPS

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 6

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACHSIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 4 X 10 (HEAVIER)

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 10

INVERTED BODYWEIGHT ROWS: 3 X 8

SINGLE ARM DUMBBELL ROW: 3 X 6

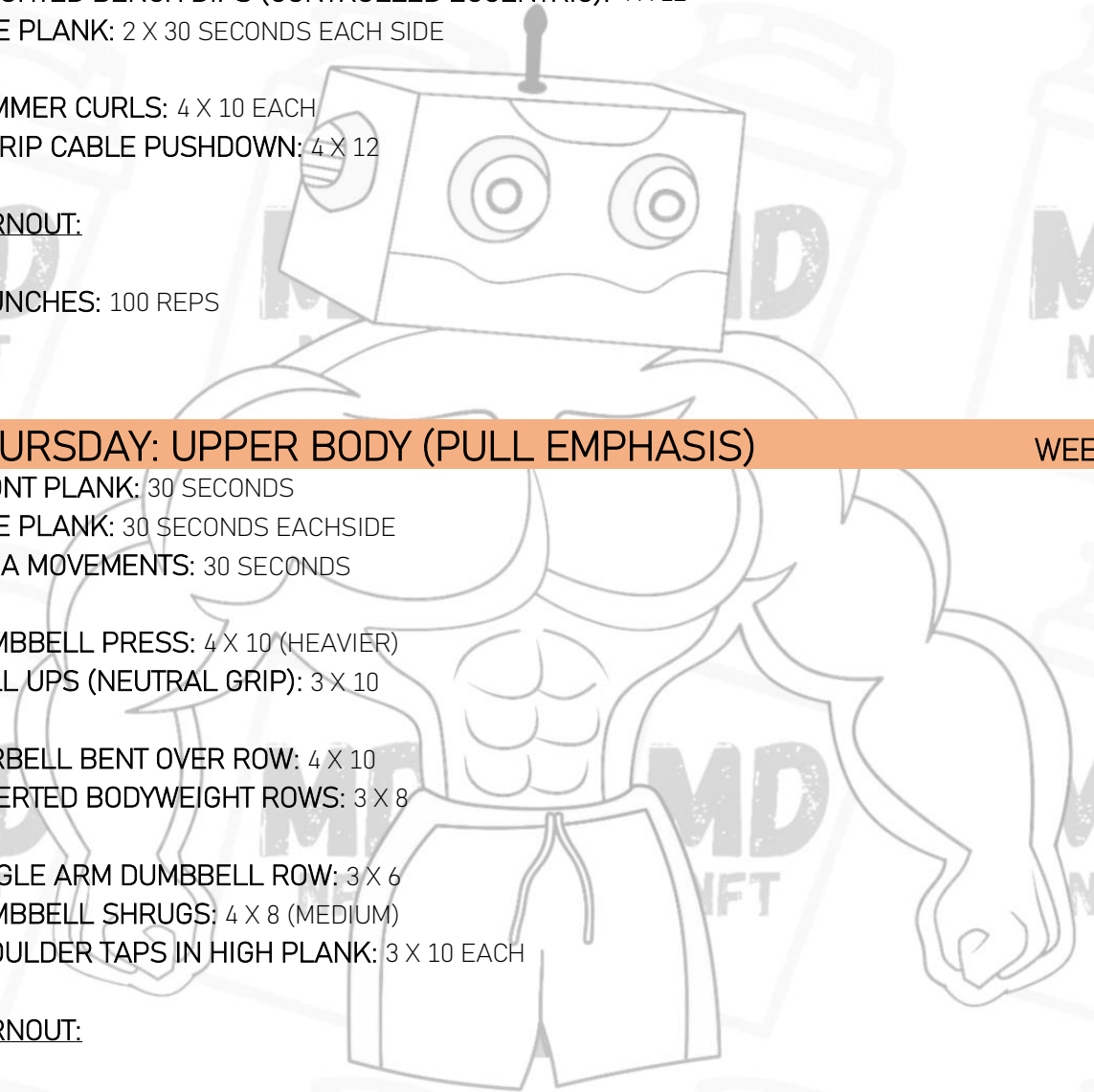
DUMBBELL SHRUGS: 4 X 8 (MEDIUM)

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

FACE PULLS: 3 X 20

MOUNTAIN CLIMBERS: 100 REPS



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 6

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL LUNGES (3 SECOND PAUSE REPS): 4 X 5 EACH

SINGLE LEG GLUTE BRIDGES: 3 X 10 EACH

BACK SQUAT: 5 X 8 (OPEN WEIGHT)

WRIST ROCKS: 3 X 30 SECONDS

SINGLE LEG RDL: 3 X 10

TOE TOUCH AB CRUNCH: 3 X 20

QUAD EXTENSION: 4 X 25

BURNOUT:

SQUAT JUMPS: 30 REPS

WORLDS GREATEST STRETCH: 12 REPS EACH SIDE

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 7

BIKE: 8 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 12, 12, 12, 10, 10 (55%, 57.5%, 57.5%, 60%, 60%)

BAND PULL APARTS: 3 X 25

MILITARY PRESS: 4 X 10

LOW PLANK: 3 X 30 SECONDS

LANDMINE PRESS (PAUSE REP AT BOTTOM): 4 X 5

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 10 EACH

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

WEIGHTED PUSHUPS (PAUSE REP): 3 X 15

PULL UPS TO FAILURE: 3 SETS

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 7

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX BAR DEADLIFT: 5 X 8

BARBELL GLUTE BRIDGE (PAUSE REP): 3 X 10

SPLIT SQUAT: 4 X 5 EACH

LYING SCISSOR KICKS: 3 X 30

LEG PRESS: 4 X 8 (HEAVIER)

FAST BUNNY HOPS: 3 X 15

CALVE RAISES: 3 X 15

BURNOUT:

WEIGHTED SQUAT HOLD (1 MINUTE HOLD): 2 SETS

BURPEES: 3 X 8

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 7

BIKE: 12 MINUTES (INTENSE)

EZ BAR CURL: 3 X 15

BODYWEIGHT STRAIGHT BAR TRICEP EXTENSIONS: 3 X 15

CHRISTMAS TREE PUSH UPS: 3 X 15 FAST PACE

DUMBBELL SHRUG (PAUSE REP): 2 X 30 SECONDS

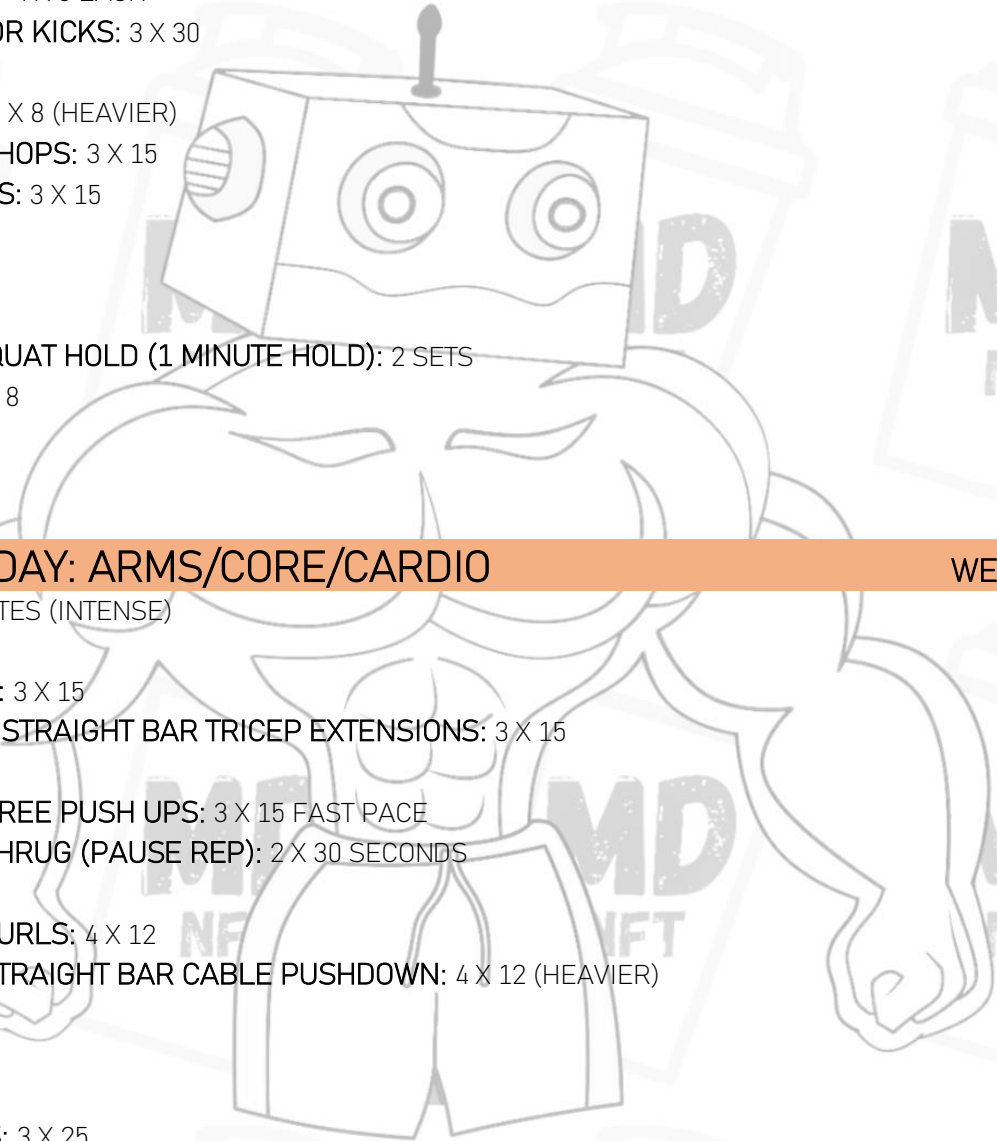
OVERHAND CURLS: 4 X 12

OVERHAND STRAIGHT BAR CABLE PUSHDOWN: 4 X 12 (HEAVIER)

BURNOUT:

WRIST CURLS: 3 X 25

WRIST EXTENSION: 3 X 25



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 7

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 5 X 8

OVERHAND PULL UPS: 3 X 8-10

BARBELL BENT OVER ROW: 4 X 10

INVERTED WEIGHTED ROWS: 3 X 5

SINGLE ARM DUMBBELL ROW: 4 X 8

CLOSE GRIP CABLE PULLDOWN: 3 X 12

SHOULDER TAPS IN HIGH PLANK: 3 X 10

BURNOUT:

PIKE PUSH UPS: 3 X 15

MOUNTAIN CLIMBERS: 100 REPS

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 7

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 12, 12, 12, 10, 10 (55%, 57.5%, 57.5%, 60%, 60%)

SINGLE LEG GLUTE BRIDGES: 3 X 8

DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH: 3 X 5 EACH

GOBLET SQUAT: 4 X 12

BARBELL RDL: 3 X 10

CABLE CRUNCH: 3 X 20

SINGLE LEG CALVE RAISES: 3 X 15

BURNOUT:

DUMBBELL LUNGE HOLDS: 45 SECONDS EACH

HIIT BIKE TRAINING: 5 ROUNDS X 95% EFFORT/30 SECOND COAST

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 8

BIKE: 12 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 12, 12, 12, 10, 10 (55%, 57.5%, 57.5%, 60%, 60%)

OVERHAND PULL UPS (PAUSE REPS): 3 X 5

SEATED MILITARY PRESS: 4 X 10

SIDE PLANK: 3 X 30 SECONDS EACH SIDE

INCLINE PRESS: 4 X 8-10

DUMBBELL ALTERNATING FRONT/SIDE RAISE: 3 X 10 EACH

SIDE PLANK: 3 X 10 EACH SIDE

BURNOUT:

WEIGHTED PUSHUPS: 3 X 8-10

BURPEE: 3 X 8

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 8

TREADMILL WALK (INCLINE): 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX BAR DEADLIFT: 12, 12, 12, 10, 10 (55%, 57.5%, 57.5%, 60%, 60%)

GLUTE BRIDGES: 4 X 10

BULGARIAN SPLIT SQUAT: 4 X 6 EACH

HIGH PLANK HOLD: 3 X 30 SECONDS

SINGLE LEG DUMBBELL RDL: 3 X 8 (LIGHT)

LUNGES (PAUSE REP): 3 X 20 SECONDS EACH LEG

SIDE LUNGE: 3 X 5 EACH

BURNOUT:

WEIGHT SQUAT HOLDS (PAUSE REP AT BOTTOM): 3 X 30 SECONDS

HAMSTRING CURL: 3 X 15

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 8

DUMBBELL HOLD INCLINE TREADMILL WALK: 4 MINUTES

BIKE: 3 MINUTES MODERATE INTENSITY, 30 SECONDS 90% EFFORT

STRAIGHT BAR CURL: 4 X 15

DIPS: 3 X 8

UNDERHAND PULL UPS: 3 X 8

HANGING LEG SWINGS: 3 X 12-15

ALTERNATING DUMBBELL CURLS: 4 X 8 EACH

V-GRIP CABLE PUSHDOWN: 3 X 25

BURNOUT:

CRUNCHES: 100 REPS

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 8

FRONT PLANK: 45 SECONDS

SIDE PLANK: 30 SECONDS EACH

YOGA MOVEMENTS: 30 SECONDS

INCLINE DUMBBELL PRESS: 12, 12, 15

DUMBBELL SPIDER ROW: 3 X 15

BARBELL BENT OVER ROW STRAIGHT BAR: 4 X 5 (HEAVIER)

WIDEGRIP PULLDOWN: 4 X 12

SINGLE ARM DUMBBELL ROW: 3 X 8 (HEAVIER)

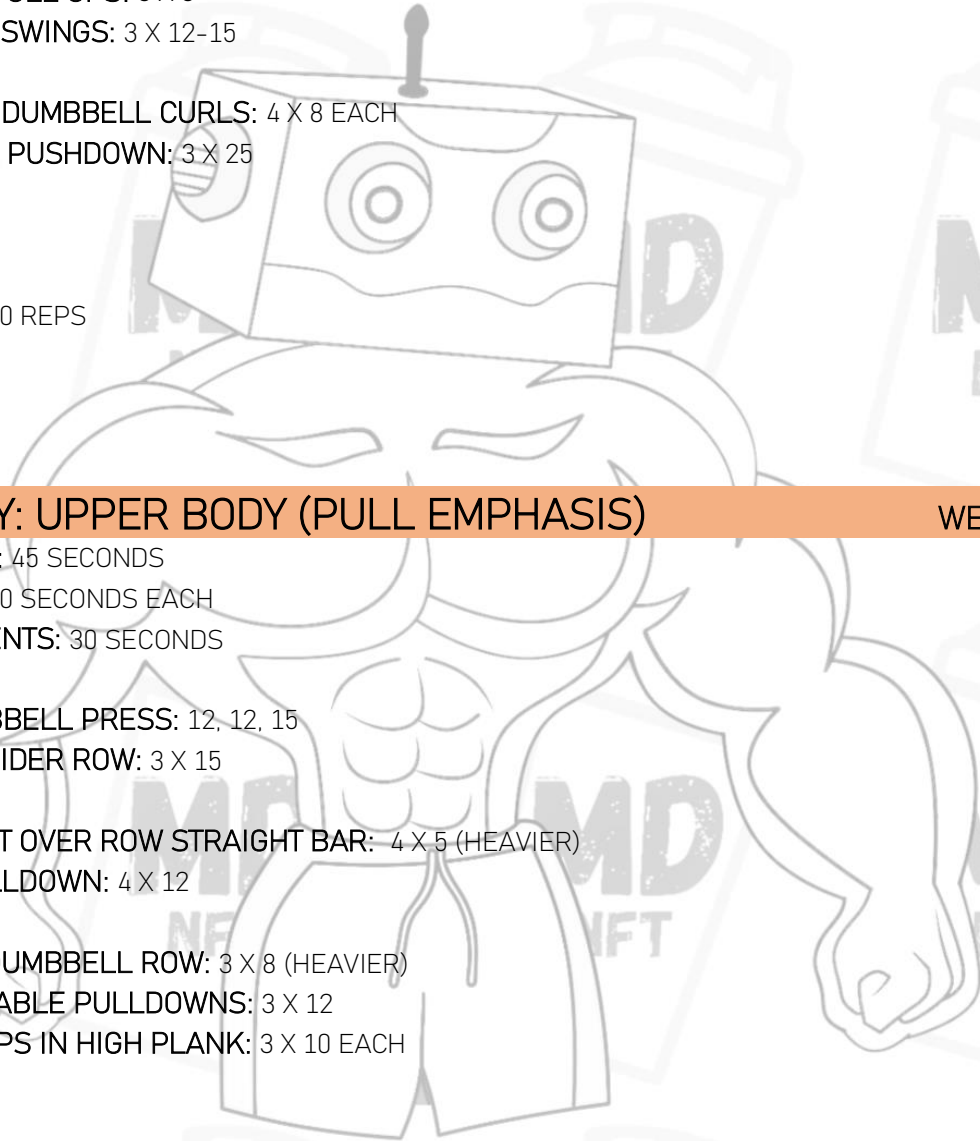
CLOSE GRIP CABLE PULLDOWNS: 3 X 12

SHOULDER TAPS IN HIGH PLANK: 3 X 10 EACH

BURNOUT:

PUSH UPS: 3 X 25 OR FAILURE

MOUNTAIN CLIMBERS: 100 REPS



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 8

INCLINE TREADMILL WALK: 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

WALKING LUNGE: 4 X 8 EACH

WEIGHTED GLUTE BRIDGES: 4 X 10

LEG PRESS: 3 X 12

HAMSTRING CURL: 3 X 15

MACHINE QUAD EXTENSION: 3 X 10 (PAUSE REPS)

TOE TOUCH ABS: 3 X 30

GOBLET SQUAT: 3 X 8 (HEAVIER)

BURNOUT:

SIDE LUNGE HOLD: 45 SECONDS EACH SIDE

BIKE: 10 MINUTES (MODERATE-INTENSE)

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 9

BIKE: 12 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS (3 SECOND ECCENTRIC): 4 X 10 (60%, 57.5%, 55%, OPEN WEIGHT)

INVERTED BODYWEIGHT ROWS: 3 X 10

SEATED MILITARY PRESS: 4 X 8

HIGH PLANK: 2 X 45 SECONDS

SINGLE ARM DUMBBELL SHRUG: 4 X 15 EACH

INCLINE HEX PRESS: 4 X 8

MOUNTAIN CLIMBERS: 3 X 10 EACH

BURNOUT:

WEIGHTED PUSH UPS (3 SECOND PAUSE AT TOP/BOTTOM): 3 X 4

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 9

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 45 SECONDS

SINGLE LEG PRESS: 3 X 8 EACH

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 5 (HEAVIER)

LOW TO HIGH PLANK: 3 X 10 EACH

DUMBBELL RDL ELEVATED: 2 X 15

WEIGHTED LUNGE HOLD: 3 X 30 SECONDS EACH LEG

HAMSTRING CURLS: 3 X 10 (HEAVIER)

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

ALTERNATING LUNGE JUMPS: 3 X 6 EACH LEG

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 9

BIKE: 2 MINUTES (MODERATE), 2 MINUTES (INTENSE)

STRAIGHT BAR CURL (PAUSE REP): 4 X 8

MEDICINE BALL PUSH UPS: 4 X 15

CHRISTMAS TREE PUSH UP: 4 X 20

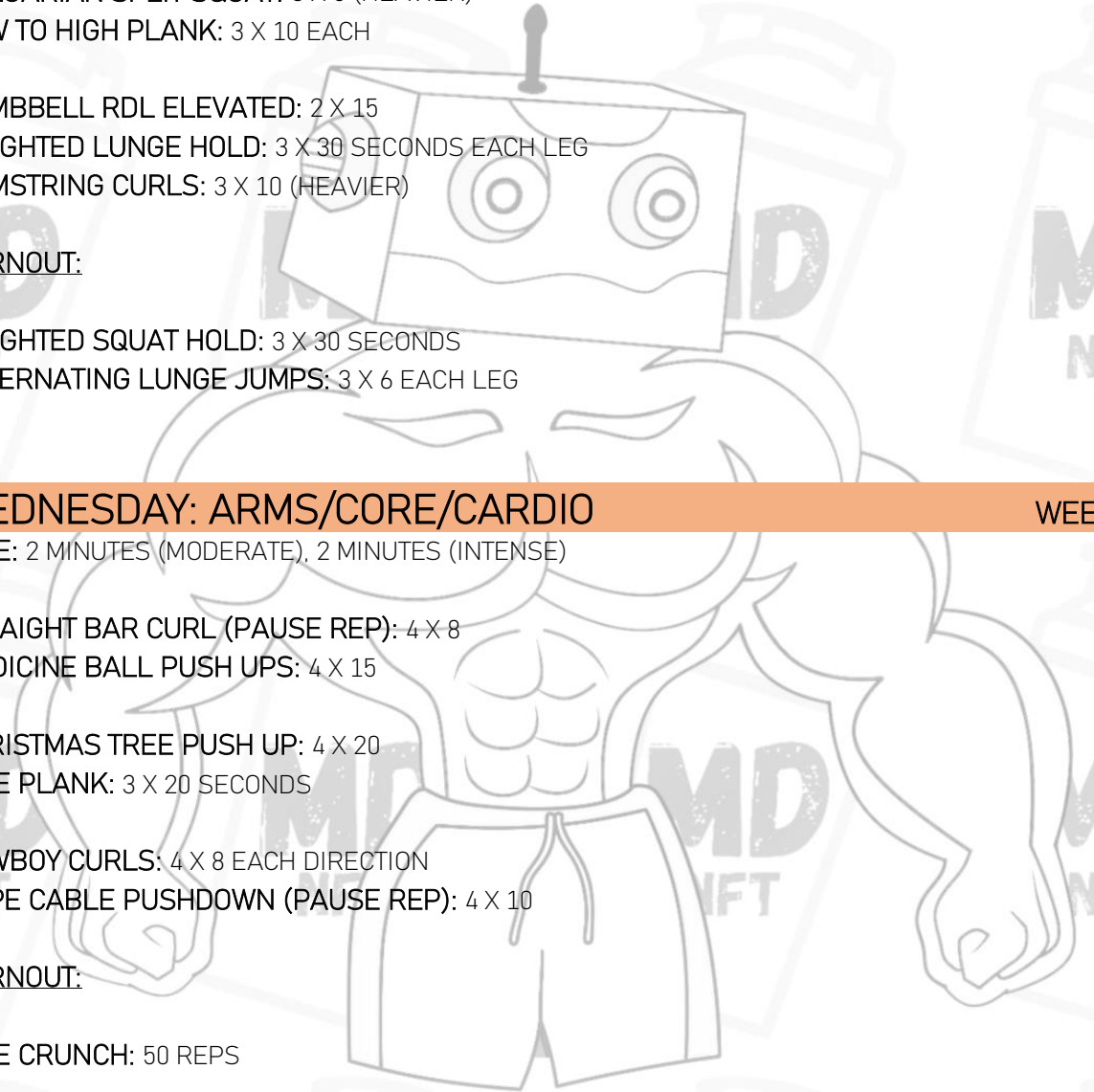
SIDE PLANK: 3 X 20 SECONDS

COWBOY CURLS: 4 X 8 EACH DIRECTION

ROPE CABLE PUSHDOWN (PAUSE REP): 4 X 10

BURNOUT:

SIDE CRUNCH: 50 REPS



10 WEEK MUSCLE GAIN DUMMIES PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 9

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 4 X 8 (HEAVIER)

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 4 X 5 (HEAVIER)

NEUTRAL GRIP CABLE PULLDOWNS: 4 X 12

CROSS CRUNCHES: 3 X 15 EACH SIDE

BURNOUT:

PUSH UPS: 50 REPS

MOUNTAIN CLIMBERS: 120 REPS

FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK 9

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX-BAR DEADLIFT: 4 X 5

GLUTE BRIDGE: 3 X 15

GOOD MORNINGS: 4 X 12

HAMSTRING CURL: 3 X 10

SINGLE LEG RDL: 4 X 5 EACH LEG

TOE TOUCH ABS: 3 X 30

CALVE RAISES SINGLE LEG: 3 X 10

BURNOUT:

WEIGHTED BOUNCING SQUATS: 50 REPS

HIIT BIKE INTERVAL TRAINING: 5 ROUNDS X 10 SECONDS MAX EFFORT/30 SECOND 50% EFFORT

10 WEEK MUSCLE GAIN DUMMIES PROGRAM

WEEK 10: ACTIVE RECOVERY (NO WEIGHT)

MONDAY:

15 MINUTE BIKE
50 AIR SQUAT
50 PUSH UPS
30 PULLUPS
4 MINUTE PLANK

TUESDAY:

15 MINUTE INCLINE TREADMILL WALK
60 AIR SQUATS
65 PUSHUPS
40 PULL UPS
2 MINUTE SIDE PLANK EACH SIDE

WEDNESDAY: OFF – STRETCH!

THURSDAY:

10 MINUTE INCLINE WALK TREADMILL
80 LUNGES EACH LEG
80 PUSHUPS
50 PULLUPS
5 MINUTE PLANK

FRIDAY:

BIKE INTERVAL TRAINING: 4 ROUNDS X 30 SECONDS 90% EFFORT/30 SECONDS COAST
40 JUMPING LUNGES
50 PAUSE PUSH UPS
2 MINUTE SIDE PLANK EACH SIDE
3 MINUTE HIGH PLANK

