

Muscle Building Training

Intermediate

Training Goal	Number of sets/exercise	Number of repetitions	Weight (% 1RM)	Rest interval	Training tempo
Muscle size	3-4	8-12	67-85	45-60 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 Intermediate muscle building programme aims to increase muscle size (hypertrophy) and will provide generous gains in muscular strength. 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 and Biceps

Flat barbell bench press 4x12
 Inclined dumbbell press 3x12
 Declined bench press 4x12
 Dips 3x12
 Bicep barbell curl 3x10
 Bicep dumbbell curl 3x10

Day 2

Back and Triceps

Dead lift 4x12
 Barbell Row 3x12
 Lat pull-down 4x12
 Single Arm 3x12
 Narrow grip pull-down 3x12
 Tricep cable extn 3x10
 Tricep single arm extn 3x10

Day 3

Legs

Squats 4x12
 Leg curls 3x12
 Leg extensions 3x12
 Front squats 4x12
 Seated calf raise 3x12
 Standing calf raise 3x10

Day 4

Shoulders

Machine shoulder press 4x12
 Dumbbell shoulder press 3x12
 Upright row 4x12
 Shrugs 3x12
 Side raises 3x10

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.