

CHGBI/

## HOME OF GAINS SUMMER TRAINING PLAN 4-DAY STRIPDOWN 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

AV1		REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
CHEST & LEGS	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				8	
	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 (TT), 20-30 mins maintain a hard level throughout						
	r. II - CRUSS TRAINERS	HORING AND A REAL AND A		الارغا بالجينة فاستقف		A Department of Association		
REST DAY	r. TT- CRUSS TRAINERS							
a	r. TT- CRUSS TRAINERS	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
a	1. BENCH PRESS						SET 4	SET 5
AY3		REPS	SETS				SET 4	SET 5
AY3	1. BENCH PRESS	REPS 6-8	SETS 3-5				SET 4	SET 5
AY 3 ARMS	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS	REPS 6-8 6-8	SETS 3-5 3-5				SET 4	SET 5
<b>)AY 3</b> Arms	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION	REPS 6-8 6-8 6-8 6-8 6-8 6-8 10-12	SETS 3-5 3-5 3-5 3-5 3-5 3-5 3				SET 4	SET 5
<b>AY3</b> ARMS	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS	REPS 6-8 6-8 6-8 6-8 6-8 10-12 Up to 20	SETS 3-5 3-5 3-5 3-5 3-5 3 1-3	SET 1	SET 2	SET 3		
<b>AY3</b> ARMS	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION	REPS 6-8 6-8 6-8 6-8 6-8 10-12 Up to 20	SETS 3-5 3-5 3-5 3-5 3-5 3 1-3	SET 1		SET 3		
ARMS CHEST	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS	REPS 6-8 6-8 6-8 6-8 6-8 10-12 Up to 20	SETS 3-5 3-5 3-5 3-5 3-5 3 1-3	SET 1	SET 2	SET 3		SET 5
<b>)AY 3</b> Arms	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS 7. HIIT - TREADMILL	REPS 6-8 6-8 6-8 6-8 10-12 Up to 20 HIIT, 30-40 m	SETS 3-5 3-5 3-5 3-5 3-5 3 1-3 ins on the Trea	SET 1	SET 2	SET 3		
ARMS CHEST	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS 7. HIIT - TREADMILL CARDIO	REPS 6-8 6-8 6-8 6-8 10-12 Up to 20 HIIT, 30-40 m Long Slow Dis	SETS 3-5 3-5 3-5 3-5 3 1-3 ins on the Trea	SET 1 dmill alternating l	SET 2	SET 3	d slower for 2 minut	
ARMS CHEST	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS 7. HIIT - TREADMILL CARDIO 1. LSD - TREADMILL	REPS 6-8 6-8 6-8 6-8 10-12 Up to 20 HIIT, 30-40 m Long Slow Dis	SETS 3-5 3-5 3-5 3-5 3 1-3 ins on the Trea	SET 1 dmill alternating l	SET 2 Detween running ha REPS / SETS	SET 3	d slower for 2 minut	tes
AY3 ARMS CHEST	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS 7. HIIT - TREADMILL CARDIO 1. LSD - TREADMILL 2. HIIT - SPRINTS	REPS 6-8 6-8 6-8 6-8 10-12 Up to 20 HIIT, 30-40 m Long Slow Dis High Intensity	SETS 3-5 3-5 3-5 3-5 3-5 3 1-3 ins on the Trea stance (LSD), 2 y Interval Train	SET 1 dmill alternating I 20-30 mins at a co ing (HIIT), Timed S	SET 2 Detween running ha REPS / SETS Instant steady pace Sprints 30 secs spri	SET 3 rd for 2 minutes and S nt, 1 min jog recove	d slower for 2 minut ery 6-10 sets	tes
<b>AY3</b> ARMS	1. BENCH PRESS 2. INCLINE DUMBBELL PRESS 3. FLAT FLY'S 4. TRICEP PUSHDOWNS 5. LYING TRICEP EXTENSION 6. TRICEP DIPS 7. HIIT - TREADMILL CARDIO 1. LSD - TREADMILL 2. HIIT - SPRINTS CORE EXERCISE	REPS 6-8 6-8 6-8 6-8 6-8 10-12 Up to 20 HIIT, 30-40 m Long Slow Dis High Intensity REPS	SETS 3-5 3-5 3-5 3-5 3 1-3 ins on the Trea stance (LSD), 2 y Interval Train SETS	SET 1 dmill alternating I 20-30 mins at a co ing (HIIT), Timed S	SET 2 Detween running ha REPS / SETS Instant steady pace Sprints 30 secs spri	SET 3 rd for 2 minutes and S nt, 1 min jog recove	d slower for 2 minut ery 6-10 sets	

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.

