**Workout #2: Anaerobic Exercises**

**Achieved Goals (2):**

**Increase Muscle Strength**

**Gain Muscle Mass**

**Day #1: Chest (90 Minutes)**

**Warm Up: Chest Opener Stretch (4 Minutes)**

Stand with feet shoulder-width apart and clasp your hands behind your back. Straighten your arms and lift them slightly while puffing out your chest. Hold for 20-30 seconds.

**Warm Up: Bent-arm Wall Stretch (4 Minutes)**

Description: Assume a split stance, right leg in the front and left leg in the back, at the end of a wall or in a doorway. Bring the left arm up to shoulder height and position the palm and inside of the arm on the wall surface or doorway. Your elbow should be bent to 90 degrees. Gently press the chest through the open space to feel the stretch.

**Exercise 1: Incline Barbell Press (9.5 minutes)**

Set #1: 15 Presses (1.5 minute)

1 minute break

Set #2: 15 Presses (1.5 minute)

1 minute break

Set #3: 15 Presses (1.5 minute)

1 minute break

Necessary Equipment: Barbell and Weights

Description: sit on the incline bench press angled 45 to 60 degrees, grasp the barbell with overhang grip wider than shoulder width

*Break 2 Minutes*

**Exercise 2: Bench Press (11.5 minutes)**

Set #1: 15 Presses (1.5 minute)

1.5 minute break

Set #2: 15 Presses (1.5 minute)

1.5 minute break

Set #3: 15 Presses (1.5 minute)

1.5 minute break

Necessary Equipment: Barbell and Weights

Description: lie face up on a horizontal bench,with buttocks on the bench and feet flat on the ground: grasp the barbell with an overhand grip wider than shoulder width, lower the bar to the chest with a controlled movement.extend the arms and exhale at the end of the effort

*Break 2.5 Minutes*

**Exercise 3: Push-Ups (14 minutes)**

Set #1: 12-20 Pushups (2 minute)

2 minute break

Set #2: 12-20 Pushups (2 minute)

2 minute break

Set #3: 12-20 Pushups (2 minute)

2 minute break

Necessary Equipment:

Description: support yourself face down on the ground, arms extended,hands shoulder-width (or more) apart and feet touching or slightly apart

*Break 2 Minutes*

**Exercise 4: Parallel Bar Dips (11 minutes)**

Set #1: 12 Dips (1 minute)

2 minute break

Set #2: 12 Dips (1 minute)

2 minute break

Set #3: 12 Dips (1 minute)

2 minute break

Necessary Equipment:

Description: Hang from the parallel bars with arms extended and legs suspended and bend the elbows to bring the chest level with the bars. Return to the extended position,exhale at the end of the effort

*Break 2 Minutes*

**Exercise 5: Flat Dumbbell Presses (11 minutes)**

Set #1: 15 Presses (1.5 minute)

1.5 minute break

Set #2: 15 Presses (1.5 minute)

1.5 minute break

Set #3: 12 Presses (1.5 minute)

1.5 minute break

Necessary Equipment: Dumbbells

Description: Lie face up on the horizontal bench,with feet flat on the ground for stability and elbows bent,holding dumbbells with an overhand grip at the chest level

*Break 2 Minutes*

**Exercise 6: Dumbbell Flys (14 minutes)**

Set #1: 15 Flys (1.5 minute)

2 minute break

Set #2: 15 Flys (1.5 minute)

2 minute break

Set #3: 15 Flys (1.5 minute)

2 minute break

Necessary Equipment: Dumbbells

Description: lie on a narrow bench that won’t interfere with the shoulder movement and hold a dumbbell in each hand with arms extended or slightly to relieve stress on the joint: and open the arms to horizontal,raise the arms to vertical while exhaling. Perform a small isometric contraction at the end of the movement to emphasize the work on the external head of the pectoralis major.

*Break 2.5 Minutes*

**Post-Workout Stretch: Doorway Chest Stretch (4 Minutes)**

Stand in a doorway and place your arms on either side of the frame, elbows bent at 90 degrees. Step forward slightly to stretch your chest and hold for 20-30 seconds.

**Post-Workout Stretch: Standing Chest Stretch (4 Minutes)**

Stand tall and extend one arm straight out to the side at shoulder height. Place your palm on a wall or sturdy surface, and gently turn your body away from your arm to feel the stretch in your chest. Hold for 20-30 seconds per side.

**Post-Workout Stretch: Behind-the-Back Chest Stretch (3 Minutes)**

Clasp your hands behind your back, straighten your arms, and gently lift them while pushing your chest forward. Hold for 20-30 seconds.

**Day #2: Back (90 Minutes)**

**Warm Up: Dynamic Lat Stretch (4 Minutes)**

Stand with your feet shoulder-width apart. Reach one arm overhead and bend to the opposite side, stretching the side of your torso. Alternate sides for 10-15 reps.

**Warm Up: Thoracic Spine Rotation (4 Minutes)**

Stand with your arms extended in front of you at shoulder height. Rotate your torso to one side, then the other, keeping your hips stable. Perform 10-15 reps per side.

**Exercise 1: Reverse Chin-Ups (10 minutes)**

Set #1: 10 Chin-Ups (1 minute)

1 minute break

Set #2: 10 Chin-Ups (1 minute)

1 minute break

Set #3: 10 Chin-Ups (1 minute)

1 minute break

Set #4: 10 Chin-Ups (1 minute)

1 minute break

Necessary Equipment: Fixed Bar

Description: hang from a bar with an underhand grip, hands shoulder- width apart and push out the chest as you raise the chin to the bar

*Break 2 Minutes*

**Exercise 2: Chin-Ups (10 minutes)**

Set #1: 10 Chin-Ups (1 minute)

1 minute break

Set #2: 10 Chin-Ups (1 minute)

1 minute break

Set #3: 10 Chin-Ups (1 minute)

1 minute break

Set #4: 10 Chin-Ups (1 minute)

1 minute break

Necessary Equipment: Fixed Bar

Description: Hang from a fixed bar with a very wide overhand grip and pull your chest up to the bar

*Break 2 Minutes*

**Exercise 3: Lat Pull-Down (13 minutes)**

Set #1: 15 Pulls (1.5 minute)

2 minute break

Set #2: 15 Pulls (1.5 minute)

2 minute break

Set #3: 15 Pulls (1.5 minute)

2 minute break

Necessary Equipment: Lat Pulldown Machine

Description: Sit facing the machine with the legs positioned under the pads,gripping the bar in with a wide overhand grip and pull the bar down to the sternal notch while puffing out of the chest and pulling the elbows back

*Break 2.5 Minutes*

**Exercise 4: Back Lat Pull-Down (11 minutes)**

Set #1: 10 Pulls (1 minute)

2 minute break

Set #2: 10 Pulls (1 minute)

2 minute break

Set #3: 10 Pulls (1 minute)

2 minute break

Necessary Equipment: Lat Pulldown Machine

Description: Sit facing the machine with the thighs positioned under the pads,grasping the bar with a wide overhand grip and pull the bar to the back of the neck,bring the elbows alongside the body

*Break 2 Minutes*

**Exercise 5: Straight-Arm Lat Pull-Down (14 minutes)**

Set #1: 15 Pulls (2 minute)

2 minute break

Set #2: 15 Pulls (2 minute)

2 minute break

Set #3: 15 Pulls (2 minute)

2 minute break

Necessary Equipment: Lat Pulldown Machine

Description: stand and face the machine with feet slightly apart;grip the bar with an overhand grip,arms extended and shoulder-width apart; fix the back and contract the abdominal core: and bring the bar to the thighs,keeping the arms extended

*Break 2 Minutes*

**Exercise 6: Seated Rows (14 minutes)**

Set #1: 15 Rows (2 minute)

2 minute break

Set #2: 15 Rows (2 minute)

2 minute break

Set #3: 15 Rows (2 minute)

2 minute break

Necessary Equipment: Row Machine

Description: Sit facing the machine,feet resting on the foot pad and the torso bent forward, bring the handle to the base of the sternum by straightening the back and pulling the elbows back as far as possible. Exhale At the end of the movement and return smoothly to the initial position extended

*Break 2 Minutes*

**Post-Workout Stretch: Child’s Pose (5 Minutes)**

Kneel on the floor, sit back on your heels, and stretch your arms forward while lowering your chest toward the ground. Hold for 30-60 seconds

**Post-Workout Stretch: Thread the Needle (3 Minutes)**

Start on all fours. Slide one arm under your body and reach through, allowing your torso to rotate and your shoulder to rest on the floor. Hold for 20-30 seconds per side.

**Post-Workout Stretch: Standing Lat Stretch (2 Minutes)**

Stand tall, reach one arm overhead, and gently bend to the opposite side, stretching your lat muscles. Hold for 20-30 seconds per side

**Day #3: Legs (90 Minutes)**

**Warm Up: Walking Lunges (3 Minutes)**

Step forward into a lunge, then push off your front foot to step into the next lunge. Continue alternating legs for 10-15 steps

**Warm Up: Jog on Treadmill (5 minutes)**

Description: Run at your own pace for 5 minutes on the treadmill

**Exercise 1: Dumbbell Squats (11 minutes)**

Set #1: 15 Squats (1 minute)

2 minute break

Set #2: 15 Squats (1 minute)

2 minute break

Set #3: 15 Squats (1 minute)

2 minute break

Necessary Equipment: Dumbbells

Description: stand with the feet slightly apart, dumbbell in each hand and the arms relaxed, looking ahead; inhale, slightly arch the back, and bend the knees. When the thighs reach horizontal,extend the legs to return to the initial position

*Break 2 Minutes*

**Exercise 2: Front Squats (13 minutes)**

Set #1: 15 Squats (2 minute)

1.5 minute break

Set #2: 15 Squats (2 minute)

1.5 minute break

Set #3: 15 Squats (2 minute)

1.5 minute break

Necessary Equipment: Barbell

Description: stand with the legs about shoulder-width apart,holding the bar with an overhand grip as it rests on the upper pectoral muscles and the anterior deltoid: inhale deeply to maintain intrathoracic pressure,which prevents the torso from collapsing forward,slightly arch the low back,contract the abdominal core,and bend the knees to lower the thighs horizontal to the floor. Return to the initial position and breathe out at the end of the movement

*Break 2.5 Minutes*

**Exercise 3: Power Squats (12 minutes)**

Set #1: 15 Squats (1 minute)

2 minute break

Set #2: 15 Squats (1 minute)

2 minute break

Set #3: 15 Squats (1 minute)

2 minute break

Necessary Equipment: Barbell

Description: this movement is performed the same as the classic squat, except that the legs are farther apart and the toes point out,which works the inner thigh intensely: the working muscles are(quadriceps,adductor muscle group (adductor magnus ,adductor longus,adductor brevis,adductor pectineus,and gracilis,gluteal muscles,hamstrings,abdominal muscles,lumbosacral muscle group

*Break 3 Minutes*

**Exercise 4: Angled Legs Presses (11 minutes)**

Set #1: 20 Presses (1 minute)

2 minute break

Set #2: 20 Presses (1 minute)

2 minute break

Set #3: 20 Presses (1 minute)

2 minute break

Necessary Equipment: Leg Press Machine

Description: position the back properly against the backrest on a machine with the feet slightly apart and release the safety position,exhaling at the end of the movement. Placing the feet low against the foot plate isolates the quadriceps; placing the feet higher on the foot plate calls on the gluteal muscles and the hamstrings. Placing the feet wider apart focuses effort on the adductors.

*Break 2 Minutes*

**Exercise 5: Leg Extensions (12 minutes)**

Set #1: 20 Extensions (2 minute)

1 minute break

Set #2: 20 Extensions (2 minute)

1 minute break

Set #3: 20 Extensions (2 minute)

1 minute break

Necessary Equipment: Leg Extension Machine

Description: sit at the machine and grasp the handles or the seat to hold the torso immobile. Bend the knees and place the ankles under the ankle pads and raise the legs to horizontal.

*Break 3 Minutes*

**Exercise 5: Lying Leg Curls (11 minutes)**

Set #1: 15 Curls (1.5 minute)

1.5 minute break

Set #2: 15 Curls (1.5 minute)

1.5 minute break

Set #3: 15 Curls (1.5 minute)

1.5 minute break

Necessary Equipment: Leg Extension Machine

Description: lie face down on the machine,holding the handles,legs extended,and ankles positioned under ankle pads and bend both legs at the same time trying to touch the gluteal muscles with the heels and return to the initial position with a control movement.

*Break 2 Minutes*

**Post-Workout Stretch: Standing Quad Stretch (4 Minutes)**

Stand on one leg, grab your other foot behind you, and gently pull it toward your glutes. Hold for 20-30 seconds per leg.

**Post-Workout Stretch: Pigeon Pose (4 Minutes)**

From a plank position, bring one knee toward your hand and lay the outside of your shin on the ground,

extending your other leg behind you. Hold for 30 seconds per side.

**Post-Workout Stretch: Calf Stretch (4 Minutes)**

Stand facing a wall and place one foot forward with your knee bent. Keep your other leg extended behind you with your heel on the floor. Hold for 20-30 seconds per side.

**Day #4: Shoulders and Arms (90 Minutes)**

**Warm Up (5 minutes):**

Arm Circles (3 minutes)

Description: Extend your arms out to the sides and make small circles, gradually increasing the size. Do 10-15 circles forward, then 10-15 circles backward.

Shoulder Rolls (2 Minutes)

Roll your shoulders forward in a circular motion for 10 reps, then backward for 10 reps.

**Exercise 1: Dumbbell Curls (12 Minutes)**

Set #1: 15 Curls (1 minute per arm)

1 minute break

Set #2: 15 Curls (1 minute per arm)

1 minute break

Set #3: 15 Curls (1 minute per arm)

1 minute break

Necessary Equipment: Dumbbells

Description: Sit holding a dumbbell in each hand with arms hanging down and the palms of the hands facing the body

*Break 2 Minutes*

**Exercise 2: Seated Front Press (9 minutes)**

Set #1: 12 Presses (1 minute)

1 minute break

Set #2: 12 Presses (1 minute)

1 minute break

Set #3: 12 Presses (1 minute)

1 minute break

Necessary Equipment: Barbell and Weights

Description: Sit with the back straight and hold the bar with an overhand grip,resting it across the upper chest

*Break 3 Minutes*

**Exercise 3: Push-Downs (8 minutes)**

Set #1: 15 press downs (1 minute)

1 minute break

Set #2: 15 press downs (1 minute)

1 minute break

Set #3: 15 press downs (1 minute)

1 minute break

Necessary Equipment: Cable Machine and Rope

Description: Stand with back to the machine and grasp the handle with an overhand grip keeping the elbows tucked in

*Break 2 Minutes*

**Exercise 4: Hammer Curls (9.5 minutes)**

Set #1: 15 curls (45 seconds per arm)

1 minute break

Set #2: 15 curls (45 seconds per arm)

1 minute break

Set #3: 15 curls (45 seconds per arm)

1 minute break

Necessary Equipment: Dumbbells

Description: Stand or sit gripping a dumbbell in each hand with the palms facing each other

*Break 2 Minutes*

**Exercise 5: Lateral Dumbbell Raises (15 minutes)**

Set #1: 12 Presses (1 minute)

3 minute break

Set #2: 12 Presses (1 minute)

3 minute break

Set #3: 12 Presses (1 minute)

3 minute break

Necessary Equipment: Dumbbells

Description: Stand with a straight back, with legs slightly apart,arms hanging next to the body,holding a dumbbell in each hand : raise the arms to horizontal with the elbows slightly bent and return to the initial position

*Break 3 Minutes*

**Exercise 6: Seated Dumbbell Presses (11 minutes)**

Set #1: 15 Presses (1.5 minute)

1.5 minute break

Set #2: 12 Presses (1.5 minute)

1.5 minute break

Set #3: 12 Presses (1.5 minute)

1.5 minute break

Necessary Equipment: Dumbbells

Description: Sit on the bench,keeping the back straight,and hold dumbbells at shoulder level with an overhand grip

*Break 2 Minutes*

**Exercise 7: Tricep Extension (9.5 minutes)**

Set #1: 15 Presses (1 minute)

90 second break

Set #2: 15 Presses (1 minute)

90 second break

Set #3: 15 Presses (1 minute)

90 second break

Necessary Equipment: Barbell and Weights

Description: Lie on a horizontal bench and grasp the barbell with an overhand grip the arms vertical

*Break 2 Minutes*

**Exercise 8: Concentration curls (8 Minutes)**

Set #1: 15 curls (1 minute)

1 minute break

Set #2: 15 curls (1 minute)

1 minute break

Set #3: 15 curls (1 minute)

1 minute break

Necessary Equipment: Dumbbells

Description: Sit holding a dumbbell with the palm facing forward and the elbow positioned against the inner thigh

*Break 2 Minutes*

**Post-Workout Stretch: Cross-Body Shoulder Stretch (2 Minutes)**

Extend one arm across your body at shoulder height, and use your other hand to gently pull it closer to your chest. Hold for 20-30 seconds on each side.

**Post-Workout Stretch: Bicep Wall Stretch (1 minute per arm)**

Stand near a wall and place your palm flat against it at shoulder height. Slowly rotate your body away from the wall until you feel a stretch in your biceps and chest. Hold for 20-30 seconds per side.

**Post-Workout Stretch: Child's Pose with Arm Reach (2 Minutes)**

From a kneeling position, sit back onto your heels and stretch your arms forward on the floor. Reach your arms out as far as possible, keeping your palms down. Hold for 30 seconds.