

LEAN MUSCLE GAIN TRAINING PROGRAMME *for men*

Get active by following this 5-day training programme for the next 12 weeks.

You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. Never skip a cardio or weight training session. If you can't do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

DAY 1 - CHEST

CHEST

1 FLAT BENCH DUMBBELL PRESS



3 sets, 12 reps

2 INCLINE BENCH PRESS



3 sets, 12 reps

3 INCLINE FLYES



3 sets, 15 reps

4 CHEST PULL OVER



3 sets, 8 reps

5 DECLINE PUSH-UP



3 sets, 8 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 2 – LEGS & ABS

LEGS

1 SQUATS



3 sets, 8-12 reps

2 LUNGE WITH OBLIQUE TWIST



3 sets, 8 reps

3 STRAIGHT LEG DEAD LIFT



3 sets, 8 reps

ABS

4 SWISS BALL REVERSE CRUNCH



2 sets, 8 reps

5 CROSS OVER OBLIQUE TWIST



4 sets, 20 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 3 – ARMS

BICEPS

1 CLOSE GRIP BARBELL CURL



3 sets, 12 reps

2 WIDE GRIP BARBELL CURL



3 sets, 12 reps

3 STANDING DUMBBELL CURL



3 sets, 12 reps

4 CONCENTRATION CURL



3 sets, 12 reps

TRICEPS

5 BENTOVER TRICEP EXTENSIONS



3 sets, 12 reps

6 SEATED TRICEP EXTENSIONS



3 sets, 12 reps

CARDIO

7 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 4 – SHOULDERS

SHOULDERS

1 SEATED BARBELL PRESS



3 sets, 12 reps

2 SEATED DUMBBELL PRESS



3 sets, 12 reps

3 SEATED LATERAL RAISES



3 sets, 12 reps

4 BARBELL CHIN RAISES



3 sets, 8 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 5 – BACK & CORE

BACK

1 BENT OVER ROWS



2 sets, 8-12 reps

2 INCLINE BENCH DUMBBELL ROW



3 sets, 12 reps

3 ONE ARM DUMBBELL ROW



3 sets, 8-12 reps

CORE

4 SWISS BALL SITUP



3 sets, 20 reps

5 V-UPS



3 sets, 20 reps

CARDIO

6 30-45 MINUTES OF HIGH INTENSITY RUNNING/SPRINTS OR ELLIPTICAL CYCLE.

DAY 6

OPTIONAL EXERCISES

Perform a mix of high intensity cardio and moderate resistance training for no longer than 45 minutes. Attempt to complete a full-body, circuit training session, with minimal rest.

This does not include your warm-up, which may involve stretching and foam rolling. If you reach failure before you can complete the set, lower the training weight by 20- 30%, and continue until failure occurs. If failure does occur, you can stop training that set as the muscle has reached failure twice, and normal function will not occur until recovery has taken place.

Saturday and Sunday are optimal rest days, but remember to keep your diet clean! On each day (Monday - Friday), you can do around 45 minutes of cardio after the resistance session. This should be between the treadmill and the stepper (if your gym has both). Keep your heart rate at around 75-85% of MAX to encourage fat-burning.

OPTIONAL CONDITIONING EXERCISES

1 FLAT BENCH TRICEP PRESS



3 sets, 12 reps

2 SEATED CHEST PRESS



3 sets, 8 reps

3 PLANK



3 sets, 1 min

4 OBLIQUE CRUNCH



4 sets, 20 reps

5 CRUNCH WITH BALL BELOW FEET



4 sets, 12 reps

6 SWISS BALL INVERSE CRUNCH



4 sets, 12 reps