



GYM PLAN

THIS WORKOUT IS DESIGNED TO BE DONE AT A GYM, WHERE MOST OF THESE EXERCISES ARE PERFORMED ON TYPICAL EQUIPMENT MOST GYMS SHOULD HAVE.

EXERCISES

EXERCISE IMAGES ARE THERE TO DETAIL HOW TO EXECUTE THEM CORRECTLY, WITH CORROSPONDING NOTES.

SETS

A GROUP OF REPETITIONS TO BE PERFORMED.

REPS

A SINGLE EXECUTION OF AN EXERCISE

HOW OFTEN SHOULD I WORKOUT?







HOW EVER MUCH YOU'D LIKE! WITH THIS WORKOUT SPLIT I'D SUGGEST AT LEAST DOING ALL 4 SESSIONS MINIMUM. ANY SESSIONS DONE AFTER THIS IS A BONUS.

WHAT IF I'M STILL SORE FROM THE LAST SESSION?

REST OR WORKOUT THE MUSCLES WHICH AREN'T SORE.

GYM WORKOUT

PUSH


EXAMPLE	EXERCISE & NOTES	SETS	REPS
<p>Machine Chest Press</p>  <p>Seat height should put the handles at just below shoulder level. Slightly arch your back to set shoulder blades.</p> <p>Timestamp-4:35 REST:2:30 Mins</p>	<p>MACHINE CHEST PRESS</p>	<p>4</p>	<p>10-12</p>
<p>Incline Dumbbell Press</p>  <p>Angle elbows slightly downwards to take pressure off your shoulders. Bring dumbbells down to head height each rep. Do not fully lock out arms at the top.</p> <p>Timestamp-5:01 REST:2:30 Mins</p>	<p>INCLINE DUMBBELL PRESS</p>	<p>4</p>	<p>10-12</p>
<p>Machine Chest Fly</p>  <p>Have a slight bend in your arms then lock them in place during the movement. Allow for full range of motion each rep.</p> <p>Timestamp-5:28 REST:2:30 Mins</p>	<p>MACHINE CHEST FLY</p> <p>CAN USE A PEC DECK FLY OR MACHINE FLY</p>	<p>3</p>	<p>10-15</p>
<p>Machine Shoulder Press</p>  <p>Seat height should put handles at ear-height. Engage core to keep steady throughout. Slow fluid movement.</p> <p>Timestamp-5:55 REST:2:30 Mins</p>	<p>MACHINE SHOULDER PRESS</p>	<p>4</p>	<p>10-12</p>
<p>Dumbbell Lateral Raises</p>  <p>Slight bend in the arms, do not let the dumbbells go above shoulder height. Slow and controlled to reduce any momentum.</p> <p>Timestamp-6:31 REST:1:30 Mins</p>	<p>DUMBBELL LATERAL RAISES</p>	<p>4</p>	<p>10-15</p>
<p>Rope Tricep Pushdown</p>  <p>Engage core to keep upright and lock elbows in place. Allow for full range of motion with a slight pause each rep when at full extension.</p> <p>Timestamp-6:58 REST:1:30 Mins</p>	<p>ROPE TRICEP EXTENSION</p>	<p>4</p>	<p>10-15</p>

GYM WORKOUT

PULL

EXAMPLE	EXERCISE & NOTES	SETS	REPS
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Chest-Supported Seated Row



Let your shoulders get pulled forward each rep. Try to relax your biceps as much as possible. Pull from your elbows.

Timestamp-0:24 BEST 1:20/Min


CHEST-SUPPORTED SEATED ROW

CAN USE ANY UPRIGHT ROW MACHINE

4

10-14

Lateral Pulldown Machine



With a wide grip, allow shoulders to get pulled up. Engage lats, pulling from your elbows, down until shoulder level. Relax biceps as much as possible.


Timestamp-1:00 BEST 1:20/Min

LAT PULLDOWN MACHINE

4

10-12

Rope Face Pulls



With staggered legs, engage core to remain upright. Allow shoulders to be pulled forward. Pull from your back until rope is ear height. Slight pause each rep.

Timestamp-0:27 BEST 1:17/Min

ROPE FACE PULLS

3

12-15

Alternating Bicep Curls



Keep the movement slow and controlled throughout. Aiming to get a flat wrist at the top of each rep.

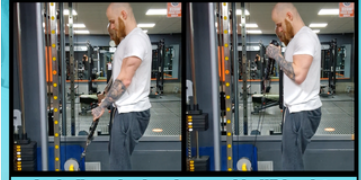
Timestamp-0:59 BEST 1:21/Min

ALTERNATING BICEP CURLS

4

10-15

Rope Cable Hammer Curls



Lock elbows in place by your side. With wrists angled inward, curl up without any momentum. Slow downwards motion (eccentric).

Timestamp-0:30 BEST 1:12/Min

ROPE CABLE HAMMER CURLS

3

10-15

Leg Raises



Keep your legs straight and do not let them touch the floor. Hand placement should be under your bum. To increase intensity, place hands to the side.

Timestamp-1:08 BEST 1:20/Min

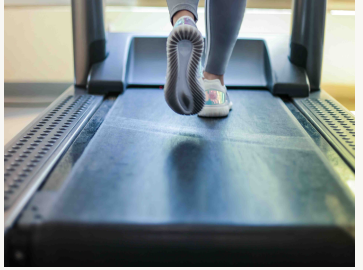





LEG RAISES

4

8-20







GYM WORKOUT

LEGS

EXAMPLE	EXERCISE & NOTES	SETS	REPS
	10% INCLINE TREADMILL WALKING	1	10 MINS
Machine Leg Press  <p>Feet shoulder width apart around mid-point on the pad. Push through your heels. Knees around 90° when lowering. Pull on handles, keeping tight to the seat, to reduce posterior pelvic tilt.</p> <p>Timestamp-0:40 RES:12:01Mins</p>	MACHINE LEG PRESS	4	10-12
Leg Extension  <p>Position seat so that your knees are at the end of the pad. Allow for full range of motion. Do not bounce the pad by extending too fast. Fluid movement.</p> <p>Timestamp-0:45 RES:12:01Mins</p>	LEG EXTENSION MACHINE	4	10-12
Machine Leg Curl  <p>Position seat so that your knees are at the end of the pad. Allow for full range of motion, letting your legs flex to a straight position each rep.</p> <p>Timestamp-0:50 RES:12:01Mins</p>	MACHINE LEG CURL CAN USE SITTING OR LYING LEG CURL MACHINE	4	10-15
Adductor Machine  <p>Set the machine at a wide stance. Keep the movement fluid, exercising full range of motion each rep.</p> <p>Timestamp-0:55 RES:12:01Mins</p>	ADDUCTOR MACHINE	4	12-15
	CALF RAISES USE CALF RAISE MACHINE IF POSSIBLE. IF NOT, USE MACHINE LEG PRESS.	4	8-20

GYM WORKOUT

ARMS

EXAMPLE	EXERCISE & NOTES	SETS	REPS
<p>Incline Dumbbell Curls</p>  <p>Bench around 45° and lay back with arms vertical to the floor. Lock elbows in place keeping tension throughout with slow and steady reps.</p> <p>Timestamp: 0:55 RES: 1:21/Min</p>	<p>INCLINE DUMBBELL CURLS</p>	<p>4</p>	<p>10-12</p>
<p>Straight Bar Cable Curls</p>  <p>Lock elbows in place by your side. Curl up ensuring you are not using any momentum to influence the movement. Slow downwards motion (eccentric).</p> <p>Timestamp: 0:20 RES: 1:12/Min</p>	<p>STRAIGHT BAR CABLE CURLS</p> <p>CAN USE STRAIGHT BAR OR V-SHAPED BAR</p>	<p>4</p>	<p>10-12</p>
<p>Alternating Hammer Curls</p>  <p>Sweep across the body with slow and controlled reps. Try to keep elbows in a fixed position without using momentum.</p> <p>Timestamp: 1:41 RES: 1:12/Min</p>	<p>ALTERNATING HAMMER CURLS</p>	<p>3</p>	<p>10-15</p>
<p>Assisted Tricep Dips</p>  <p>Place knees on the pad and keep an upright posture. Lower down until elbows are around 90°. Do not lean too far forward or it will become too chest dominant.</p> <p>Timestamp: 6:08 RES: 1:23/Min</p>	<p>ASSISTED TRICEP DIPS</p>	<p>4</p>	<p>10-15</p>
<p>Dumbbell Skullcrusher</p>  <p>Fix elbows at a slight angle, freeze them in place while pushing the dumbbells up. Slow and controlled movement throughout.</p> <p>Timestamp: 2:41 RES: 1:12/Min</p>	<p>DUMBBELL SKULLCRUSHERS</p> <p>CAN USE DUMBBELLS OR A FLAT BAR</p>	<p>4</p>	<p>10-15</p>
	<p>CRUNCHES</p> <p>CAN USE CRUNCH MACHINE IF POSSIBLE</p>	<p>4</p>	<p>8-20</p>