

LEAN MUSCLE GAIN

TRAINING PROGRAMME *for men*

Get active by following this 5-day training programme for the next 12 weeks.

You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. Never skip a cardio or weight training session.

DAY 1 - CHEST

CHEST

1 FLAT BENCH DUMBBELL PRESS



3 sets, 12 reps

2 INCLINE BENCH PRESS



3 sets, 12 reps

3 INCLINE FLYES



3 sets, 15 reps

4 OVER HEAD CHEST EXTENSIONS



3 sets, 8 reps

5 DECLINE PUSH-UP



3 sets, 8 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 2 – LEGS & ABS

LEGS

1 SQUATS



3 sets, 8-12 reps

2 LUNGE WITH OBLIQUE TWIST



3 sets, 8 reps

3 STRAIGHT LEG DEAD LIFT



3 sets, 8 reps

ABS

4 SWISS BALL REVERSE CRUNCH



2 sets, 8 reps

5 CROSS OVER OBLIQUE TWIST



4 sets, 20 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 3 – ARMS

BICEPS

1 CLOSE GRIP BARBELL CURL



3 sets, 12 reps

2 WIDE GRIP BARBELL CURL



3 sets, 12 reps

3 STANDING DUMBBELL CURL



3 sets, 12 reps

4 CONCENTRATION CURL



3 sets, 12 reps

TRICEPS

5 BENTOVER TRICEP EXTENSIONS



3 sets, 12 reps

6 SEATED TRICEP EXTENSIONS



3 sets, 12 reps

CARDIO

7 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 4 – SHOULDERS

SHOULDERS

1 SEATED BARBELL PRESS



3 sets, 12 reps

2 SEATED DUMBBELL PRESS



3 sets, 12 reps

3 SEATED LATERAL RAISES



3 sets, 12 reps

4 BARBELL CHIN RAISES



3 sets, 8 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 5 – BACK & CORE

BACK

1 BENT OVER ROWS



2 sets, 8-12 reps

2 INCLINE BENCH DUMBBELL ROW



3 sets, 12 reps

3 ONE ARM DUMBBELL ROW



3 sets, 8-12 reps

CORE

4 SWISS BALL SITUP



3 sets, 20 reps

5 V-UPS



3 sets, 20 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

GENERAL CIRCUIT

OPTIONAL EXERCISES

1 OPTIONAL EXTRA CONDITIONING EXERCISES

Do a mix of high intensity cardio and moderate resistance training for no longer than 45 minutes. Make sure that you do a full-body training session, with no rest.

This does not include warm-up. If you reach failure before you can complete the sets, lower the weight by 20-30%, and continue until failure. If failure does occur, you can stop training that set as the muscle has reached failure twice, and normal function will not occur until recovery has taken place.

Saturday and Sunday can be your rest days....but keep your diet clean! On each day (Monday - Friday), you can do around 45 minutes of cardio after the weight sets. This should be between the treadmill and the stepper (if your gym has both). Keep your heart rate at around 85% of MAX to encourage fat-burning.

OPTIONAL EXTRA CONDITIONING EXERCISES

1 FLAT BENCH TRICEP PRESS



3 sets, 12 reps

2 SEATED CHEST PRESS



3 sets, 8 reps

3 PLANK



3 sets, 1 min

4 OBLIQUE CRUNCH



4 sets, 20 reps

5 CRUNCH WITH BALL BELOW FEET



4 sets, 12 reps

6 SWISS BALL INVERSE CRUNCH



4 sets, 12 reps