

# RIPPED MUSCLE GAIN TRAINING PLAN FOR MEN

Training Session 1: Legs, Glutes and Lower Back				
Exercise	Sets	Reps	Rest	Note
Forward Lunges	3	10	1 min	Concentrate on balance and coordination.
Back Squats	3	8	1 min	Contract core muscles, especially on the 'push' upwards.
Leg Curls	3	10	1 min	Slow controlled movements.
Leg Extension	3	8	1 min	Slow controlled movements.
Leg Press	3	8	1 min	Last set as heavy as you can; 4-6 reps. Maximum effort!!
Back Extension	3	10	1 min	Slow controlled movements: Done to ensure that abs and back strength ratios are correct.
Training Session 2: Chest, Triceps and Shoulders				
Exercise	Sets	Reps	Rest	Note
Flat Bench Press with dumbbells	3	8	1min	Squeeze dumbbells together at the top to work the inner pecs.
Barbell Bench Press	3	8	1min	3rd set as heavy as possible; 4-6 reps.
Cable Crossovers	3	10	1min	Slow controlled movements both on contraction and relaxation.
Military Press	3	10	1min	Contract Core muscles.
Shoulder Shrugs	3	12	1min	Standing, grasp dumbbell with an overhand grip. Raise shoulders as high as you can and then lower to full extension.
Rev. Tricep Extensions	3	12	1min	Keep elbows as close together as possible.
Seated Tricep Press	4	8	1min	Sit on a bench with a straight back, feet flat on the floor, and back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking the elbows. With your elbows held in place and squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press the weight back up, following a slight arc until the elbows lock and the weight is once again about your head.
Training Session 3: Back, Biceps and Calves				
Exercise	Sets	Reps	Rest	Note
Lat Pull Down	3	8	0	Superset.
Barbell Bench Press	3	8	1min	3rd set as heavy as possible; 4-6 reps.
Bent Over Row	3	10	1min	Slow and controlled.
Alternating Dumbbell Curls	3	16	1min	8 reps per side.
Cable Double Bicep Curls	3	8	1min	Slow and controlled.
Hammer Curls	3	16	1min	8 reps per side.
Bent Leg Toe Press	3	10	1min	Sitting in a leg press machine, keeping your back pressed into the padded seat, toes on the footplate, knees bent, and allow your heels to drop as far below your toes as possible. Contract your calves, and then slowly reverse direction, returning to the start position.
Seated Calf Raises	3	15	1min	Straight, inside, outside.

Please refer to the USN website ([www.usn.co.za](http://www.usn.co.za)) for graphics on how these exercises work.