

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. If you can't do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

DAY 1: CHEST

CHEST

01 FLAT BENCH DUMBBELL PRESS



3 sets: 8-10 reps

02 INCLINE BENCH PRESS



3 sets: 10-12 reps

03 INCLINE FLYES



3 sets: 15 reps

04 CHEST PULL OVER



3 sets: 10-12 reps

05 DECLINE PUSH-UP



3 sets: to failure

CARDIO

06 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

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

DAY 2: LEGS & ABS

LEGS

01 SQUATS



3 sets: 8-12 reps

02 LUNGE WITH OBLIQUE TWIST



3 sets: 8 reps per leg

03 STRAIGHT LEG DEAD LIFT



3 sets: 8-10

ABS

01 SWISS BALL REVERSE CRUNCH



2 sets: 15 reps

02 CROSS OVER OBLIQUE TWIST



4 sets to failure

CARDIO

06 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 3: ARMS

BICEPS

01 CLOSE GRIP BARBELL CURL



3 sets: 10-12 reps

02 WIDE GRIP BARBELL CURL



3 sets: 10-12 reps

03 STANDING DUMBBELL CURL



3 sets: 10-12 each arm

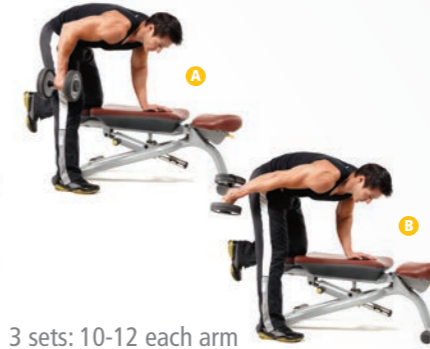
04 CONCENTRATION CURL



3 sets: 10-12 each arm

TRICEPS

05 BENTOVER TRICEP EXTENSIONS



3 sets: 10-12 each arm

06 SEATED TRICEP EXTENSIONS



3 sets: 10-12 each arm

CARDIO

07 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 4: SHOULDERS

SHOULDERS

01 SEATED BARBELL PRESS



3 sets: 8-12 reps

02 SEATED DUMBBELL PRESS



3 sets: 10-12 reps

03 SEATED REVERSE FLYES



3 sets: 10-12 reps

04 BARBELL UPRIGHT ROWS



3 sets: 12-15 reps

CARDIO

06 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

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DAY 5: BACK & CORE

BACK

01 BENT OVER ROWS



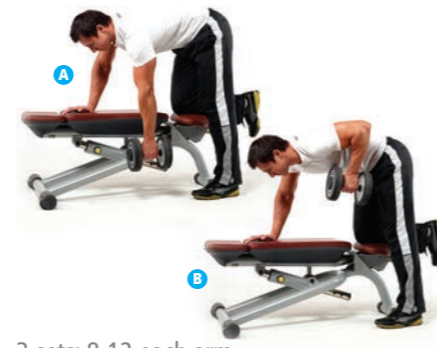
3 sets: 8-12 reps

02 INCLINE BENCH DUMBBELL ROW



3 sets: 10-12 reps

03 ONE ARM DUMBBELL ROW



3 sets: 8-12 each arm

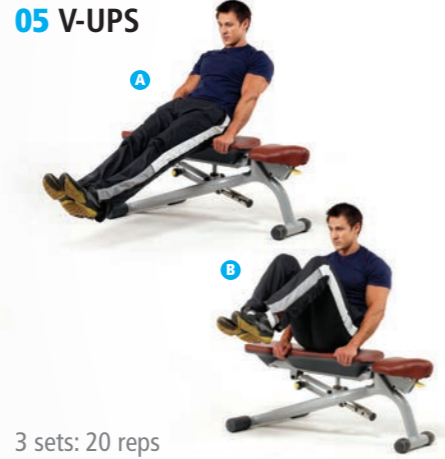
CORE

04 SWISS BALL SITUP



3 sets: 20 reps

05 V-UPS



3 sets: 20 reps

CARDIO

06 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS, ELLIPTICAL CYCLE, OR ROWING MACHINE.

DAY 6

OPTIONAL EXERCISES

Perform a mix of high intensity cardio and moderate resistance training for no longer than 45 minutes. Attempt to complete a full-body, circuit training session, with minimal rest.

This does not include your warm-up, which may involve stretching and foam rolling. If you reach failure before you can complete the set, lower the training weight by 20- 30%, and continue until failure occurs. 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 are optimal rest days, but remember to keep your diet clean!

OPTIONAL CONDITIONING EXERCISES

01 FLAT BENCH TRICEP PRESS



3 sets: 12 reps

02 SEATED CHEST PRESS



3 sets: 8 reps

03 PLANK



3 sets: 1 min

04 OBLIQUE CRUNCH



4 sets: 20 reps

05 CRUNCH WITH BALL BELOW FEET



4 sets: 12 reps

06 SWISS BALL INVERSE CRUNCH



4 sets: 12 reps

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