



Muscle gain beginner exercise program

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 a
Type	Refers to the type of training, ie 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 eg. If you were to press 100kg for only one rep as you max, your training weight for 45% on max of 10 reps. Would be 45kg pushed 10 times.

Exercise program:

1. 30 minutes 3 days a week.
2. Intensity: medium
3. Do this program for 6 weeks
4. Adjust weight on dumbbells to suit reps needed

Equipment required:

1. Any Trojan Home Gym

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/ exercise execution
	Back shoulder and chest					Stretch muscle for 5 mins
1	Lat pull down	Back	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Bent over barbell row	Back	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Seated chest press	Chest	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Incline Barbell bench press	Chest	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Tricep and bicep					Stretch muscle for 5 mins
2	Cable tricep push down	Arms	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Reverse grip tricep push downs	Arms	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Reverse grip barbell curl	Arms	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Standing bicep cable curl	Arms	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Quads, hamstrings calves					Stretch muscle for 5 mins
3	Seated leg extensions	Legs	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Weighted walking lunges (barbell)	Legs	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Wide stance seated leg press	Legs	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Single leg standing hamstring curls	Legs	4	6-10	65% of max. Weight should allow minimum of 6 reps	1 min rest between each set tempo 2:1:3
	Adjust weight and reps accordingly					
More weight and less reps for muscle gain						
Less weight more reps for fat loss and toning						

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