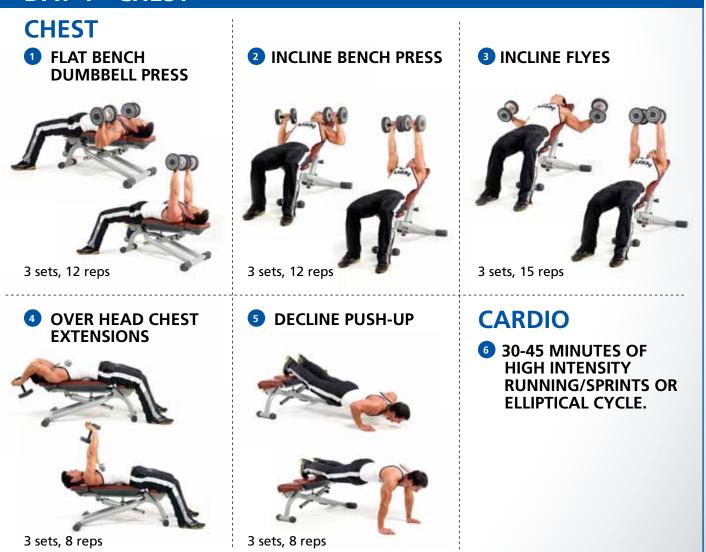


# LEAN MUSCLE GAIN TRAINING PROGRAMME FOR MEAN

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

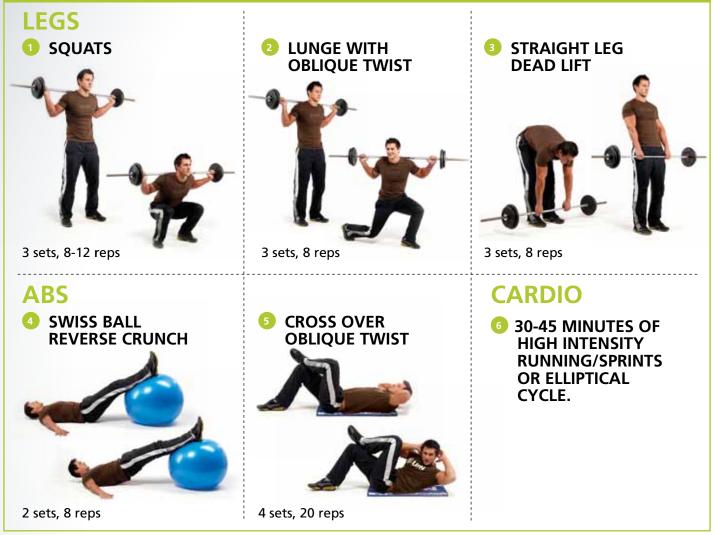
You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. Never skip a cardio or weight training session.

## DAY 1 - CHEST



\*For detailed instructions on how to perform these exercises, please visit www.usn.co.za

## DAY 2 – LEGS & ABS



#### DAY 3 – ARMS BICEPS CLOSE GRIP BARBELL CURL CONTRIBUTION 3 sets, 12 reps CLOSE GRIP BARBELL CURL CONTRIBUTION CONTRIBUT

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\*For detailed instructions on how to perform these exercises, please visit www.usn.co.za



#### **GENERAL CIRCUIT**

#### **OPTIONAL EXERCISES**

#### 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**

