



20kg dumbbell advanced workout plan - Muscle gain

Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

Exercise and training terms:

Duration	In a gym program this will refer to the workout time of the entire program
Intensity	This will refer to the amount of weight used, and the amount of rest given between each set of an exercise
Type	Refers to the type of training i.e. strength, resistance, cardio etc.
Reps/ repetitions	A single cycle of lifting and lowering a weight
Sets	A number of reps performed together ended with a rest period is referred to as a set
Tempo	Is the rate and speed at which a rep is executed, it has 3 stages: the push/pull, the pause and the return motion
% of max	Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. if you were to press 100 kg for only one rep as your max, your training weight for 45% of max for 10 reps, would be 45 kg pushed 10 times.

Exercise program:

1. 60 minutes 6 days a week.
2. Intensity: till failure
3. Do this program for 10-12 weeks
4. Adjust weight on dumbbells to suit reps needed

Equipment required:

1. 20kg dumbbell set

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/exercise execution
1	Back & Shoulders					
	Bent over dumbbell rows	Back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bent over reverse delt fly's	Back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing side laterals	Back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Alternating front delt raises	Shoulders	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
2	Legs					
	Stationary dumbbell weighted lunges	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell squats	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell squat swings	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Single leg standing calve raises (hold weight in 1 hand)	Legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	Supersettted between right and left leg 2:1:3
3	Chest & Shoulders					
	Dumbbell push ups	Chest	6		till failure	30 sec rest between each set tempo 2:1:3
	Incline floor push ups (feet on chair)	Chest	6		till failure	30 sec rest between each set tempo 2:1:3
	Dumbbell side laterals	Shoulders	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
4	Arms					
	Standing dumbbell curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing hammer curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Concentration dumbbell curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Floor crunches	Abs	5	20		tempo 1:0:1
5	Legs					
	Walking dumbbell weighted lunges	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	Supersettted between right and left leg 2:1:3
	Dumbbell squats	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell squat swings	Legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Single leg standing calve raises (hold weight in 1 hand)	Legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	Supersettted between right and left leg 2:1:3
6	Arms					
	Floor lying triceps extensions	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing dumbbell overhead extensions	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell triceps kick backs	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Floor crunches	Abs	5	20		tempo 1:0:1