



HOME OF GAINS 'PERFORM LIKE A PRO'

4-DAY TRAINING PLAN

HINTS:1. Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy. 2. Engage your triceps by taking a narrower grip on the bar and keeping your elbows tucked in. 3. Use a dip belt to add weight to your body. 4. Rest 30 seconds between sets and stretch.

This plan is designed to help you lose weight and improve muscle size, strength and power. Always conduct a 5-10 minute warm up and cool down prior to and following each workout.

DAY 1

CHEST & LEGS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. UPRIGHT ROW	6-8	3-5					
2. SEATED DUMBBELL PRESS	6-8	3-5					
3. FRONT RAISE	10-12	3					
4. LUNGES	3-6	3-5					
5. SQUATS	3-6	3-5					
6. STANDING CALF RAISES	Up to 20	1-3					
7. LSD - TREADMILL	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						

DAY 2

BACK & ARMS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. LAT PULLDOWN	6-8	3-5					
2. SEATED ROW	6-8	3-5					
3. PULL UPS	Up to 20	1-3					
4. HAMMER CURL	10-12	3					
5. BARBELL CURL	10-12	3					
6. PREACHER CURL	10-12	3					
7. TT - CROSS TRAINER	Threshold Training, 20-30 mins maintain a hard level throughout						

REST DAY

DAY 3

ARMS & CHEST

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. BENCH PRESS	6-8	3-5					
2. INCLINE DUMBBELL PRESS	6-8	3-5					
3. FLAT FLY'S	6-8	3-5					
4. TRICEP PUSHDOWNS	6-8	3-5					
5. LYING TRICEP EXTENSION	10-12	3					
6. TRICEP DIPS	Up to 20	1-3					
7. HIIT - TREADMILL	HIIT, 30-40 mins on the Treadmill alternating between running hard for 2 minutes and slower for 2 minutes						

DAY 4

CARDIO

	REPS / SETS						
1. LSD - TREADMILL	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						
2. HIIT - SPRINTS	High Intensity Interval Training (HIIT), Timed Sprints 30 secs sprint, 1 min jog recovery 6-10 sets						
CORE EXERCISE	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
3. PLANK	30 Secs	1-3					
4. SWISS BALL CRUNCH	Up to 20	1-3					
5. HANGING LEG RAISES	Up to 20	1-3					

2X REST DAYS

Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5). Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions. Rest for 1-3 minutes between sets. Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions. Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions. MAXIMUSCLE, MAXIMUSCLE and star device are registered trade marks. Trade marks are owned by or licenced to the GSK group of companies.