# Warming Up, Stretching

Try your best to warm up properly before each workout and do some stretching to cool down after the workout.

Warm-up

A general warm-up of 5 to 10 minutes with dynamic stretches and movements such as high knees, arm circles, and kicking or punching a heavy bag will raise your body temperature sufficiently.

Doing dynamic stretches as part of the warm-up further increases muscle power and strength. Static stretching before strength training, on the other hand, may impair muscle power and strength during the workout.

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| **Warm up 1** |
| Jumping jack |
| Burpee |
| Mountain climber |
| Walking lunge |
| Power skip |
| Arm cross (in front of chest) |

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| **Warm up 2** |
| Jumping jack |
| Burpee |
| ball overhead throw |
| Jumping rope |
| Walking lunge |
| Step-up with rising knee |

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| **Warm up 3** |
| Mountain climber |
| Bench hop-over |
| Band sprint Medicine |
| box shuffle |
| Torso twist |
| Seal (clapping in front of chest) |

During the workout, you should also do specific warm-ups for major exercises like the squat, deadlift, bench press, and Olympic lifts like cleans and snatches—especially if you plan to work up to a heavy weight on these moves.

This would entail warm-up, or build-up, sets for each specific exercise, in which you typically complete one to three light sets, stopping well short of muscle failure, and taking plenty of rest between each build-up set; these sets are not considered working sets.

# Beginner Whole-Body Training Split Gym

|  |  |  |
| --- | --- | --- |
| **Week 1 & 2 & 3 & 4 Workout 1** | | |
| **Exercise** | **Sets** | **Reps** |
| Incline barbell bench press | 3 | 8-10 |
| Dumbbell bent-over row | 3 | 8-10 |
| Barbell shoulder press | 3 | 10-12 |
| Leg press | 3 | 8-10 |
| Triceps pressdown | 3 | 8-10 |
| Standing dumbbell curl | 3 | 10-12 |
| Standing calf raise | 3 | 12-15 |
| Crunch | 3 | 15-20 |

# Beginner Whole-Body Training Split Home

|  |  |  |
| --- | --- | --- |
| **Week 1 & 2 & 3 & 4 Workout 1** | | |
| **Exercise** | **Sets** | **Reps** |
| Push-Up | 3 | 8-10 |
| Scapular Shrug | 3 | 8-10 |
| Feet-Elevated Pike Push-Up | 3 | 10-12 |
| Skater Squat | 3 | 8-10 |
| Diamond Triceps Push-Up | 3 | 8-10 |
| Sliding Fly | 3 | 10-12 |
| Biceps Chin-Up | 3 | 12-15 |
| Lying Straight-Leg Raise | 3 | 15-20 |

# Two-Day Training Split Gym

In this program some upper-body muscle groups are trained with the legs . This divides the two workouts into a workout for the chest, back, shoulders, trapezius, and abdominals, and a workout for the quadriceps, hamstrings, calves, biceps, and triceps. However, the advantage of the two-day training split is that it better balances the number of muscle groups trained for each workout.

|  |  |  |  |
| --- | --- | --- | --- |
| **Week 1 & 2 Workout 1** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Chest | Decline bench press | 3 | 8-10 |
|  | Incline cable fly | 3 | 8-10 |
| Back | Close -grip pulldown | 3 | 10-12 |
|  | Smith machine row | 3 | 8-10 |
| Shoulders | Smith machine shoulder press | 3 | 8-10 |
|  | Cable lateral raise | 3 | 10-12 |
| Trapezius | Barbell shrug | 3 | 12-15 |
| Abdominals | Hanging leg raise | 3 | 15-20 |
|  | Oblique crunch | 3 | 15-20 |

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| **Week 1 & 2 Workout 2** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Quadriceps | Smith machine squat | 3 | 6-10 |
|  | One -leg leg extension | 3 | 12-15 |
| Hamstrings | Dumbbell Romanian deadlift | 3 | 8-10 |
| Calves | Donkey calf raise | 3 | 15-20 |
|  | Seated calf raise | 3 | 15-20 |
| Biceps | Barbell curl | 3 | 8-10 |
|  | Cable concentration curl | 2 | 10-12 |
| Triceps | Seated triceps extension | 3 | 8-10 |
|  | Triceps pressdown | 2 | 10-12 |

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| --- | --- | --- | --- |
| **Week 3 & 4 Workout 1** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Chest | Incline dumbbell press | 3 | 8-10 |
|  | Machine fly | 3 | 10-12 |
| Back | Seated cable row | 3 | 8-10 |
|  | Wide -grip pulldown | 3 | 8-10 |
| Shoulders | Dumbbell shoulder | 3 | 8-10 |
|  | press |  |  |
|  | Barbell front raise | 3 | 10-12 |
| Trapezius | Behind -the -back | 3 | 8-10 |
|  | barbell shrug |  |  |
| Abdominals | Hip thrust | 3 | 15-20 |
|  | Exercise ball crunch | 3 | 15-20 |

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| **Week 3 & 4 Workout 2** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Quadriceps | Leg press | 3 | 6-8 |
|  | Dumbbell lunge | 3 | 10-12 |
| Hamstrings | Lying leg curl | 3 | 10-12 |
| Calves | Seated calf raise | 3 | 15-20 |
|  | Leg press calf raise | 3 | 15-20 |
| Biceps | Alternating dumbbell curl | 3 | 8-10 |
|  | Preacher curl | 2 | 10-12 |
| Triceps | Triceps dip | 3 | 6-10 |
|  | Lying triceps extension | 2 | 8-10 |

# Two-Day Training Split Home

In this program some upper-body muscle groups are trained with the legs . This divides the two workouts into a workout for the chest, back, shoulders, trapezius, and abdominals, and a workout for the quadriceps, hamstrings, calves, biceps, and triceps. However, the advantage of the two-day training split is that it better balances the number of muscle groups trained for each workout.

|  |  |  |  |
| --- | --- | --- | --- |
| **Week 1 & 2 Workout 1** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Chest | Push-Up | 3 | 8-10 |
|  | Feet-Elevated Push-Up | 3 | 8-10 |
| Back | Pull-Up | 3 | 10-12 |
|  | Scapular Shrug | 3 | 8-10 |
| Shoulders | Push-Back | 3 | 8-10 |
|  | Feet-Elevated Pike Push-Up | 3 | 10-12 |
| Trapezius | Mountain Climber | 3 | 12-15 |
| Abdominals | Bicycle | 3 | 15-20 |
|  | Short-Lever Front Plank | 3 | 15-20 |

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| **Week 1 & 2 Workout 2** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Quadriceps | Sumo Squat | 3 | 6-10 |
|  | Wall Squat Isohold | 3 | 12-15 |
| Hamstrings | Russian Leg Curl | 3 | 8-10 |
| Calves | Squat Calf Raise | 3 | 15-20 |
|  | Single-Leg Ankle Hop | 3 | 15-20 |
| Biceps | Biceps Chin-Up | 3 | 8-10 |
|  | Push-Up | 2 | 10-12 |
| Triceps | Triceps Extension | 3 | 8-10 |
|  | Narrow Triceps Push-Up | 2 | 10-12 |

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| **Week 3 & 4 Workout 1** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Chest | Push-Up | 3 | 8-10 |
|  | Side-to-Side Push-Up | 3 | 10-12 |
| Back | Rafter Pull-Up | 3 | 8-10 |
|  | Scapular Shrug | 3 | 8-10 |
| Shoulders | Feet-Elevated Pike Push-Up | 3 | 8-10 |
|  | YTWL | 3 | 10-12 |
| Trapezius | Narrow Triceps Push-Up | 3 | 8-10 |
|  | Wall Posterior Neck Isohold |  |  |
| Abdominals | Burpee | 3 | 15-20 |
|  | Feet-Elevated Front Plank | 3 | 15-20 |

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| **Week 3 & 4 Workout 2** | | | |
| **Muscle group** | **Exercise** | **Sets** | **Reps** |
| Quadriceps | Wall Squat March | 3 | 6-8 |
|  | Full Squat | 3 | 10-12 |
| Hamstrings | Single-Leg Box Squat | 3 | 10-12 |
| Calves | Elevated Calf Raise | 3 | 15-20 |
|  | Single-Leg Ankle Hop | 3 | 15-20 |
| Biceps | Biceps Chin-Up | 3 | 8-10 |
|  | Push-Up | 2 | 10-12 |
| Triceps | Triceps Extension | 3 | 6-10 |
|  | Narrow Triceps Push-Up | 2 | 8-10 |

# Beginner Basic Fat-Loss Program Gym 3day

From one segment to the next, increases are made in terms of volume (number of sets performed) or intensity. Rep ranges stay moderate to high throughout (anywhere from 10-20 reps) with little variability. As you progress through the program, increase the resistance on as many exercises as possible while still ensuring proper technique; this is how you’ll progress even though rep ranges are fairly consistent. Perform the cardio routine after lifting weights.

In the last official segment of the program ([**Week 1 & 2 & 3 Workout 3**](#WeekW3)), supersets are introduced to increase intensity and thus calorie burning. Muscle group pairings are as follows: chest and back, legs and shoulders, triceps and biceps, and calves and abs.

Superset training is a method that pairs exercises for agonist and antagonist muscle groups, such as biceps and triceps, and involves performing a set for each muscle group back to back with no scheduled rest between exercises.

Superset training offers several advantages over straight-set training. The most obvious advantage is time. Because of the limited rest between exercises, superset workouts are generally quicker to perform than other training methods that allow rest periods between sets and exercises.

Another benefit to superset training is enhanced recovery. When you alternate every set of triceps with a set of biceps, you increase blood flow to those muscles because when you’re doing curls, your triceps are still contracting, which increases blood flow to them and aids in recovery. This helps your body remove waste products and damaged muscle tissue as a result of exercise.

Keep rest periods short between supersets (1-2 min) and normal (2-3 min) in the other workouts routines.

|  |  |  |
| --- | --- | --- |
| **Week 1 & 2 & 3 Workout 1** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Dumbbell bench press | 3 | 15-20 |
| Dumbbell bent-over row | 3 | 15-20 |
| Squat | 3 | 15-20 |
| Dumbbell shoulder press | 3 | 15-20 |
| Triceps pressdown | 3 | 15-20 |
| Dumbbell curl | 3 | 15-20 |
| Standing calf raise | 3 | 15-20 |
| Crunch | 3 | 15-20 |

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| --- | --- | --- |
| **Week 1 & 2 & 3 Workout 2** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Dumbbell bench press | 3 | 15-20 |
| Incline bench press | 2 | 12-15 |
| Dumbbell bent-over row | 3 | 15-20 |
| Lat pulldown | 2 | 12-15 |
| Squat | 3 | 15-20 |
| Lunge | 2 | 12-15 |
| Dumbbell shoulder press | 3 | 12-15 |
| Dumbbell upright row | 2 | 12-15 |
| Triceps pressdown | 2 | 12-15 |
| Barbell curl | 3 | 20-30 sec |
| Seated calf raise | 3 | 20-30 sec |
| Plank | 3 | 20-30 sec |

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| --- | --- | --- |
| **Week 1 & 2 & 3 Workout 3** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Incline bench press | 3 | 12-15 |
| Dumbbell bench press | 2 | 10-12 |
| Lat pulldown | 3 | 12-15 |
| Dumbbell bent-over row | 2 | 10-12 |
| Lunge | 3 | 12-15 |
| Squat | 2 | 10-12 |
| Dumbbell upright row | 3 | 12-15 |
| Dumbbell shoulder press | 3 | 10-12 |
| Dumbbell lying triceps extension | 3 | 10-12 |
| Cable curl | 3 | 10-12 |
| Leg press calf raise | 3 | 10-12 |
| Hanging leg raise | 3 | 10-12 |

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| --- | --- | --- |
| **Week 1 & 2 & 3 Day 1** |  |  |
| **Exercise ( Superset )** | **Sets** | **Reps** |
| Incline bench press  Lat pulldown | 3 | 12-15 12-15 |
| Dumbbell bent-over row  Dumbbell bench press | 2 | 10-12 10-12 |
| Squat  Dumbbell shoulder press | 3 | 10-12 10-12 |
| Lunge  Dumbbell upright row | 2 | 12-15 12-15 |
| Dumbbell lying triceps extension Cable curl | 3 | 10-12 10-12 |
| Leg press calf raise  Hanging leg raise | 3 | 10-12 10-12 |

# Beginner Basic Fat-Loss Program Home 3day

From one segment to the next, increases are made in terms of volume (number of sets performed) or intensity. Rep ranges stay moderate to high throughout (anywhere from 10-20 reps) with little variability. As you progress through the program, increase the resistance on as many exercises as possible while still ensuring proper technique; this is how you’ll progress even though rep ranges are fairly consistent. Perform the cardio routine after lifting weights.

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Keep rest periods short between supersets (1-2 min) and normal (2-3 min) in the other workouts routines.

|  |  |  |
| --- | --- | --- |
| **Week 1 & 2 & 3 Workout 1** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Push-Up | 3 | 15-20 |
| Feet-Elevated Inverted Row | 3 | 15-20 |
| Sumo Squat | 3 | 15-20 |
| Push-Back | 3 | 15-20 |
| Short-Lever Inverted Curl | 3 | 15-20 |
| Biceps Chin-Up | 3 | 15-20 |
| Elevated Calf Raise | 3 | 15-20 |
| Side Crunch | 3 | 15-20 |

|  |  |  |
| --- | --- | --- |
| **Week 1 & 2 & 3 Workout 2** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Push-Up | 3 | 15-20 |
| Elevated Push-Up | 2 | 12-15 |
| Side-to-Side Inverted Row | 3 | 15-20 |
| Rafter Pull-Up | 2 | 12-15 |
| Jump Full Squat | 3 | 15-20 |
| Forward Lunge | 2 | 12-15 |
| Feet-Elevated Pike Push-Up | 3 | 12-15 |
| YTWL | 2 | 12-15 |
| Triceps Extension | 2 | 12-15 |
| Short-Lever Inverted Curl | 3 | 20-30 sec |
| Stiff-Leg Ankle Hop | 3 | 20-30 sec |
| Rotating Two-Point Plank | 3 | 20-30 sec |

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| **Week 1 & 2 & 3 Workout 3** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Wide-Width Push-Up | 3 | 12-15 |
| Elevated Push-Up | 2 | 10-12 |
| Pull-Up | 3 | 12-15 |
| One-Arm Inverted Row | 2 | 10-12 |
| Sliding Lunge | 3 | 12-15 |
| Jump Full Squat | 2 | 10-12 |
| Modified Inverted Row | 3 | 12-15 |
| Wall Posterior Neck Isohold | 3 | 10-12 |
| Narrow Triceps Push-Up | 3 | 10-12 |
| Biceps Chin-Up | 3 | 10-12 |
| Glute March | 3 | 10-12 |
| Burpee | 3 | 10-12 |

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| --- | --- | --- |
| **Week 1 & 2 & 3 Day 1** |  |  |
| **Exercise ( Superset )** | **Sets** | **Reps** |
| Push-Up Pull-Up | 3 | 12-15 12-15 |
| Modified Inverted Row  Elevated Push-Up | 2 | 10-12 10-12 |
| Sit-Up to Stand With Jump and Reach Push-Back | 3 | 10-12 10-12 |
| Reverse Lunge Pull-Up | 2 | 12-15 12-15 |
| Crocodile Crawl Short-Lever Inverted Curl | 3 | 10-12 10-12 |
| Stiff-Leg Ankle Hop Full Squat | 3 | 10-12 10-12 |

# Feel the Burn Workout Gym 4day

This workout program uses techniques for increasing fat loss. Each workout starts with an explosive movement using fast-twitch muscle fibers that burn the most calories.

The workouts also incorporate a lot of multijoint exercises to burn more calories before and after the workout. They also employ both heavy weight for low reps to boost metabolic rate after the workout and lighter weight for high reps to boost calorie burn during the workout.

Rest periods are kept short to keep the calorie burn up during and after the workout, and some supersets are used to further the calorie burn during the workout and after. This workout program follows a four-day training split.

|  |  |  |
| --- | --- | --- |
| **Workout 1 CHEST, TRICEPS, ABS** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Power push-up | 3/5-8 | 30 sec |
| Bench press | 3/6-8 | 1-2 min |
| Incline dumbbell press | 3/6-8 | - |
| Superset with incline dumbbell fly | 3/20 | 1 min |
| Cable crossover | 3/25 | 30 sec |
| Close-grip bench press | 3/6-8 | 1-2 min |
| Cable lying triceps extension | 3/20 | - |
| Superset with triceps pressdown | 3/20 | 30 sec |
| Hip thrust | 4/to failure | - |
| Superset with crossover crunch | 4/to failure | 30 sec |

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| --- | --- | --- |
| **Workout 2 LEGS AND CALVES** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Squat jump | 3-3/5 | 30 sec |
| Squat | 4/6-8 | 1-2 min |
| Leg press | 3/20 | 30 sec |
| Leg extension | 3/25 | - |
| Superset with leg curl | 3/25 | 30 sec |
| Romanian deadlift | 3/25 | 30 sec |
| Standing calf raise | 4/10 | - |
| Superset with seated calf raise | 4/30 | 30 sec |

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| **Workout 3 SHOULDERS, TRAPS, ABS** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Squat jump | 2-3/5 | 30 sec |
| Medicine ball overhead throw | 2-3/5 | 30 sec |
| Smith machine overhead press | 3/6-8 | 1-2 min |
| Dumbbell overhead press | 3/6-8 | - |
| Superset with dumbbell lateral raise | 3/20 | 1 min |
| Dumbbell bent-over lateral raise | 3/25 | 30 sec |
| Barbell shrug | 4/6-8 | 1-2 min |
| Cable crunch | 3/10 | - |
| Superset with plank | 3/to failure | 30 sec |
| Oblique cable crunch | 3/20 | - |

|  |  |  |
| --- | --- | --- |
| **Workout 4 BACK, BICEPS, CALVES** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Dumbbell power row |  | 30 sec |
| Barbell bent-over row | 4/6-8 | 1-2 min |
| Pulldown | 4/6-8 | - |
| Superset with straight-arm lat | 4/20 | 1 min |
| pulldown |  |  |
| Seated cable row | 3/25 | 30 sec |
| Smith machine curl throw | 3/8 | 30 sec |
| Barbell curl | 3/6-8 | 1-2 min |
| Incline dumbbell curl | 3/20 | - |
| Superset with prone incline dumbbell curl | 3/20 | 30 sec |
| Seated calf raise | 4/10 | - |
| Superset with leg press calf raise | 4/20 | 30 sec |

# Feel the Burn Workout Home 4day

Rest periods are kept short to keep the calorie burn up during and after the workout, and some supersets are used to further the calorie burn during the workout and after. This workout program follows a four-day training split.

|  |  |  |
| --- | --- | --- |
| **Workout 1 CHEST, TRICEPS, ABS** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Wide-Width Push-Up | 3/5-8 | 30 sec |
| Elevated Push-Up | 3/6-8 | 1-2 min |
| Feet-Elevated Push-Up | 3/6-8 | - |
| Superset with Torso-Elevated Push-Up | 3/20 | 1 min |
| Short-Lever Inverted Curl | 3/25 | 30 sec |
| Biceps Chin-Up | 3/6-8 | 1-2 min |
| Side-to-Side Push-Up | 3/20 | - |
| Superset with triceps pressdown | 3/20 | 30 sec |
| Side Crunch | 4/to failure | - |
| L-Sit | 4/to failure | 30 sec |

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| --- | --- | --- |
| **Workout 2 LEGS AND CALVES** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Jump Box Squat | 3-3/5 | 30 sec |
| Wall Squat March | 4/6-8 | 1-2 min |
| Jumping Skater Squat | 3/20 | 30 sec |
| Full Squat | 3/25 | - |
| Superset Reverse Lunge | 3/25 | 30 sec |
| Bulgarian Split Squat | 3/25 | 30 sec |
| Single-Leg Elevated Calf Raise | 4/10 | - |
| Superset with Stiff-Leg Ankle Hop | 4/30 | 30 sec |

|  |  |  |
| --- | --- | --- |
| **Workout 3 SHOULDERS, TRAPS, ABS** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Push-Back | 2-3/5 | 30 sec |
| Three-Point Pike Push-Up | 2-3/5 | 30 sec |
| Wall Handstand Push-Up | 3/6-8 | 1-2 min |
| YTWL | 3/6-8 | - |
| Superset with Wall Posterior Neck Isohold | 3/20 | 1 min |
| Side Crunch | 3/25 | 30 sec |
| Superman | 4/6-8 | 1-2 min |
| Bicycle | 3/10 | - |
| Superset with Front Plank | 3/to failure | 30 sec |
| Seated Knee-Up | 3/20 | - |

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| --- | --- | --- |
| **Workout 4 BACK, BICEPS, CALVES** |  |  |
| **Exercise** | **Sets/reps** | **Rest** |
| Modified Inverted Row |  | 30 sec |
| Pull-Up | 4/6-8 | 1-2 min |
| Rafter Pull-Up | 4/6-8 | - |
| Superset with Short-Lever Inverted Curl | 4/20 | 1 min |
| Three-Point Bench Dip | 3/25 | 30 sec |
| Narrow Triceps Push-Up | 3/8 | 30 sec |
| Biceps Chin-Up | 3/6-8 | 1-2 min |
| Triceps Extension | 3/20 | - |
| Superset with Short-Lever Inverted Curl | 3/20 | 30 sec |
| Elevated Calf Raise | 4/10 | - |
| Squat Calf Raise | 4/20 | 30 sec |

# Full-Body Intermediate Fat-Loss Workouts 5day

For each exercise, start with your 10-rep max (10RM) and go to failure. Without resting, immediately drop the weight significantly and do 10 more reps (drop set 1); drop the weight again with no rest and do 10 more reps (drop set 2).

If on either (or both) of the drop sets you aren’t able to reach 10 reps initially, rest–pause until you reach 10. Make sure you reach 30 total reps on each exercise.

Rest–pause is a lifting technique that involves stopping during a set, resting for a short period, and then continuing with the set. Its major advantage is that it allows for more total reps to be done with a given weight. That’s because it takes advantage of the muscles’ ability to recover rapidly. In simple terms, it allows the muscles time to replenish phosphocreatine (PCr)—the same molecule that creatine supplements boost. With this shot of extra energy, the muscle can contract more strongly, producing greater force and getting more reps. The greater the force your muscle can produce and the more reps you can perform, the greater the stimulus the muscles receive and the greater the gains in strength that you can expect.

In Rest–pause you simply hold the weight and rest for three to five seconds then complete another rep. Do this for a total of three reps. Stopping at three reps allows you to do three sets at the same weight, which maximizes the stimulus the muscle receives

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| **Workout 1** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Bench press | 3 | 10 |
| Lat pulldown | 3 | 10 |
| Squat | 3 | 10 |
| Dumbbell shrug | 3 | 10 |
| Standing calf raise | 3 | 10 |
| Lying triceps extension | 3 | 10 |
| Barbell curl | 3 | 10 |
| Barbell wrist curl | 3 | 10 |
| Smith machine crunch | 3 | 10 |

|  |  |  |
| --- | --- | --- |
| **Workout 2** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Incline dumbbell fly | 3 | 10 |
| Straight-arm pulldown | 3 | 10 |
| Romanian deadlift | 3 | 10 |
| Dumbbell lateral raise | 3 | 10 |
| Straight-arm pushdown | 3 | 10 |
| Seated calf raise | 3 | 10 |
| Triceps pressdown | 3 | 10 |
| Incline dumbbell curl | 3 | 10 |
| Barbell reverse wrist curl | 3 | 10 |
| Smith machine hip thrust | 3 | 10 |

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| --- | --- | --- |
| **Workout 3** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Dumbbell bench press | 3 | 10 |
| Seated cable row | 3 | 10 |
| Leg press | 3 | 10 |
| Standing dumbbell shoulder press | 3 | 10 |
| Smith machine shrug | 3 | 10 |
| Smith machine standing calf raise | 3 | 10 |
| Close-grip bench press | 3 | 10 |
| Smith machine drag curl | 3 | 10 |
| Smith machine wrist curl | 3 | 10 |
| Rope cable crunch | 3 | 10 |

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| --- | --- | --- |
| **Workout 4** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Low-pulley cable crossover | 3 | 10 |
| Straight-arm pullback | 3 | 10 |
| Romanian deadlift | 3 | 10 |
| Dumbbell lateral raise | 3 | 10 |
| Behind-the-back barbell shrug | 3 | 10 |
| Seated calf raise | 3 | 10 |
| Overhead cable triceps extension | 3 | 10 |
| Dumbbell concentration curl | 3 | 10 |
| One-arm wrist curl | 3 | 10 |
| Cable oblique pushdown | 3 | 10 |

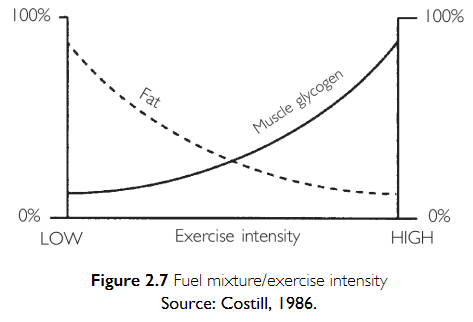
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| **Workout 5** |  |  |
| **Exercise** | **Sets** | **Reps** |
| Machine bench press | 3 | 10 |
| Reverse-grip lat pulldown | 3 | 10 |
| Deadlift | 3 | 10 |
| Machine shoulder press | 3 | 10 |
| Straight-arm dip | 3 | 10 |
| Leg press calf raise | 3 | 10 |
| Triceps dip | 3 | 10 |
| Dumbbell curl | 3 | 10 |
| Standing behind-the-back wrist curl | 3 | 10 |
| Smith machine crunch | 3 | 10 |

# Add cardio 63% VO2max and Cooling Down

Fat is an important source of energy for exercise. During aerobic exercise, you will oxidise a mixture of carbohydrate and fat. The relative proportions of each fuel oxidised depends on the intensity and duration of exercise, your level of fitness, and your pre-exercise diet (image below).

During low-intensity exercise, fat is the main fuel, while carbohydrate is the main fuel during high-intensity exercise. However, total fat oxidation in grams increases as exercise intensity increases from low to high, even though the percentage contribution of fat decreases. That’s because total energy expenditure increases, i.e. you burn more calories per minute. On average, the highest rates of fat oxidation (‘fat max’) occur at 62–63% of VO2max.

Fat oxidation increases as exercise duration increases. This is due to the decrease in glycogen stores, i.e. as glycogen becomes depleted your muscles will break down more fat for fuel.



The greater the exercise intensity, the greater the rate at which muscle glycogen is broken down.

First calculate VO2max then calculate optimum running speed.

After warm up, run for 12 minutes on treadmill or on the street and then measure the distance you ran by kilometer and use bellow formula to calculate VO2max:

VO2max = (22.351 \* *Distance*(kilometers)) - 11.288

Now calculate max distance you should run for 62% of your VO2max in 12 minutes.

MaxDistance = (0.62 \* *YourVO2max* + 11.288)/22.351

Now divide MaxDistance to 12 minutes and multiply it by 20 minutes to get your optimum distance that you should run in 20 minutes.

Use the application for calculation :

Cool-down:

Static stretching before strength training, on the other hand, may impair muscle power and strength during the workout. Your best bet is to save static stretching for the cool-down and as a way to increase your flexibility. This form of stretching is particularly effective for maximizing flexibility when done after workouts when the body is warmer and the muscles are more fatigued.

|  |
| --- |
| **Cool down 3** |
| Child’s Pose |
| Spinal Twist |
| Seated Forward Bend |
| Standing quadriceps stretch |
| Standing Forward Bend |
| Shoulder stretch |
| Cobra stretch |