



Performa 300 bench, advanced muscle gain workout

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 times a week
2. Intensity: High to failure.
3. Do this program for 10 - 12 weeks

Equipment required:

1. Performa 300 exercise bench

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/exercise execution
1	Chest & Arms					
	Incline bench press	Chest	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Flat bench press	Chest	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing barbell 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
	Close grip bench press	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
2	Back, Shoulders & Legs					
	Bent over barbell rows	Back	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Reverse grip bent over rows	Back	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated leg extensions	Legs	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
3	Shoulders & Arms					
	Seated shoulder barbell press	Shoulders	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bench dips	Shoulders	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated overhead barbell extension	Arms	6	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bench jack knives	Abs	6	25	Do a minimum of 25 reps	tempo 1:0:1
4	Chest & Arms					
	Incline bench press	Chest	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Flat bench press	Chest	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing barbell 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
5	Back, Shoulders & Legs					
	Bent over barbell rows	Back	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Reverse grip bent over rows	Back	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated leg extensions	Legs	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Lying leg curls	Legs	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
6	Shoulders & Arms					
	Seated shoulder barbell press	Shoulders	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bench dips	Shoulders	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated overhead barbell extension	Arms	6	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bench jack knives	Abs	6	25	Do a minimum of 25 reps	tempo 1:0:1