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ONLY FOR ADULTS

This training plan can be used by people **from 16 to 40 years old**.
Doctor consulting is recommended.

2

YOU'RE ON YOUR OWN

The author is **not responsible** for injuries that may occur during training under this plan. All exercises presented below are in the public domain, the author only offers his point on the procedure of their use.

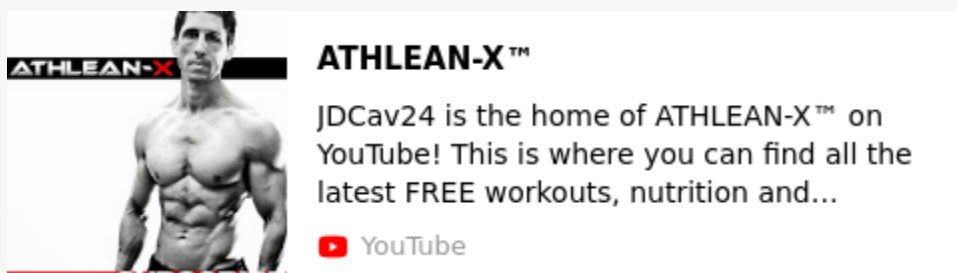
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FOLLOW TECHNIQUE

Each exercise must be done following right technique.

It would be nice to have a person who knows when you do something wrong, so don't throw away trainer option.

Recommended techniques can be found here:



NOW LISTEN

Based on your height and weight we conclude that you are the person with **low body mass index**. To make it short, that means that you lack muscles and fat. We recommend you using **this** calculator to know how many calories you should consume daily.

Remember: you won't gain mass until you start eating more.

Another thing we noticed is that your fitness level is on beginning of its carrier.

But that's **totally okay**.
Everyone should start somewhere.

This plan is targeting mass gain & body fit.

LET'S GET STARTED

Next pages can be printed.

This training plan is for 8 weeks in gym. It's based on **3** trainings per week. Always leave a day or two to rest between trainings.

Every training and every weight exercise should start with a warmup. By warmup is meant that you warm your muscles and joints with rotational movements. By warmup in the exercise is meant that you take empty bar, light dumbbells or put low weight on your machine and that's your set #0. Sets in the tables below exclude set #0.

Never forget about warmup.

Also, don't be shy to ask someone for backup. That may save your life.

If you start feeling bad during training - **stop right there** and go home or call for a help.

Weights should be barely maximum for number of reps given below.

WEEKS 1-4:

1 TRAINING #1

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Push-up	3 sets, max reps	3 mins
#4	Bicep curl	3 sets, 10-15 reps	2 mins
#5	Rope Tricep Pushdown	3 sets, 10-15 reps	2 mins
#6	Abs Set #1	3 sets, 10-12 reps	2-3 mins
#7	Plank	30-60 secs	

2 TRAINING #2

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Dumbbells Squat	3 sets, 8-10 reps	3 mins
#4	Lunge	3 sets, 8-10 reps	3 mins
#5	Side raise	3 sets, 10-15 reps	2-3 mins
#6	Abs Set #2	3 sets, 10-12 reps	2-3 mins
#7	Plank	30-60 secs	

3 TRAINING #3

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Deadlift from Pins	3 sets, 8-10 reps	3 mins
#3	Seated Cable Row	3 sets, 8-10 reps	3 mins
#4	Pull-up or Lat Pulldown	3 sets, max or 8-10 reps	3 mins
#5	Hyperextension	3 sets, 8-10 reps	3 mins
#6	Abs Set #1	3 sets, 10-12 reps	2-3 mins
#7	Plank	30-60 secs	

Abs Set #1: Crunch, Reverse Crunch, Bicycle Crunch
Abs Set #2 Knee Crunch, Scissors, Body Climbers

Notes: At these weeks we're aiming to enter training mode and adapt your body to weights fast and **safe**.

Go for abs set **every** training. We believe it's the best approach to get strong and conspicuous 6-pack.

WEEKS 5-8:

1 TRAINING #1

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Bench Press	3 sets, 8-10 reps	3 mins
#4	Bicep curl	3 sets, 10-15 reps	2 mins
#5	Rope Tricep Pushdown	3 sets, 10-15 reps	2 mins
#6	Abs Set #1	3 sets, 10-12 reps	2-3 mins
#7	Plank	60 secs	

2 TRAINING #2

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Barbell Squat	3 sets, 8-10 reps	3 mins
#4	Lunge	3 sets, 8-10 reps	3 mins
#5	Side raise	3 sets, 10-15 reps	2-3 mins
#6	Abs Set #2	3 sets, 10-12 reps	2-3 mins
#7	Plank	60 secs	

3 TRAINING #3

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Deadlift from Floor	3 sets, 8-10 reps	3 mins
#3	Bent-over Row	3 sets, 8-10 reps	3 mins
#4	Pull-up or Lat Pulldown	3 sets, max or 8-10 reps	3 mins
#5	Hyperextension	3 sets, 8-10 reps	3 mins
#6	Abs Set #1	3 sets, 10-12 reps	2-3 mins
#7	Plank	60 secs	

Abs Set #1: Crunch, Reverse Crunch, Bicycle Crunch

Abs Set #2 Knee Crunch, Scissors, Body Climbers

Notes: Starting from week #5 we replace push-ups with bench press; seated cable row with bent-over row; dumbbell squats with barbell squats; also we start doing deadlift from the floor, as it should be, and increase plank time to stable 1 minute