



## 20kg dumbbell intermediate 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:

<b>Duration</b>	In a gym program this will refer to the workout time of the entire program
<b>Intensity</b>	This will refer to the amount of weight used, and the amount of rest given between each set of a exercise
<b>Type</b>	Refers to the type of training i.e. strength, resistance, cardio etc.
<b>Reps/ repetitions</b>	A single cycle of lifting and lowering a weight
<b>Sets</b>	A number of reps performed together ended with a rest period is referred to as a set
<b>Tempo</b>	Is the rate and speed at which a rep is executed, it has 3 stages: the push/pull, the pause and the return motion
<b>% of max</b>	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. 45 minutes 4 days a week.
2. Intensity: High.
3. Do this program for 8-10 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	<b>Back &amp; Shoulders</b>					as warm up
	Bent over dumbbell rows	Back	4	6-14	70% 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	70% 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	70% 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	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
2	<b>Legs</b>					as warm up
	Stationary dumbbell weighted lunges	Legs	5	6-14	70% 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	70% 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	70% 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	70% of max. Weight should allow minimum of 6 reps	Supersettted between right and left leg 2:1:3
3	<b>Chest &amp; Shoulders</b>					as warm up
	Dumbbell push ups	Chest	6	6-14	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Incline floor push ups (feet on chair)	Chest	6	6-14	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell side laterals	Shoulders	5	6-14	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Floor crunches	Abs	5	20-25		30 sec rest between each set tempo 2:1:3
4	<b>Arms</b>					as warm up
	Standing dumbbell curls	Arms	5	6-10	70% 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	70% 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	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell tricep kick backs	Arms	5	6-10	70% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3