

Muscle Building Training

Beginners

Training Goal	Number of sets/exercise	Number of repetitions	Weight (% 1RM)	Rest interval	Training tempo
Muscle size	3	10-12	67-85	45-90 s	1:4

Before starting your programme ensure you have warmed-up thoroughly to include 10 mins on the treadmill/x-trainer and warm up sets.

The Beginners muscle building programme aims to increase muscle size (hypertrophy) and provide a suitable level of intensity for members starting a resistance programme for the first time or after a period of not training. Before attempting this programme you must be familiar and competent with the exercises as the programme requires good lifting techniques. Focus on tempo is extremely important as time under tension creates a greater training response and muscular gains. You should aim to spend 1 second on the effort phase (e.g. push or pull) and 4 seconds on the recovery (lowering) phase.

Day 1

Chest Press 3 x 12
 Incline Chest Press 3 x 12
 Decline Dumbbell 3 x 12
 Shoulder Press 3 x 12
 Pec Dec 3 x 12
 Bicep Curl Machine 3 x 10
 Bicep Curl Dumbbell 3 x 10

Abdominals 3 x 15

Day 2

Lat Pull-down 3 x 12
 Bent Over Row 3 x 12
 Narrow Grip Pull-down 3 x 12
 Single Arm Row 3 x 12
 Upright Row 3 x 12
 Tricep Cable Press 3 x 10
 Tricep Single Dumbbell 3 x 10

Abdominals 3 x 15

Day 3

Squat 3 x 12
 Leg Press 3 x 12
 Leg Curl 3 x 12
 Leg Extn 3 x 12
 Standing Calf Raise 3 x 10
 Seated Calf Raise 3 x 10

Abdominals 3 x 15

Progression: After 4 weeks, progression can be made by introducing new exercises, reducing rest periods, increasing weight or manipulating any one of the training variables listed in the table.

Appropriate weight increase per week is 2.5% of the weight lifted the previous session.