

The ***ULITMATE*** Gym Workout



**Dr. Jonathan S. Lee
BDS. BSc**

THE ULTIMATE GYM WORKOUT

**THE DEFINITIVE
GYM COMPANION**



BY

DR. JONATHAN S. LEE BDS BSc





© 2018 Dr. Jonathan S. Lee BDS BSc. All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means without the prior written permission of the author.

The book is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended to offer information for educational purposes and to help the reader cooperate with health care professionals in a joint quest for optimum health. The advice and strategies contained herein may not be suitable for your situation. You should not undertake any diet or exercise regimen recommended in this book before consulting your personal physician. The author is not responsible or liable for any loss or damage allegedly arising as a consequence of your use or application of any information or suggestions contained within this book. The author is not liable for any loss of profit or any other commercial damages, including but not limited to special, incidental or consequent damages.

Published 2018.

ISBN: 978-1-9164105-5-8 (sc)

ISBN: 978-1-9164105-6-5 (e)

Any people depicted in stock imagery provided by Shutterstock, Pixabay and Dreamstime are models, and such images are being used for illustrative purposes only.

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid.

Visit the author's website:

www.leangains.co.uk



COPYRIGHT PROTECTION WARNING

The author has registered this work at ProtectMyWork.com

PREFACE

My fascination with brawn began almost thirty years ago when I came across an old VHS copy of the now classic documentary ‘Pumping Iron.’ As I watched Arnold Schwarzenegger compete with Lou Ferrigno for the title of Mr. Olympia, my eyes were virtually glued to the screen for ninety minutes. Once it was over, the first thing I wanted to do was to grab my gym clothes, drink a protein shake (which, thanks to inspiration from the movie “Rocky,” consisted of six raw eggs in a tall glass) and run as fast as I could to the local gym (which was incidentally ten miles away!). At the age of twelve, however, this would prove to be a difficult feat.

Nevertheless, I knew from that moment onwards that weight training was going to be an integral part of my life in one way or another. When I was sixteen years old, my close friend introduced me to a new gymnasium that opened up in our neighbourhood. I was finally ‘old enough’ to begin my weight lifting journey. Within six months, I was hooked and since then, I’ve never looked back. I still lift weights on a regular basis (three to five days a week) and will continue to do so for as long as I’m able.

As you can no doubt imagine, my twenty-five year love affair with weight training, food, nutrition, and exercise has consisted of many peaks and troughs. During this time, however, I’ve trained alongside many professional athletes, bodybuilders, power-lifters and even yoga teachers. In so doing, I was in a position to ‘pick their brains’ and learn about what training regime worked best for them. As time moved on, my passion for weight training and sports nutrition grew stronger and stronger, and the thought of going to university and studying these topics further became appealing to me. My dream came true in 1995 when I was accepted into King’s College London. In 1999, I graduated with a Bachelor of Science Degree in Nutrition and Medical Sciences. I later studied Dentistry at Guy’s Hospital, London and qualified a few years afterwards as a dental surgeon. In total, my time at university spanned eight years allowing me enough time to further my knowledge base with regards to sports nutrition, dentistry and medicine.

In the beginning of 2009, my father became very ill. A few weeks later, he was diagnosed with stomach cancer. This news came as a massive and terrifying shock to me and my family. I personally found this dark time in my life extremely difficult to come to terms with. I could not understand how such a thing could happen to someone who had led an active life, was physically strong, who’d never smoked a cigarette in his life, and rarely drank alcohol. Up until that point, my father was the spitting image of health. Ironically, my siblings and I would refer to him as ‘Superman’ on occasion because we’d never known him to be sick. This is why it came as an additional shock to the family when he passed away later on during that year.

His death forced me to look into risk factors which may help explain why an apparently healthy individual, like my father, could fall victim to such a tragic and debilitating

illness. Then one day, whilst reading an article in a magazine, I came across an advertisement with the slogan “You are what you eat!” These five words served as a ‘eureka’ moment because they allowed me to concentrate less on common environmental factors that often play a role in Western diseases (such as emotional stress, pollution, smoking and so on) and shift the focus more towards dietary factors.

Despite the fact that he took pride in his physical appearance, my father did not have the best diet in the world. He would rarely eat enough fruits and vegetables, for instance, and frequently consumed foods that were either fried or heavily processed. In addition, he would exercise less frequently and start eating more ‘take away’ meals as he got older.

In retrospect, it is my strong belief that the combination of a poor overall diet, in conjunction with insufficient exercise, were the main reasons behind his illness and consequent demise. I also believe that if he were to apply an effective preventative nutritional approach and exercise programme as part of his daily routine, then he would still be alive today.

It is for this reason why I wrote a book entitled '**The Essential Guide to Sports Nutrition and Bodybuilding.**' My overall intention, whilst writing the book, was to not only cover the scientific fundamentals behind muscle growth and fat loss, but to also focus on the vital steps that need to be undertaken on a regular basis in order to live a long, vibrant and healthy life. My aim was to spread more awareness on the topic of disease prevention without detracting away from its relevance in the world of sports nutrition, exercise and bodybuilding. This 800-page book took over 5 years to write from its initial conception, and was finally completed and published in 2018.

I followed this up with a book called '**Lean Gains' (second edition)**' which was published around the same time. In this book, I included a number of exercise routines which have been proven time and again to optimise muscle growth, increase stamina, improve fitness and accentuate fat-loss.

After receiving excellent feedback from trainees, personal trainers and regular gym-attenders who undertook these exercise regimes, I decided to write this book.

As the name suggests, '**The Ultimate Gym Workout**' is a book that you can conveniently refer back to before, after, or even during your workouts.

The routines in this book have been carefully thought-out and designed to not only ensure that your workouts are effective, but to also eliminate any unnecessary dilly-dallying in the gym.

This book provides you with a step-by-step guide to all the exercise routines you need to undertake in order to achieve the results you've been waiting for. In addition, you will

get an in-depth explanation and demonstration (ebook version) on how to do these exercises properly.

'The Ultimate Gym Workout' should be used as an adjunct to either '**Lean Gains**' (second edition) or '**The Essential Guide to Sports Nutrition and Bodybuilding**'

I really cannot stress this enough. The purpose of '**The Ultimate Gym Workout**' is to help you make the most of your workouts and (to some degree) diet. The science and reasoning behind it are intentionally left out of this book, but are covered in immense detail in my other two books.

ACKNOWLEDGEMENTS

I would like to take this opportunity to thank each and every one of my mentors. They have provided me with a deep understanding of the science behind all aspects of sports-related nutrition and physiology over the last 25+ years.

I'd like to give special thanks to Dr Anthony Leeds, at Kings College London, and Professor Thomas Sanders. Their knowledge and wisdom so clearly displayed during our one-to-one tuition sessions over the years have contributed massively towards the backbone of many topics covered throughout this book.

I would also like to acknowledge the extensive research undertaken by the plethora of doctors, scientists, nutritionists and researchers whose work has been referenced throughout this book. Without their notable contribution towards the world of sports nutrition and bodybuilding, I would not have been able to undertake this project.

I wish to extend my thanks to the many personal trainers, bodybuilders, and athletes I've had the pleasure of working with. They all took time out of their busy schedules to work alongside me on this project, and I am forever grateful to each and every one of them. **That is why I have chosen to recognise these incredible individuals on pages x and xi of this book!**

I'd also like to thank these individuals for the use of 'Genesis Gym,' 'Simply Gym (Walsall), 'Solihull College Gym,' and 'PT Workspace' where many of the photos within the book were taken.

Finally, I wish to thank my mother and my brother for their continual love and support whilst writing this book.

A HANDFUL OF TESTIMONIALS



“The training and dieting regimes highlighted throughout this book are essential for success. Dr. Lee has extensive knowledge in this regard and clearly knows what he’s talking about here.”

CHRIS



“I lost 8 pounds in 6 weeks and am more than happy with the results. Everything I did to get there is explained in thorough detail throughout this book!”

MICHAEL



“I am so happy with these results! I've struggled in the past with weight-loss plateaus, but have finally reached my goals!”

SARA

A HANDFUL OF TESTIMONIALS



“‘The Ultimate Gym Workout’ is an absolute must for those looking to make some ‘lean gains!’”

MOLLY



“Using the systems and regimes highlighted throughout this book, I was able to lose 10% body fat in just over 10 weeks!.”

JON



“I was over 21 stone, and I lost 12 stone in weight in under 2 years. The nutritional advice and dieting regimes in all of Dr. Lee’s books are spot on! ”

MICHELLE

THE PLAYERS



JAMIE - PERSONAL TRAINER



DERMOT - PERSONAL TRAINER



CAROLINE - PERSONAL TRAINER



MOLLY - PERSONAL TRAINER



DOUG - PERSONAL TRAINER



ABDOTAYEB - FITNESS COACH

X

THE PLAYERS



CHRIS - BODYBUILDER



SAM - PERSONAL TRAINER



MARIA - PERSONAL TRAINER



STEF - VIDEOGRAPHER/PHOTOGRAPHER



LYNDSEY - FITNESS COACH



DR. JONATHAN S. LEE - AUTHOR

TABLE OF CONTENTS

PREFACE	III
ACKNOWLEDGEMENTS	VII
A HANDFUL OF TESTIMONIALS	VIII
THE PLAYERS	X
TABLE OF CONTENTS	XII

PART ONE: INTRODUCTION

CHAPTER 1: DESIGNING AN EFFECTIVE PROGRAMME	2
CHAPTER 2: THE MUSCLES YOU NEED TO FOCUS ON.....	8

PART TWO: YOUR NEW WORKOUT REGIME

WHAT ARE THE EXERCISES TO FOCUS ON	13
CHAPTER 3: THE BEGINNER'S WORKOUT	20
CHAPTER 4: THE 5-DAY WORKOUT FOR MEN	27

CHAPTER 5: THE 3-DAY WORKOUT FOR MEN	50
CHAPTER 6: THE 5-DAY WORKOUT WOMEN	54
CHAPTER 7: THE 3-DAY WORKOUT WOMEN	78
CHAPTER 8: DELOAD WEEK.....	94
CHAPTER 9: YOUR NEW CARDIO ROUTINE	100

PART THREE: THE WORKOUTS EXPLAINED

CHAPTER 10: CHEST WORKOUTS	122
• FLAT BARBELL BENCH PRESS	123
• INCLINED-BARBELL PRESS	128
• FLAT DUMBBELL BENCH PRESS	130
• INCLINED DUMBBELL PRESS.....	132
• DUMBBELL PULLOVER	134
• DUMBBELL FLYES	138
• CABLE CROSSOVER	141
• DIPS	145

CHAPTER 11: SHOULDER WORKOUTS	148
• BARBELL MILITARY/OVERHEAD PRESS	149
• ARNOLD DUMBBELL PRESS	154
• DUMBBELL SIDE LATERAL RAISE.....	156
• BARBELL REAR-DELT ROW	158
• DUMBBELL FRONT RAISE	164
• SEATED REAR DELT RAISE	168
 CHAPTER 12: LEG WORKOUTS	 170
• BARBELL SQUAT	171
• FRONT SQUAT	175
• LEG PRESS.....	179
• DUMBBELL LUNGE	182
• BARBELL LUNGE.....	184
• ROMANIAN DEADLIFT.....	185
 CHAPTER 13: CALF WORKOUTS.....	 190
• STANDING BARBELL CALF RAISES	191
• SEATED CALF RAISES	194
• CALF RAISES ON LEG MACHINE	196
 CHAPTER 14: BICEP WORKOUTS	 198
• STRAIGHT BARBELL BICEP CURLS	199
• E-Z BARBELL BICEP CURL.....	202
• BICEP DUMBBELL CURL.....	204

• HAMMER DUMBBELL CURL.....	208
• CHIN-UPS	212
CHAPTER 15: BACK WORKOUTS.....	234
• BARBELL DEADLIFT	235
• WIDE-GRIP PULL UP	241
• BARBELL ROW	245
• ONE-ARM DUMBBELL ROW	248
• LAT PULLDOWN	250
• BARBELL SHRUG	252
• DUMBBELL SHRUG.....	254
• T-BAR ROW	255
• HYPEREXTENSION.....	260
CHAPTER 16: AB WORKOUTS.....	264
• CABLE CRUNCHES	265
• HANGING KNEE/LEG RAISES	272
• HANGING KNEE/LEG RAISES (WEIGHTED)	276
• CAPTAIN CHAIR LEG RAISES	280
• AB ROLLER.....	284
• AIR BICYCLES	288
• DECLINE CRUNCH.....	291
CHAPTER 17: BUTT WORKOUTS	293
• HIP THRUST	295

• BULGARIAN SPLITS	298
• BUTT BLASTER	304
CHAPTER 18: ROTATOR CUFF WORKOUTS	307
• FACEPULL	310
• DUMBBELL INTERNAL ROTATION.....	312
• DUMBBELL EXTERNAL ROTATION	314
CHAPTER 19: TRACKING YOUR PROGRESS	316
CHAPTER 20: A FEW WORDS ABOUT NUTRITION	326
• MAINTENANCE CALORIES	327
• NUTRITIONAL REQUIREMENTS FOR MAINTENANCE.....	332
• NUTRITIONAL REQUIREMENTS FOR BULKING	335
• NUTRITIONAL REQUIREMENTS FOR CUTTING	341
CHAPTER 21: MEAL PLANS	343
• 1000 CALORIE-DAY	346
• 1500 CALORIE-DAY	352
• 2000 CALORIE-DAY	358
• 2500 CALORIE-DAY	364
• 3000 CALORIE-DAY	372
• 3500 CALORIE-DAY	378
• ADDITIONAL TIPS.....	384
OTHER BOOKS BY DR JONATHAN S. LEE	393

REFERENCES	394
INDEX	419

SO, WHAT WILL YOU GET OUT OF THIS BOOK?



This is my **fourth** book in the ‘Lean Gains’ series, and is probably the **most relevant** when it comes to providing gym-goers, dieters, newbies, and even bodybuilders with direct, ‘over-the-shoulder’ training advice (both inside and outside of the gym)...



.....WHAT THE HELL ARE TALKING ABOUT JON??!!....

...Good question....

....Uhr, Okay. Well put it this way.

If you’re:

- looking for a simple yet very effective training regime that **will** get you the results you’ve always wanted.
- Intimidated by the million and one machines you willingly avoid each and every time you go to the gym.
- Not doing the exercises properly (i.e., with the right form, posture, etc.) but are too embarrassed or shy to ask for help.
- Sick of paying some personal trainer for hour-long sessions, only to **completely forget** everything he/she told you by the following week.
- Looking for simple, no-BS dieting advice and easy-to-follow recipes...

.....THEN CONGRATULATIONS!!....

THIS BOOK IS DEFINITELY FOR YOU!!!!

PART ONE

INTRODUCTION



CHAPTER 1

DESIGNING AN EFFECTIVE PROGRAMME

SO, WHAT DO WE WANT TO ACHIEVE FROM OUR GYM WORKOUTS?

Going to the gym to lift weights and perform cardio on a regular basis feels great. Once you do so, you **WILL** produce more dopamine, release endorphins, and improve your overall health and well-being.

However, if your **long-term goal** is to gain and/or maintain muscle mass during a bulking or cutting phase, then we have to tailor our workouts to **more specific goals**.

By performing the workouts
outlined within this book, you will:

Maintain and/Gain Muscle

- The aim of our workouts is to **progressively overload** so as to maximise muscle growth during a bulk and minimise muscle loss during a cut.
- Your aim is to **increase the weight or number of reps** as time goes on.
- We're also looking at training **each major muscle group twice a week**. We accomplish this by **training the working muscle directly one week [eg. Squats for legs] and indirectly on another day during the week** [eg. Deadlifts, although focusing on back, also give the legs a nice workout].

Improve Insulin Sensitivity

- We want to attain and maintain insulin sensitivity whether we're bulking or cutting. A high-insulin sensitivity increases the chance of muscles utilising calories from food as opposed to those calories being stored as fat.
- The best way of increasing insulin- sensitivity is by doing exercises inclusive of both cardio and weight-training.
- High insulin-sensitivity reduces the amount of fat you gain during a bulk and maximises the amount of fat you burn during a cut so it's a win win.

Gain Strength

- When you progressively overload, you're getting stronger and your muscles will start to grow and (more importantly) **show** as a consequence. This is especially the case when you're bulking, or if you are new to the gym.
- Progressive overload and consistent weight training is also vital for maintaining more muscle during the cutting phase.

Burn Fat

You're going to find it very difficult to burn fat in the long run **if you're not training**.

If you're not giving your muscles a good workout regularly, they will shrink in size. The combination of lean muscle mass and regular exercise will boost your metabolic rate, which means you will burn a ton of calories [and hence fat] both in the gym and when you're resting. You therefore want to not only keep as much muscle as you can but also train regularly.

Increase Metabolic Rate

These workouts will increase you **basal and resting metabolic rate** meaning that you will be burning more energy [predominantly from fat] when you're resting.

Do Cardio But Not Too Much

Cardio is recommended, but **in order to avoid overtraining**, it's best to limit cardio sessions (especially HIIT) to no more than 2 to 3 times a week. Since these workouts are very demanding, more than 3 cardio sessions per week in addition to the routines indicated in this book may well interfere recovery.

Make Each Gym Workout Count!

- When it comes to growing and maintaining muscle mass, we must embrace the following principles into our workout programme:
 - **Progressive overload.**
 - **Compound Exercises.**
[eg. bench press, squats, deadlifts]
 - **Heavy Weights**
[most of the time]
 - **Light Weights**
[Yes!! Light weights do have their place!]]
- You **will** get fantastic results if you keep your gym sessions regular and apply the above principles to your workout regime.
- However, that may not be enough to get the **killer body** you've always wanted. In addition, therefore, you will need to focus on:
 - **Specific** isolation exercises to help grow and develop weaker/smaller muscles.
 - **Both** higher and lower rep exercises for certain muscles [eg. abs] with a higher proportion of Type I muscles fibres.
 - Training smaller muscle groups [eg. calves, abs] more frequently.
- In part three, we'll focus on the major muscle groups you will be working on during your gym sessions, and how these prescribed exercises benefit them.

The Muscles We Need To Pay Attention To

- Your workouts will revolve around 9 different parts of the body:

•CHEST	•TRICEPS
•SHOULDERS	•ABS
•LEGS	•BACK
•CALVES	•BUTT (Mainly Females)
•BICEPS	
- There are a number of exercises you can apply to these workouts that will target the muscles in these areas. However, you **won't need to bombard your workouts with a ton of exercises** that may or may not be 'beneficial' to your goals.
- Instead, we're going to keep things **simple yet extremely effective**.
- The **following chapter** highlights the exercises you will need to **learn and master**.
- **These are workouts that have been proven time and again to yield the best results when done properly.**
- Once you've learnt them, you won't need to do anything else.
- However, you may come across 'new' exercises from YouTube, gym-buddies, etc. during your 'body transformation' journey which aren't included here. **As long as they're safe and you're comfortable doing them**, then feel free to add them to your workouts. However, you should view them as 'non-essential bonuses' in **addition** to what I've outlined for you; and be weary of overtraining.





CHAPTER 2

THE MUSCLES YOU NEED TO FOCUS ON

A Few Words of Caution

Before We Get Stuck In!

- The majority of the workouts within this book **will** involve lifting weights (as the name of the book suggests lol).
- If you're new to weight training, then the weights should be **intentionally light in the beginning**. This is to allow your muscles to get used to weight-training routines, as well as develop what we call a '**mind-muscle connection**'.
- Once you're ready to move on, you will be applying the **three principles** necessary for muscle growth [i.e., progressive overload, time-under-tension and cellular fatigue (as described in detail in my other book '**Lean Gains**' and '**The Essential Guide to Sports Nutrition and Bodybuilding**')] to your workouts.
- The great thing about the workouts in part three is that they have been **carefully thought out and designed so as to embrace all three of these principles**.
- In each chapter, we will be going through the prescribed exercises, and describing how to perform them properly.
- Ensuring that you're weight-training properly, especially when you start to lift the heavier weights, is absolutely crucial when it comes to **injury prevention**.



MUSCLE GROUP	EXERCISE
CHEST	BARBELL BENCH PRESS [FLAT AND INCLINED] DUMBBELL BENCH PRESS [FLAT AND INCLINED] DUMBBELL PULLOVER [UPPER CHEST] DUMBBELL FLYS CABLE CROSSOVER DIPS
SHOULDER	BARBELL MILITARY PRESS ARNOLD DUMBBELL PRESS DUMBBELL SIDE LATERAL RAISE REAR DELT RAISE [SEATED] BARBELL REAR DELT ROW DUMBBELL FRONT RAISE
LEGS	BARBELL SQUAT FRONT SQUAT LEG PRESS DUMBBELL LUNGE BARBELL LUNGE ROMANIAN DEADLIFT
CALVES	STANDING CALF RAISES SEATED CALF RAISES CALF RAISES ON LEG PRESS
BICEPS	BARBELL CURL E-Z BARBELL CURL HAMMER CURL DUMBBELL CURL CHIN-UP

MUSCLE GROUP	EXERCISE
TRICEPS	CLOSE-GRIP BENCH PRESS DIPS SKULLCRUSHERS TRICEPS PUSHDOWN DUMBBELL OVERHEAD TRICEPS PRESS
BACK	BARBELL DEADLIFT WIDE-GRIP PULL-UP BARBELL ROW ONE-ARM-DUMBBELL ROW LAT PULLDOWN BARBELL SHRUG DUMBBELL SHRUG HYPEREXTENSION
ABS	CABLE CRUNCH HANGING LEG RAISES CAPTAIN'S CHAIR LEG RAISE AB ROLLER AIR BICYCLES DECLINE CRUNCH
BUTT	DEADLIFT SQUATS [WIDE AND DEEP] HIP THRUSTS ROMANIAN DEADLIFT BULGARIAN SPLIT SQUATS BUTT BLASTER/GLUTE MASTER
ROTATOR CUFF	FACE PULL DUMBBELL INTERNAL ROTATION DUMBBELL EXTERNAL ROTATION

PART TWO

YOUR NEW WORKOUT REGIME

The Exercises You Will Be Focusing On

- **Compound exercises** on the whole are generally preferred to isolation exercises, and should take **priority** in your weightlifting protocol.
- Your workouts should always start with the '**essential**' exercises. You can then decide to do 3 sets of any 2 exercises from the '**extras**' exercises.
- Do the '**essential**' exercises **in the order that they're written**.
- Do **2 different exercises** from the '**extra**' exercises every week, but keep the '**essential**' exercises the same. Remember, the focus of the '**essential**' exercises is progressive overload, so try to add more weight each week, if possible, until you're struggling to reach the maximum rep range for that exercise. If you can't add more weight, then focus on doing more reps.
- The '**rest**' period at the right side of each table represents the approximate length of time you should be resting between sets.
- **Make it your duty** to learn and master each and every one of these exercises. You won't need to mess about with machines or any other fancy gym equipment if you apply the exercises below to your workout

Workout Routines

In this section, we will cover the workout routines you will be doing. They've been divided into 4 sections including a beginner routine and warming up routine.

The warm up is essential before each routine except the 'beginner exercises' which will require a slightly different warm up routine:

Warm-Up Routines

Warming up the right way is **absolutely essential** as this will enable you to lift heavy weights with minimal risk of injury. It will also allow you to become stronger and lift heavier weights during your workout.

Beginner

This is for those who are **new** to the gym and not accustomed to doing weight training. They should do these exercises for the first month (at least) before progressing onto ‘Option A’ or ‘Option B.’

Option A: 5-Day Workout

This workout routine comprises of **five days in the gym and two days of rest**. During each workout routine, emphasis will be placed on two major muscle groups.

Option B: 3-Day Workout

This workout routine comprises of **three days in the gym and four days of rest**. Option B is more suited for those who prefer not to train 5 days a week. The emphasis is placed on three muscle groups per session.

The ‘DeLoad’ Week

This ‘deload’ week consists of doing **‘beginner-style’ workouts** consisting of 10-12 reps for 1 week. These exercises are intentionally designed to consist of relatively simple workouts inflicting minimal stress to the muscles.

Lifting ‘heavy’ all the time creates immense physical stress on the body after a while, so it’s essential to include a ‘de-load’ at the end of each training cycle [i.e., every two months or so] and let the body rest from strength-training for a while.

That way, when you’re ready to go heavy again, the muscles have been well-rested and rearing to go.

When embarking on a de-load week, ensure that you're using relatively light weights throughout.

The alternative to a de-load is to refrain from any weight-training at all for a week and just rest completely [with the exception of mild cardio perhaps].

How Should You Warm Up?

The aim here is to **gradually increase blood flow to the working muscles** by making **incremental** increases in weight from light-to-heavy.

Warming up this way enables your body to perform at a much **greater** intensity when it comes to performing your working sets.

Do a 3-5-minute light jog on a treadmill. This increases blood flow around the body and increases body temperature.

Decide on the exercise you're going to do and carry out 10-12 reps at 50% of the weight that you would usually lift for a set of 4-6 reps. For example, if you're doing bench press and you usually lift 120kg for 4-6 reps, then do 10-12 reps of 60kg. **The bottom line is that you should be lifting a weight that's very easy to move about.**

Have a break for around a minute and then repeat.

By this stage, you should go from feeling cold and stiff to feeling loose and energised.

Important Tips About Warming Up

- **Always** do a warm-up before training each muscle group. For example, if you're doing legs and back in one session, do a warm up for legs and then do a warm up for back once you've finished training legs.
- **Warm-up on the first exercise you're doing for each muscle group.** So if your first exercise, for instance, is military press, then warm-up on the military press [which trains your shoulders]. If you choose to move onto the next shoulder exercises, once you've completed the military press, you don't need to warm-up again. However, if you decide to train your back afterwards by doing deadlifts, for example, then warm-up on the deadlifts.
- Do a series of **4 warm up sets for each muscle group you train.** [A working set is the main exercise you're going to do once you've warmed up].

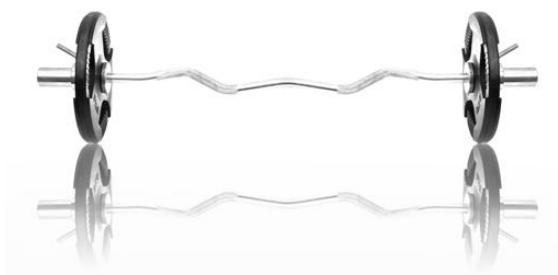




Warm Up Exercises

Beginners

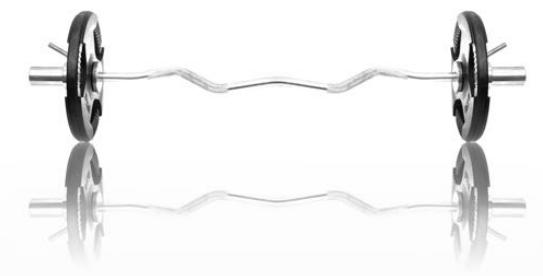
WARMUP SEQUENCE [for beginners]	REP RANGE	INTENSITY [%]	REST
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET OF WORKOUT	15-20	40	1 minute
SECOND WARMUP SET OF WORKOUT	15-20	40	1 minute
THIRD WARMUP SET OF WORKOUT	12-15	60	1 minute



Warm Up Exercises

Intermediate-Advanced

WARMUP SEQUENCE	REP RANGE	INTENSITY 1RM [%]	REST
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET OF WORKOUT	10-12	50	1 minute
SECOND WARMUP SET OF WORKOUT	10-12	50	1 minute
THIRD WARMUP SET OF WORKOUT	4-6	70	1 minute
FOURTH WARMUP SET OF WORKOUT	1	90-95	3 minutes





CHAPTER 3

THE BEGINNER'S WORKOUT

Beginners

Who Is A Beginner?

- **A beginner** is someone who:
 - * has **never** trained with weights before,
 - * **very rarely** does any weight training, even if they attend the gym regularly,
 - * **or** [in this particular situation] someone who has experience in weight-training, but hasn't trained in a very long time [i.e., **de-trained weightlifters**].

Why Are Beginners Treated Differently?

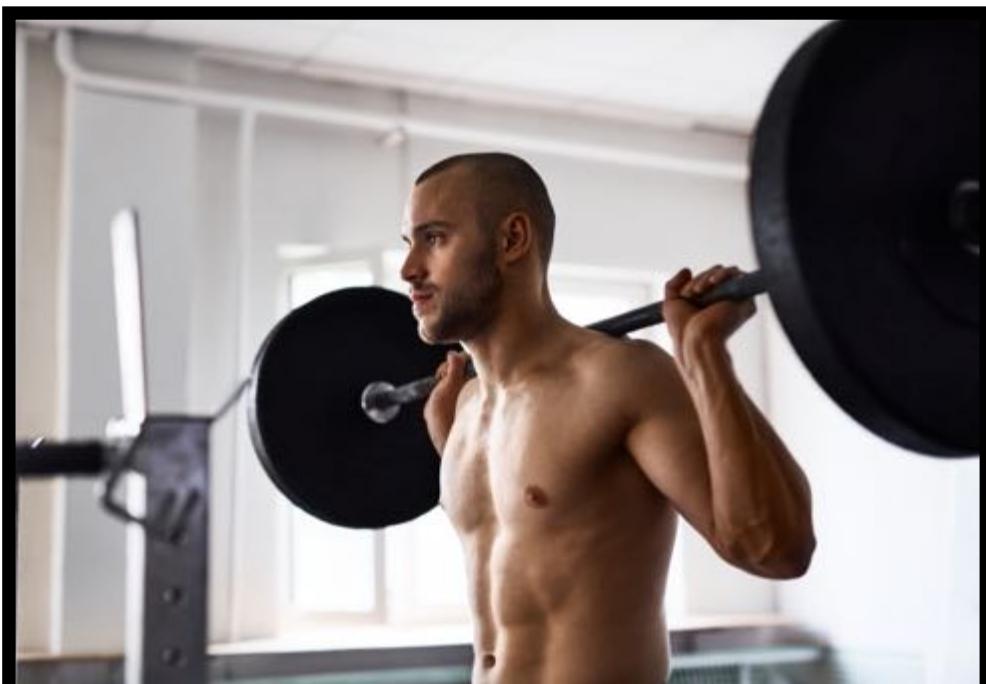
- **Lifting weights is crucial for:**
 - * Maintaining muscle during fat loss and maintenance phases of your diet.
 - * Growing muscle when you're on a calorie-surplus.
- However, the most effective way of benefiting from weight-training in the long-term is by **setting in place a basis for our training routines**. In the beginning, this will appear **foreign to the 'un-trained' or 'de-trained' body**.
- It's therefore important that a beginner does not rush into a conventional strength-training programme. Ensuring that the beginner is adept to the necessary movements required for muscle growth is of paramount importance.

- In other words, a beginner should use relatively light weights for their first month or 2, and focus on basic compound exercises. Being able to do this serves 2 purposes:
 1. It provides the trainee with a **foundation** from which they can eventually add more weight, build muscle and become stronger whilst minimising risk of injury.
 2. The use of light weights from the very beginning allows the trainee to get used to training ‘the right way,’ optimise their coordination and do the required exercises with excellent form.
- A workout for a beginner, using this programme, is pretty basic and will consist of 2 different workouts on alternate days 3 times a week.
- As long as you’re alternating your routine with one day off in between, then the day you start these exercises are not important. For simplicity, we’ll assume that **‘Day One’ is Monday.**





MONDAY



MUSCLE GROUP	EXERCISE	SETS	REPS	REST (between sets)
CHEST	BENCH PRESS	3	8-10	1-2 minutes
LEGS	SQUATS	3	8-10	1-2 minutes
BACK	ROWS	3	8-10	1-2 minutes

WEDNESDAY



MUSCLE GROUP	EXERCISE	SETS	REPS	REST (between sets)
LOWER BACK	DEADLIFTS	3	8-10	1-2 minutes
UPPER BACK	PULL-UPS/ LAT PULL-DOWNS	3	8-10	1-2 minutes
SHOULDERS	MILITARY PRESS	3	8-10	1-2 minutes

FRIDAY



MUSCLE GROUP	EXERCISE	SETS	REPS	REST (between sets)
CHEST	BENCH PRESS	3	8-10	1-2 minutes
LEGS	SQUATS	3	8-10	1-2 minutes
BACK	ROWS	3	8-10	1-2 minutes



CHAPTER 4
OPTION A:
THE 5-DAY
WORKOUT
FOR MEN

OPTION A:

5-DAY WORKOUT FOR MEN

DAY	MAIN FOCUS
MONDAY	LEGS AND BICEPS
TUESDAY	CHEST AND TRICEPS
WEDNESDAY	BACK AND ABS
THURSDAY	SHOULDERS AND CALVEES
FRIDAY	WHOLE BODY
WEEKEND	REST

WARM-UP

ROUTINE

WARMUP SEQUENCE	REP RANGE	INTENSITY [%]	REST (between sets)
LIGHT CARDIO (3-5 MINUTES)			
FIRST WARMUP SET OF WORKOUT	10-12	50	1 minute
SECOND WARMUP SET OF WORKOUT	10-12	50	1 minute
THIRD WARMUP SET OF WORKOUT	4-6	70	1 minute
FOURTH WARMUP SET OF WORKOUT	1	90-95	3 minutes

MONDAY



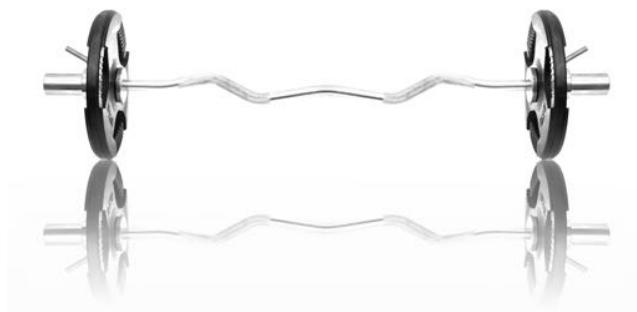
5-DAY WORKOUT FOR MEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



MONDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
BARBELL SQUATS	3	4-6	3 minutes
FRONT SQUATS	3	4-6	3 minutes
ROMANIAN DEADLIFTS	3	4-6	3 minutes
SEATED CALF RAISES	3	8-10	1-2 minutes
DUMBBELL BICEP CURLS	3	4-6	3 minutes
E-Z BARBELL CURL	3	6-8	3 minutes

MONDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
LEG CURL	3	8-12	1-2 minutes
LEG PRESS	3	8-12	1-2 minutes
DUMBBELL/ BARBELL LUNGE	3	8-12	1-2 minutes
HAMMER CURLS	3	8-12	1-2 minutes
CHIN UPS	3	TO FAILURE	1-2 minutes
CALF RAISES ON LEG PRESS	3	8-12	1-2 minutes

TUESDAY



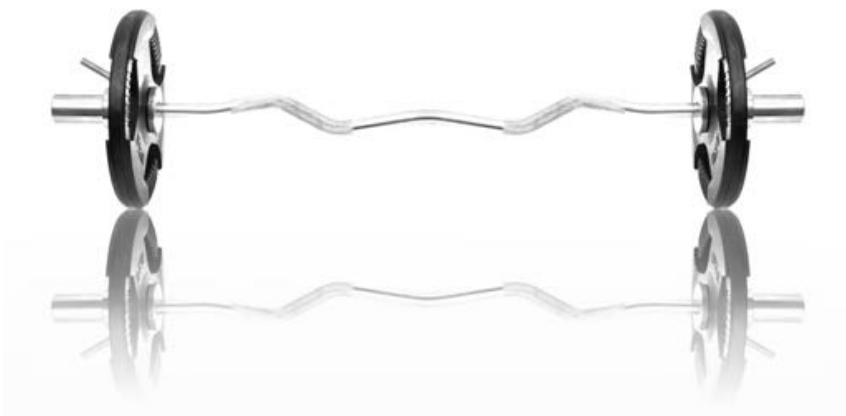
5-DAY WORKOUT FOR MEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



TUESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
FLAT BARBELL BENCHPRESS	3	4-6	3 minutes
INCLINED DUMBBELL/ BARBELL BENCH PRESS	3	4-6	3 minutes
CLOSE-GRIP BENCH PRESS	3	4-6	3 minutes
SEATED TRICEP PRESS	3	4-6	3 minutes
FACE PULL	3	8-12	1-2 minutes

TUESDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
DIPS	3	8-10	1-2 minutes
DUMBBELL FLYES	3	8-10	1-2 minutes
DUMBBELL PULLOVER	3	8-10	1-2 minutes
SKULL CRUSHERS	3	8-12	2 minutes
TRICEPS PUSHDOWN	3	12-15	1-2 minutes
CABLE CROSSOVER	3	10-12	1-2 minutes
DUMBBELL FLYES	3	10-12	1-2 minutes
INTERNAL/ EXTERNAL DUMBBELL ROTATION	3	8-12	1-2 minutes

WEDNESDAY

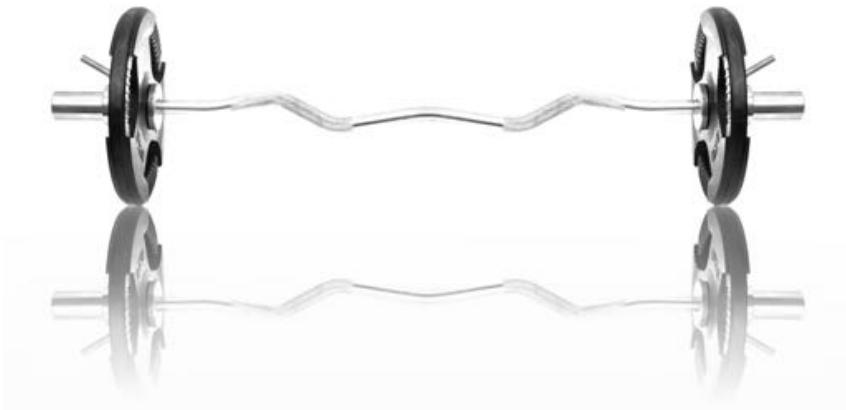


5-DAY WORKOUT FOR MEN

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



WEDNESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
BARBELL DEADLIFT	3	4-6	3 minutes
BARBELL ROW	3	4-6	3 minutes
WIDE GRIP PULL UP	3	4-6	3 minutes
CABLE CRUNCH	3	10-12	1 minute
HANGING LEG RAISES	3	10-12	1 minute
AIR BIKE	3	TO FAILURE	1 minute
AB ROLLERS	3	TO FAILURE	1 minutes

WEDNESDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
ONE-ARM DUMBBELL ROW	3	8-10	1-2 minutes
BARBELL/DUMBBELL SHRUG	3	8-12	3 minutes
LAT PULLDOWN	3	8-12	1-2 minutes
T-BAR ROW	3	8-12	1-2 minutes
HYPER-EXTENSION	3	8-12	1-2 minutes
LEG RAISES	3	TO FAILURE	1 minute

THURSDAY



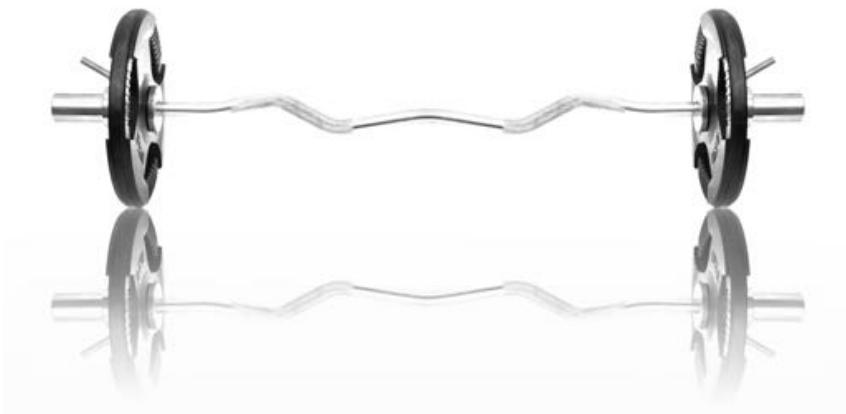
5-DAY WORKOUT FOR MEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



THURSDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
MILITARY PRESS	3	4-6	3 minutes
SIDE LATERAL RAISE	3	4-6	3 minutes
BARBELL REAR DELT ROW	3	4-6	3 minutes
CALF RAISES (STANDING/SEATED)	3	4-6	3 minutes

THURSDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
REAR DELT RAISE	3	8-12	1-2 minutes
ARNOLD DUMBBELL PRESS	3	10-15	1-2 minutes
DUMBBELL FRONT RAISE	3	8-12	1-2 minutes
BENT OVER DUMBBELL LATERAL RAISES	3	8-12	1-2 minutes
CALF RAISES ON LEG PRESS	3	12-15	1-2 minutes

FRIDAY



5-DAY WORKOUT FOR MEN

FRIDAY

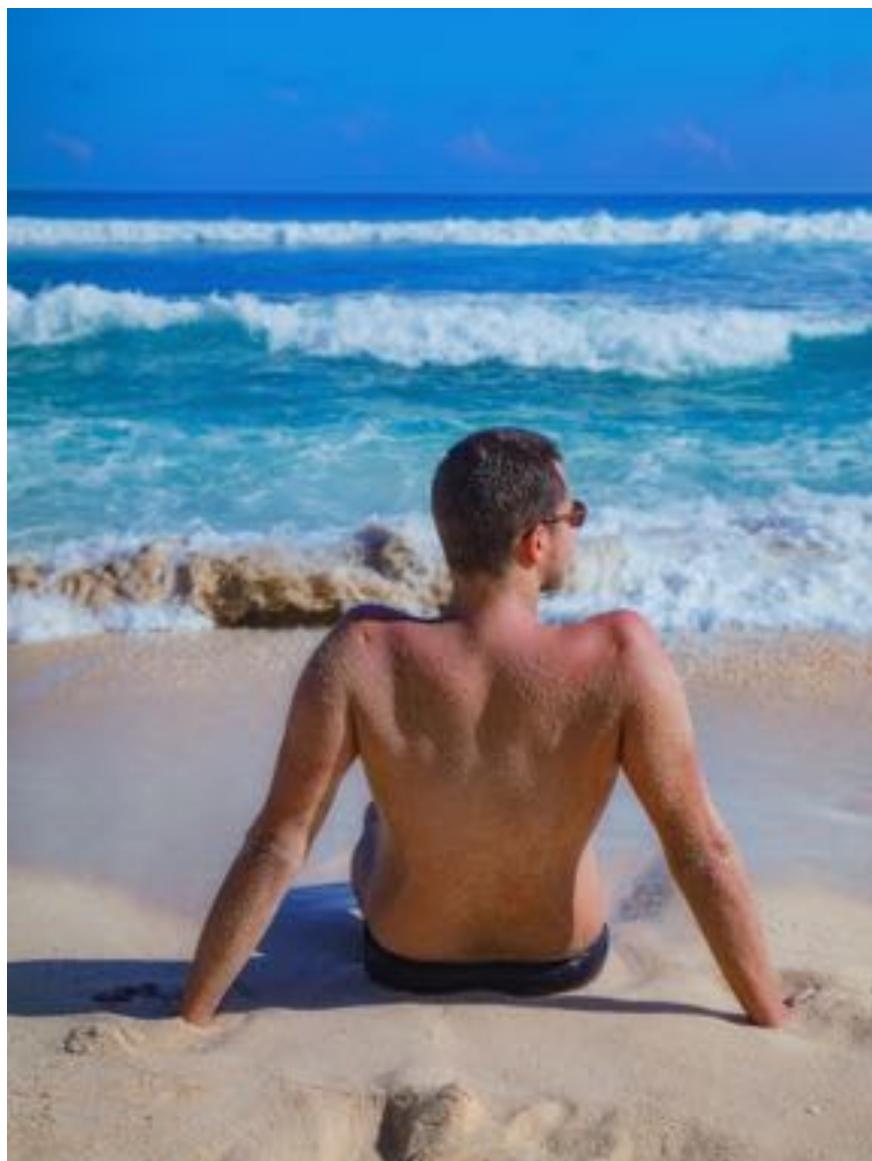
WHOLE BODY



EXERCISE	SETS	REPS	REST (between sets)
DUMBBELL PULLOVER	3	8-12	2 minutes
LEG PRESS	3	8-12	2 minutes
HAMMER CURL	3	8-12	2 minutes
HYPER-EXTENSION	3	8-12	2 minutes
TRICEPS PUSHDOWN	3	8-12	2 minutes
FACEPULL	3	8-12	2 minutes
CAPTAIN'S CHAIR LEG RAISES	3	8-12	1-2 minutes
AIR BICYCLES	3	TO FAILURE	1 minute
AB ROLLER	3	TO FAILURE	1 minute

WEEKEND

REST



ADDITIONAL TIPS



- 1. REMAIN CONSISTENT**
- 2. TAKE SELFIES ON A REGULAR BASIS**
- 3. UTILISE A TRACKING SYSTEM TO MEASURE YOUR PROGRESS (CHAPTER XXXX)**
- 4. ADOPT MEAL PLANS INTO YOUR REGIME (CHAPTER XXXX)**
- 5. MAKE TIME FOR 2 '30-MINUTE' HIIT CARDIO SESSIONS PER WEEK IN ADDITION TO YOUR WORKOUT REGIME (CHAPTER XXXX)**



CHAPTER 5

OPTION B: THE 3-DAY WORKOUT FOR MEN

OPTION B:

3-DAY WORKOUT FOR MEN

DAY	MAIN FOCUS
MONDAY	BACK, ABS, AND BICEPS
TUESDAY	REST
WEDNESDAY	CHEST, TRICEPS, AND CALVES
THURSDAY	REST
FRIDAY	LEGS AND SHOULDERS
WEEKEND	REST

WARM UP

ROUTINE

WARMUP SEQUENCE	REP RANGE	INTENSITY [%]	REST (between sets)
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET OF WORKOUT	10-12	50	1 minute
SECOND WARMUP SET OF WORKOUT	10-12	50	1 minute
THIRD WARMUP SET OF WORKOUT	4-6	70	1 minute
FOURTH WARMUP SET OF WORKOUT	1	90-95	3 minutes



MONDAY



3-DAY WORKOUT FOR MEN

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



MONDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
DEADLIFTS	3	4-6	3 minutes
BARBELL ROW	3	4-6	3 minutes
PULL UPS	3	4-6	3 minutes
BICEP CURLS	3	4-6	3 minutes
HANGING LEG RAISES <i>(Weighted if possible)</i>	3	10-12	1-2 minutes
AIR BICYCLES	3	TO FAILURE	1 minute
AB ROLLERS	3	TO FAILURE	1 minute

MONDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
BARBELL SHRUG	3	8-12	1-2 minutes
HYPER-EXTENSION	3	10-15	1-2 minutes
HAMMER CURLS	3	8-12	1-2 minutes
BENT OVER DUMBBELL LATERAL RAISES	3	8-12	1-2 minutes
LAT PULLDOWN	3	12-15	1-2 minutes

WEDNESDAY



3-DAY WORKOUT FOR MEN

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



WEDNESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
BENCH PRESS	3	4-6	3 minutes
INCLINED DUMBBELL	3	4-6	3 minutes
SEATED TRICP PRESS	3	4-6	3 minutes
CALF RAISES (Stanced/ Seated)	3	4-6	3 minutes

WEDNESDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
DUMBBELL PULLOVER	3	8-12	1-2 minutes
DIPS	3	8-12	1-2 minutes
CABLE CROSSOVER	3	10-15	1-2 minutes
TRICEPS PUSHDOWN	3	8-12	1-2 minutes
CLOSE-GRIP BENCH PRESS	3	10-15	1-2 minutes
CALF RAISES ON LEG PRESS	3	10-15	1-2 minutes

FRIDAY



3-DAY WORKOUT FOR MEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



FRIDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST (between sets)
BARBELL SQUATS	3	4-6	3 minutes
FRONT SQUAT	3	4-6	3 minutes
ROMANIAN DEADLIFT	3	4-6	3 minutes
MILITARY PRESS	3	4-6	3 minutes
BARBELL REAR DELT ROW	3	4-6	3 minutes

FRIDAY

EXTRAS



EXERCISE	SETS	REPS	REST (between sets)
LEG PRESS	3	8-12	1-2 minutes
DUMBBELL/ BARBELL LUNGES	3	8-12	1-2 minutes
DUMBBELL FRONT RAISES	3	10-15	1-2 minutes
ARNOLD DUMBBELL PRESS	3	8-12	1-2 minutes
DUMBBELL SIDE LATERAL RAISES	3	10-15	1-2 minutes
REAR DELT RAISE	3	10-15	1-2 minutes



CHAPTER 6

OPTION A:
THE 5-DAY WORKOUT
FOR WOMEN

OPTION A:

5-DAY WORKOUT FOR WOMEN

DAY	MAIN FOCUS
MONDAY	LEGS AND BICEPS
TUESDAY	CHEST AND TRICEPS
WEDNESDAY	BACK, BUTT, AND ABS
THURSDAY	SHOULDERS AND CALVEES
FRIDAY	WHOLE BODY
WEEKEND	REST

WARM UP

ROUTINE

WARMUP SEQUENCE	REP RANGE	INTENSITY [%]	REST (between sets)
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET OF WORKOUT	10-12	50	1 minute
SECOND WARMUP SET OF WORKOUT	10-12	50	1 minute
THIRD WARMUP SET OF WORKOUT	4-6	70	1 minute
FOURTH WARMUP SET OF WORKOUT	1	90-95	3 minutes



MONDAY



**5-DAY WORKOUT
FOR WOMEN**

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



MONDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
BARBELL SQUATS	3	4-6	3 minutes
FRONT SQUATS	3	4-6	3 minutes
ROMANIAN DEADLIFTS	3	4-6	3 minutes
HIP THRUSTS	3	4-8	3 minutes
SEATED CALF RAISES	3	8-10	1-2 minutes

MONDAY

EXTRAS



EXERCISE	SETS	REPS	REST
LEG CURL	3	8-12	1-2 minutes
LEG PRESS	3	8-12	1-2 minutes
DUMBBELL/ BARBELL LUNGE	3	8-12	1-2 minutes
BUTT BLASTER/ GLUTE MASTER	3	8-12	1-2 minutes
CALF RAISES ON LEG PRESS	3	8-12	1-2 minutes

TUESDAY



**5-DAY WORKOUT
FOR WOMEN**

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



TUESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
FLAT BARBELL BENCHPRESS	3	4-6	3 minutes
INCLINED DUMBBELL/ BARBELL BENCH PRESS	3	4-6	3 minutes
CLOSE-GRIP BENCH PRESS	3	4-6	3 minutes
SEATED TRICEP PRESS	3	4-6	3 minutes

TUESDAY

EXTRAS



EXERCISE	SETS	REPS	REST
DIPS	3	8-10	1-2 minutes
DUMBBELL FLYES	3	10-12	1-2 minutes
DUMBBELL PULLOVER	3	8-10	1-2 minutes
SKULL CRUSHERS	3	8-12	2 minutes
TRICEPS PUSHDOWN	3	12-15	1-2 minutes
CABLE CROSSOVER	3	10-12	1-2 minutes

WEDNESDAY



**5-DAY WORKOUT
FOR WOMEN**

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



WEDNESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
BARBELL DEADLIFT	3	4-6	3 minutes
BARBELL ROW	3	4-6	3 minutes
WIDE GRIP PULL UP	3	4-6	3 minutes
CABLE CRUNCH	3	10-12	1 minute
HANGING LEG RAISES	3	10-12	1 minute
AIR BIKE	3	TO FAILURE	1 minute
AB ROLLERS	3	TO FAILURE	1 minutes

WEDNESDAY

EXTRAS



EXERCISE	SETS	REPS	REST
ONE-ARM DUMBBELL ROW	3	8-10	1-2 minutes
BARBELL/DUMBBELL SHRUG	3	4-6	3 minutes
LAT PULLDOWN	3	8-12	1-2 minutes
HYPER-EXTENSION	3	8-12	1-2 minutes
LEG RAISES	3	TO FAILURE	1 minute

THURSDAY



5-DAY WORKOUT FOR WOMEN

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



THURSDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
MILITARY PRESS	3	4-6	3 minutes
SIDE LATERAL RAISE	3	4-6	3 minutes
BARBELL REAR DELT ROW	3	4-6	3 minutes
CALF RAISES (STANDING/SEATED)	3	4-6	3 minutes

THURSDAY

EXTRAS



EXERCISE	SETS	REPS	REST
REAR DELT RAISE	3	8-12	1-2 minutes
ARNOLD DUMBBELL PRESS	3	10-15	1-2 minutes
DUMBBELL FRONT RAISE	3	8-12	1-2 minutes
BENT OVER DUMBBELL LATERAL RAISES	3	8-12	1-2 minutes
CALF RAISES ON LEG PRESS	3	12-15	1-2 minutes

FRIDAY



5-DAY WORKOUT FOR WOMEN

REMEMBER TO:
Do The 'Essential'
Exercises First!

Pick 2-4 Exercises
From 'The Extras'

Keep Your Gym
Session Under 1 Hour



FRIDAY

WHOLE BODY



EXERCISE	SETS	REPS	REST
SQUATS (Wide and Deep)	3	8-12	2 minutes
LEG PRESS	3	8-12	2 minutes
HAMMER CURL	3	8-12	2 minutes
HYPER-EXTENSION	3	8-12	2 minutes
TRICEPS PUSHDOWN	3	8-12	2 minutes
FACEPULL	3	8-12	2 minutes
AIR BICYCLES	3	TO FAILURE	1 minute
AB ROLLER	3	TO FAILURE	1 minute

WEEKEND

REST





CHAPTER 7

OPTION B:

THE 3-DAY WORKOUT

FOR WOMEN

OPTION B:

3-DAY WORKOUT FOR WOMEN

DAY	MAIN FOCUS
MONDAY	BACK, BUTT, AND ABS
TUESDAY	REST
WEDNESDAY	CHEST, TRICEPS, AND CALVES
THURSDAY	REST
FRIDAY	LEGS, BUTT, AND SHOULDERS
WEEKEND	REST

WARM UP

ROUTINE

WARMUP SEQUENCE	REP RANGE	INTENSITY [%]	REST
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET	10-12	50	1
SECOND WARMUP SET	10-12	50	1
THIRD WARMUP SET	4-6	70	1
FOURTH WARMUP SET	1	90-95	3



MONDAY



3-DAY WORKOUT FOR WOMEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



MONDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
DEADLIFTS	3	4-6	3 minutes
BARBELL ROW	3	4-6	3 minutes
PULL UPS	3	4-6	3 minutes
BICEP CURLS	3	4-6	3 minutes
HANGING LEG RAISES <i>(Weighted if possible)</i>	3	10-12	1-2 minutes
AIR BICYCLES	3	TO FAILURE	1 minute
AB ROLLERS	3	TO FAILURE	1 minute

MONDAY

EXTRAS



EXERCISE	SETS	REPS	REST
BARBELL SHRUG	3	8-12	1-2 minutes
HYPER-EXTENSION	3	10-15	1-2 minutes
HAMMER CURLS	3	8-12	1-2 minutes
BENT OVER DUMBBELL LATERAL RAISES	3	8-12	1-2 minutes
LAT PULLDOWN	3	12-15	1-2 minutes

WEDNESDAY



**3-DAY WORKOUT
FOR WOMEN**

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



WEDNESDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
BENCH PRESS	3	4-6	3 minutes
INCLINED DUMBBELL	3	4-6	3 minutes
SEATED TRICP PRESS	3	4-6	3 minutes
CALF RAISES (Seated/Standing)	3	4-6	3 minutes

WEDNESDAY

EXTRAS



EXERCISE	SETS	REPS	REST
DUMBBELL PULLOVER	3	8-12	1-2 minutes
DIPS	3	8-12	1-2 minutes
CABLE CROSSOVER	3	10-15	1-2 minutes
TRICEPS PUSHDOWN	3	8-12	1-2 minutes
CLOSE-GRIP BENCH PRESS	3	10-15	1-2 minutes
CALF RAISES ON LEG PRESS	3	10-15	1-2 minutes

FRIDAY



3-DAY WORKOUT FOR WOMEN

REMEMBER TO:

**Do The 'Essential'
Exercises First!**

**Pick 2-4 Exercises
From 'The Extras'**

**Keep Your Gym
Session Under 1 Hour**



FRIDAY

ESSENTIALS



EXERCISE	SETS	REPS	REST
BARBELL SQUATS	3	4-6	3 minutes
FRONT SQUAT	3	4-6	3 minutes
ROMANIAN DEADLIFT	3	4-6	3 minutes
HIP THRUST	3	4-8	3 minutes
MILITARY PRESS	3	4-6	3 minutes

FRIDAY

EXTRAS



EXERCISE	SETS	REPS	REST
LEG PRESS	3	8-12	1-2 minutes
DUMBBELL/ BARBELL LUNGES	3	8-12	1-2 minutes
DUMBBELL FRONT RAISES	3	10-15	1-2 minutes
ARNOLD DUMBBELL PRESS	3	8-12	1-2 minutes
DUMBBELL SIDE LATERAL RAISES	3	10-15	1-2 minutes
REAR DELT RAISE	3	10-15	1-2 minutes



CHAPTER 8

DELOAD WEEK

WARM UP ROUTINE**FOR DELOAD WEEK**

WARMUP SEQUENCE	REP RANGE	INTENSITY [%]	REST BETWEEN WARMUP SEQUENCES [Minutes]
LIGHT CARDIO FOR 3-5 MINUTES			
FIRST WARMUP SET OF WORKOUT	10-12	50	1
SECOND WARMUP SET OF WORKOUT	10-12	50	1
THIRD WARMUP SET OF WORKOUT	4-6	70	1
FOURTH WARMUP SET OF WORKOUT	1	90-95	3

MONDAY

DELOAD DAY 1



EXERCISE	SETS	REPS	REST [between sets]
DEADLIFTS	3	8-12	2 minutes
BARBELL ROW	3	8-12	2 minutes
HANGING LEG RAISES <i>(Weighted if possible)</i>	3	10-12	1-2 minutes
AIR BICYCLES	3	TO FAILURE	1 minute
AB ROLLERS	3	TO FAILURE	1 minute

WEDNESDAY

DELOAD DAY 2



EXERCISE	SETS	REPS	REST
BENCH PRESS	3	8-12	3 minutes
INCLINED DUMBBELL	3	8-12	3 minutes
MILITARY PRESS	3	8-12	3 minutes

FRIDAY

DELOAD DAY 3



EXERCISE	SETS	REPS	REST [between sets]
BARBELL SQUATS	3	8-12	3 minutes
FRONT SQUAT	3	8-12	3 minutes
ROMANIAN DEADLIFT	3	8-12	3 minutes
BARBELL CURLS	3	8-12	3 minutes

THE BOTTOM LINE



Deload weeks are designed to help the muscles ‘rest’ between training cycles and are recommended every 8-12 weeks for both men and women.

The alternative to a ‘deload’ week is **a complete break** from training for one week.

These exercises should be easy to undertake and will prove to be a nice, ‘active’ break from your regular and more rigorous training routines.



CHAPTER 9

YOUR NEW CARDIO ROUTINE

- As mentioned in '**Lean Gains**,' cardio is an excellent adjunct to your routine weight-training sessions.
- To avoid overtraining, try to restrict cardio to no more than 2 times a week, and ideally leave a minimum of **7 hours after your weight training session** (eg. weights in morning, cardio in evening).
- There are three types of cardio that you can do in the gym:
 1. High-Intensity-Interval-Training (HIIT)
 2. Low-Intensity-Interval-Training or Steady-State Cardio.
 3. Metabolic Resistance Training.

High-Intensity-Interval-Training

- Limit HIIT sessions to **no more than twice a week if you're weight training.**
- HIIT sessions should **not exceed 30 minutes.**
- Ensure **at least 90 seconds to 2 minutes for recovery between HIIT exercises.**
- Recovery times will vary between individuals, but it's paramount that you're fully recovered before exerting near maximum intensity for 30 seconds.

There are many HIIT exercises you can do, but the following exercises are just a handful.

1. 30 Second Sprints

EXERCISE	DURATION
WARM-UP (eg. Light jog)	5 minutes
1st Sprint	30 seconds
Walk/Light jog	2 minutes
1st Sprint	30 seconds
Walk/Light jog	2 minutes
2nd Sprint	30 seconds
Walk/Light jog	2 minutes
3rd Sprint	30 seconds
Walk/Light jog	2 minutes
4th Sprint	30 seconds
Walk/Light jog	2 minutes
5th Sprint	30 seconds
Walk/Light jog	2 minutes
6th Sprint	30 seconds
Cool down/stretch	5 minutes

2. Circuit Training

- Circuit training is a fast-paced series of exercises whereby you do one exercise for around 30 seconds to 2 minutes and then move on to another exercise.
- You can **use a timer on your phone, or get hold of a ‘gym-boss.’** A ‘beep’ will sound after a prescribed length of time (eg. 30 seconds) telling you it’s time to move onto the next exercise. **There are hundreds of circuit training routines you can apply to your HIIT workouts.**
- Below is one that I regularly use. I repeat this routine **5 times. Including the warm-up, this adds up to a 25 minute HIIT session.**

EXERCISE	DURATION
WARM-UP (eg. Light jog/treadmill)	5 minutes
Burpees	30 seconds
Jumping Jacks	30 seconds
Skipping	30 seconds
Mountain Climbers	30 seconds
Rest	2 minutes

3. Metabolic Resistance Training

- The rule of thumb, for the ‘ideal’ MRT circuit, is to follow the protocols below:
 - Light weight
 - Compound Exercises
 - Short rest periods between circuits (around 2 minutes).
 - The workout is essentially a HIIT workout so it shouldn’t last more than 30 minutes.
- The MRT workout is an **excellent alternative** to the more typical circuit training and/or HIIT routines.

An Example of a MRT Circuit

EXERCISE	REPS
Bench Press	20
Deadlift	20
Pullups	10
Overhead Press	15
Squats	20

Low-Intensity-Interval-Training

- This is sometimes referred to as 'steady-state' cardio.
- Almost any form of exercise that you can sustain for over 30 minutes can be classed as steady state cardio and can do wonders for your fitness.
- Examples include **walking, jogging on a treadmill, rowing machines, cycling machines, etc.**



Stretching and Yoga

- The routines outlined in this book, in conjunction with a good all-round diet, will get you the results you've been looking for.
- Your cardio routine will improve blood flow throughout the body and help keep your muscles nice and supple.
- However, even with cardio, doing these routines on a regular basis may cause your muscles to tighten up after a while causing you to feel less flexible. This is why it's important to spend 5 minutes or so stretching after each workout.
- It's also a good idea to start doing yoga. I would suggest incorporating at least 2 yoga classes per month into your routine. Doing this will not only reduce the risk of injury, but also improve your core strength as well as your overall flexibility.



PART THREE

THE GYM
WORKOUTS
EXPLAINED

MUSCLE GROUP	EXERCISE
CHEST	BARBELL BENCH PRESS [FLAT AND INCLINED] DUMBBELL BENCH PRESS [FLAT AND INCLINED] DUMBBELL PULLOVER [UPPER CHEST] DUMBBELL FLYS CABLE CROSSOVER DIPS
SHOULDER	BARBELL MILITARY PRESS ARNOLD DUMBBELL PRESS DUMBBELL SIDE LATERAL RAISE REAR DELT RAISE [SEATED] BARBELL REAR DELT ROW DUMBBELL FRONT RAISE
LEGS	BARBELL SQUAT FRONT SQUAT LEG PRESS DUMBBELL LUNGE BARBELL LUNGE ROMANIAN DEADLIFT
CALVES	STANDING CALF RAISES SEATED CALF RAISES CALF RAISES ON LEG PRESS
BICEPS	BARBELL CURL E-Z BARBELL CURL HAMMER CURL DUMBBELL CURL CHIN-UP

MUSCLE GROUP	EXERCISE
TRICEPS	CLOSE-GRIP BENCH PRESS DIPS SKULLCRUSHERS TRICEPS PUSHDOWN DUMBBELL OVERHEAD TRICEPS PRESS
BACK	BARBELL DEADLIFT WIDE-GRIP PULL-UP BARBELL ROW ONE-ARM-DUMBBELL ROW LAT PULLDOWN BARBELL SHRUG DUMBBELL SHRUG HYPEREXTENSION
ABS	CABLE CRUNCH HANGING LEG RAISES CAPTAIN'S CHAIR LEG RAISE AB ROLLER AIR BICYCLES DECLINE CRUNCH
BUTT	DEADLIFT SQUATS [WIDE AND DEEP] HIP THRUSTS ROMANIAN DEADLIFT BULGARIAN SPLIT SQUATS BUTT BLASTER/GLUTE MASTER
ROTATOR CUFF	FACE PULL DUMBBELL INTERNAL ROTATION DUMBBELL EXTERNAL ROTATION



CHAPTER 10

CHEST
WORKOUTS

1. Flat-Barbell Bench Press

1. Lie Down on the bench with your **feet flat on the floor**.
2. **Ensure shoulder blades are squeezed together** and down towards your waist. (Imagine trying to squeeze a grape between your shoulder blades). Your grip should only be a few inches wider than shoulder width. At the same time, push your upper back into the bench.
3. **Arch your back** to maintain a neutral spine (Figure 1). It should be big enough to allow someone's fist to fit between the arch and the bench.
4. Make sure you have a firm and **tight grip of the bar**, and that you're gripping the bar as far down your palm as possible (*Figure 2*). This is very important since if the bar is too high in your hand or fingers, you put tremendous pressure on your wrists.
5. By this stage, your body should as if it's **one firm, tight, and solid unit**. You also want to **ensure that your upper back, neck and butt are touching the bench**. At the same time your feet and heals should be flat on the floor.
6. Take a **deep breath**, stabilise your lower body by tightening your quads, abs and glutes. As you lift the bar, pretend as if you're trying to **bend the bar towards you into a U-shape with your hands**. By doing this, you're **tucking in your elbows** and hence protecting your shoulders from any potential damage.
7. As you bring the bar down, **ensure your forearms are moving up and down in a straight line** at a 90 degree angle to the floor.
8. Bring the bar down until it **touches your nipple/upper abs** (*Figure 3*). Ensure upper arms and elbows are at around a **horizontal 45 degrees angle** to the torso when the bar is down.



Figure 1:
Arch Your Back to Maintain a Neutral Spine.

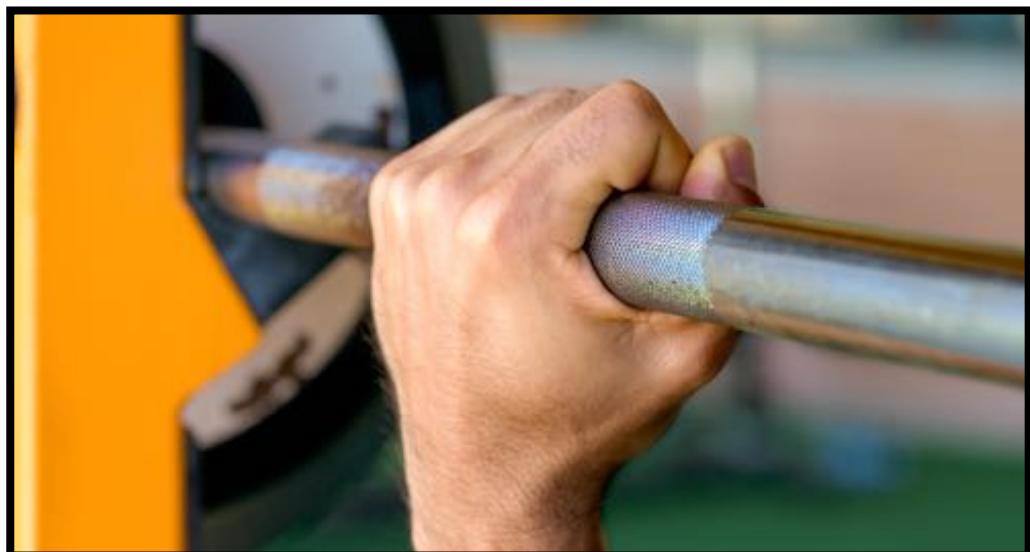


Figure 2:
Ensure that you're Gripping the Bar as Far Down your Palm as Possible.



Figure 3:
Ensure bar touches your nipple/upper abs.



Figure 4:
*Keep your feet flat on the floor throughout
the whole movement.*

9. Wherever the bar touches you, **try to hit the same spot every time.**
10. **Lift the bar by tightening your glutes and pushing your feet into the floor** (Figure 4). This allows you to push more weight and stay tight. As you lift the bar, exhale.
11. Now unlike the squats and deadlifts (which will be discussed later on), the bar movement will **not** be a simple vertical up and down motion. Our anatomy calls for a **slight curve-path** upwards and downwards towards the rack.

Additional Tip

- Ensure a controlled and smooth motion whilst you're bringing the bar down. Do not bounce the bar off your chest. This can lead to immense stress on your shoulders and sternum.
- **Do not** flare your elbows or grip too wide as this can cause damage to your shoulders and pec muscles.
- Ensure you keep your feet flat on the floor and your core tight throughout the whole movement.
- Asking a friend to spot you is a **good idea** if you're a beginner or lifting a heavy weight.



Flat Barbell Bench Press
Starting Position



Flat Barbell Bench Press
Finishing Position

2. Inclined-Barbell Bench Press

- The advice is the same as for the flat barbell bench press, but:
 - Instead of using a flat bench, select a bench with a 30-45 degree angle.
 - You will be bringing the barbell down in a vertical motion passed the chin to your upper chest (just below the collar bone) as opposed to your nipple/upper torso (see Figure 5).



Figure 5:
*Bring the Barbell Down in a Vertical Motion
Passed The Chin to Your Upper Chest.*



Inclined Barbell Bench Press
Starting Position



Inclined Barbell Bench Press
Finishing Position

3. Flat Dumbbell Bench Press

- Dumbbell bench press is very similar to barbell bench press with regards to set-up, but allows for a fuller range of motion compared to the barbell bench press. This allows for a deeper stretch at the bottom of the movement and a tight contraction at the top of the movement, and a tighter contraction at the top of the movement.
- Also, because the dumbbell press requires more stability, especially around the shoulder region, you get the **additional benefit of strengthening these 'stabiliser' muscles**. In addition, if you're training to failure, **you don't need a spotter. It's much safer with dumbbells since you can simply drop the weights to the floor.**
- The only real downside with the dumbbell bench press is that you will not be able to lift as much weight as with the barbell bench press.
- So here's how you do a flat dumbbell bench press:
 1. Sit down on a flat bench with your feet flat on the floor.
 2. **Lean back** and bring dumbbells to shoulder level.
 3. **Ensure shoulder blades are squeezed together** and down towards your waist. (Imagine trying to squeeze a grape between your shoulder blades). Your grip should only be a few inches wider than shoulder width. At the same time, push your upper back into the bench.
 4. **Arch your back** to maintain a neutral spine. It should be big enough to allow someone's fist to fit between the arch and the bench.
 5. Make sure you have a firm and **tight grip of the dumbbell** and rotate your wrists forward so that the palms of your hands are facing away from you.
 6. Take a **deep breath at the same time as bringing your chest out**. Ensure that the dumbbells are parallel to over the lower part of your chest.



ENJOYING THE BOOK SO FAR?

If so, then why not treat
yourself to a copy?

**[CLICK HERE](#) to ORDER
this book [TODAY!!](#)**

