

Muscle-Building Workouts- GYM

Focus: Lose body fat, build and expose muscle

- Workouts are split into 'beginner' and 'advanced'.
- They are further categorized into lower body, upper body, and mixed lower and upper body workouts.
- The goal is to do a workout at least 2 times per week, with at least 1 rest day between workouts.
- Practicing progressive overload is essential. Make sure you are improving each time you repeat a workout. This means increase the weight, reps and sets and/or potentially reducing rest periods. Keeping a training journal for this purpose is recommended.
- When choosing a weight to start with, use what we call a Rate of Perceived Exertion scale (or RPE scale). This is a numbered scale from 1-10 that you can use to gauge how hard a set felt.

RPE Scale (Rate of Perceived Exertion)	
1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)

- Aim to stay between ~7.5-8.5 on the scale, which means it's heavy enough for you to complete all the reps, but not so heavy you went to complete failure. And not so light that there was not stimulus.
- Stick with a weight until you can do all of the reps required in a set. If the plan says to do 10 reps but you only manage 8 with the weight you chose, then stick with that weight until you can hit 10 reps before you increase it.
- Once you can do all the reps and sets at a given weight, increase weight, only do so in small increments. So about ~1-2 kg on upper body lifts and ~2-5 kg on lower body lifts.
- Click an exercise to view a video demonstration of it.
- Consult your physician before beginning this program as you would with any exercise. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of coaching with myself, you are agreeing to accept full responsibility for your actions.
- Turn on some music that gets you pumped up and start!

Gym Workout – Lower Body – Beginner – Plan 1

Exercise	Reps/time	Set 1	Set 2	Set 3
Kettle bell deadlift	3 x 10 reps			
Hip abduction	3 x 10 reps			
Kettle bell goblet squat	3 x 10 reps			
Weighted step ups	3 x 10 reps each side			
Walking lunges	3 x 5 reps each side			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Lower Body – Beginner – Plan 2

Exercise	Reps/time	Set 1	Set 2	Set 3
Romanian deadlift	3 x 10 reps			
Leg press	3 x 10 reps			
Hip adduction	3 x 10 reps			
Barbell back squat	3 x 10 reps			
Lying leg curls	3 x 10 reps			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Upper Body – Beginner – Plan 1

Exercise	Reps/time	Set 1	Set 2	Set 3
Decline sit up	3 x 10 reps			
Seated row	3 x 10 reps			
Planks	3 x 30 sec			
Bicep curls	3 x 10 reps			
Machine chest press	3 x 10 reps			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Upper Body – Beginner – Plan 2

Exercise	Reps/time	Set 1	Set 2	Set 3
Rope pushdowns	3 x 10 reps			
Standing DB shoulder press	3 x 10 reps			
Rowing	3 x 60 sec			
Overhead DB triceps ext.	3 x 10 reps			
Single arm weighted sit ups	3 x 5 reps each side			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Lower Body – Advanced – Plan 1

Exercise	Reps/time	Set 1	Set 2	Set 3
Leg press	3 x 10 reps			
Barbell back squat	3 x 10 reps			
Weighted step ups	3 x 60 sec			
Exercise ball Ab rollout	3 x 10 reps			
Leg extensions	3 x 10 reps			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Lower Body – Advanced – Plan 2

Exercise	Reps/time	Set 1	Set 2	Set 3
Lying leg curls	3 x 10 reps			
Kettlebell deadlift	3 x 10 reps			
Single arm weighted sit ups	3 x 8 reps			
TRX split squats	3 x 5 reps each side			
Smith machine squat	3 x 10 reps			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Upper Body – Advanced – Plan 1

Exercise	Reps/time	Set 1	Set 2	Set 3
Exercise ball knee tucks	3 x 10 reps			
Kettle bell swings	3 x 10 reps			
TRX double arm rows	3 x 10 reps			
Kettle bell upright rows	3 x 10 reps			
Bicep curls	3 x 10 reps			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.

Gym Workout – Upper Body – Advanced – Plan 2

Exercise	Reps/time	Set 1	Set 2	Set 3
Exercise ball knee tucks	3 x 10 reps			
Lat pulldowns	3 x 10 reps			
Machine shoulder press	3 x 10 reps			
Machine chest press	3 x 10 reps			
Single arm KB overhead press	3 x 5 reps each side			

REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.