

## **HOME OF GAINS TRAINING PLAN** DAN LAMBERT: BUILD MUSCLE

MON PUSH	1. DUMBBELL INCLI 2. DUMBBELL FLAT 3. DUMBBELL SHOU 4. MILITARY PRESS
TUES PULL	1. WEIGHTED PULL 1 2. PENDALAY ROW 3. DUMBBELL ROW 4. BAND RESISTED F
WED LEGS	1. SQUATS 2. LEG PRESS 3. HACK SQUAT 4. BARBELL HIP EXT
THUR	1. DUMBBELL INCLI 2a. DUMBBELL FLAT 2b. DUMBBELL LATE 3a. DUMBBELL SHO
FRID	1a. STRAIGHT ARM C 1b. PULL-UPS 2. DUMBBELL ROW 3a. CABLE PULL
SAT LEGS	1. SINGLE LEG CALF 2a. QUAD EXTENSIO 2b. FRONT SQUATS 3. LEG PRESS 8+10
SUN	ACTIVE RECOVERY I will usually go out on the bike or do an hour

1. DUMBBELL INCLINE BENCH PRESS	6-8	4	and mobility drills before going heavy.
2. DUMBBELL FLAT BENCH PRESS	6-8	4	Lower the weight over 4 seconds, pause at the bottom for a second and then explode up.
3. DUMBBELL SHOULDER PRESS	6-8	4	You'll need to complete a few warm up sets in this position first before going heavy.
4. MILITARY PRESS	6-8	4	Move your head forwards as you raise the bar, don't lean back!
1. WEIGHTED PULL UPS	3	7	Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2. PENDALAY ROW	6-8	4	Pause at the bottom to let the weight go dead on the floor before rowing each rep.
3. DUMBBELL ROW	6-8	4	Try not to shrug the weight up. Slow and steady tempo to engage the muscles in your back.
4. BAND RESISTED RACK PULL	6-8	4	Attach strong resistance band to the bottom of the power rack and the bar ends. Explode up.
1. SQUATS	6-8	6	Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2. LEG PRESS	10-12	4	Complete a 6 second eccentric.
3. HACK SQUAT	10-12	4	Complete a rest pause set of 10+5+3 on the final set.
4. BARBELL HIP EXTENSION	6-8	4	Engage the glutes and squeeze at the top position.
1. DUMBBELL INCLINE BENCH PRESS	10-12	4	Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2a. DUMBBELL FLAT BENCH PRESS	10-12	4	Superset 2a and 2b without rest between exercises.
2ь. DUMBBELL LATERAL RAISE	12-15	4	Twist your little finger up as the dumbbell comes up to shoulder height.
3a. DUMBBELL SHOULDER PRESS	10-12	4	Superset 3a and 3b without rest between exercises.
1a. STRAIGHT ARM CABLE PULLDOWN	115-20	4	Pre exhaust set for the lats.
	AILURE		Strict 4 second eccentrics.

10+5+3 3

15-20 4

15-20 4

3. LEG PRESS 8+10 4+1 END SET OF 40 REPS 8 reps with a 5 sec eccentric, then complete 10 partial reps at the top of the movement.

	Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.	5. R0
	Complete a 6 second eccentric.	Keep the
	Complete a rest pause set of 10+5+3 on the final set.	6. W
	Engage the glutes and squeeze at the top position.	Hold dumb
ĺ	Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.	3 <sub>b</sub> . D
	Superset 2a and 2b without rest between exercises.	Twist your
	Twist your little finger up as the dumbbell comes up to shoulder height.	4. W
	Superset 3a and 3b without rest between exercises.	Dip to fail
	Pre exhaust set for the lats.	3b. C
	Strict 4 second eccentrics.	Slow and s
	Rest Pause set: 10 reps, rest 10 seconds, 5 reps, rest 10 seconds, 3 more reps each arm.	4. W
		Rest 30 se
	Press a light weight for 30 seconds, with a steady tempo on each leg. Repeat for 5 mins.	4a. L
	Pre exhaust set for the quads.	Complete

Complete immediately after a set of quad extension.

Use a dip belt to add weight to your body.	
<b>6. CLOSE GRIP BENCH PRESS</b> Engage your triceps by taking a narrower grip on the bar and keeping your elbows	<b>10-12</b> 3 tucked in.
5. CLOSE GRIP PULL UPS  Open the chest at the point of contraction by pulling hands apart, pinning shoulde and squeezing.	10-12 3 r blades together
6. BARBELL BICEP CURL Stand proud with your chest up and shoulder back. Go lighter than usual and compeccentric on each rep.	10-12 3 lete a 4 second
5. ROMANIAN DEADLIFTS Keep the spine straight and hinge at the hips. Look for a stretch in the hamstrings	12-15 6 on the eccentric.
6. WALKING LUNGES Hold dumbbells or with a bar on your back.	20-30 3
3b. DUMBBELL PEC FLY Twist your little fingers in as you reach the top position for a greater squeeze on the	12-15 4 e chest.
4. WEIGHTED DIPS  Dip to failure then jump to the start position, complete a 5 second eccentric and re	FAILURE peat x3.
3b. CLOSE GRIP PULL UP Slow and smooth tempo, squeezing at the bottom of every rep.	10-12 4
4. WIDE GRIP SEATED ROW Rest 30 seconds between sets and stretch.	15-20 7
4a. LAYING HAMSTRING CURL Complete with a 6 second eccentric.	6-8 6
4b. STIFF LEG DEADLIFT Keep the spine straight and hinge at the hips. Look for a stretch in the hamstrings	15-20 6 on the eccentric.

10-12 3

5. WEIGHTED DIPS

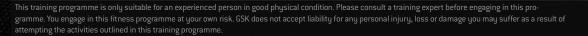
## **ACTIVE RECOVERY**

I will usually go out on the bike or do an hours boxing.

2a. QUAD EXTENSIONS

DAN LAMBERT **MAXIMUSCLE ATHLETE & PERSONAL** 

Proffessional Personal Trainer / Nutritionist / Transformation Coach with over 7 years experience within the fitness industry working with first time gym goers looking to improve their health, to professional athletes and sports teams (MMA champions and national conquering Rugby teams.



1. SINGLE LEG CALF PRESS 30 SECONDS 5