

LEAN INUSCLE GAIN TRAINING PROGRAMME For MEA 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**



2 INCLINE BENCH PRESS



3 INCLINE FLYES



4 CHEST PULL OVER



DECLINE PUSH-UP



CARDIO

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

DAY 2 – LEGS & ABS

LEGS

SQUATS



2 LUNGE WITH OBLIQUE TWIST



3 STRAIGHT LEG DEAD LIFT



3 sets, 8 reps

ABS

4 SWISS BALL REVERSE CRUNCH



2 sets, 8 reps

CROSS OVER OBLIQUE TWIST



4 sets, 20 reps

CARDIO

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

DAY 3 – ARMS

BICEPS

O CLOSE GRIP BARBELL CURL



3 sets, 12 reps

2 WIDE GRIP BARBELL CURL



3 STANDING DUMBBELL CURL



CONCENTRATION CURL



TRICEPS

5 BENTOVER TRICEP EXTENSIONS



SEATED TRICEP EXTENSIONS



CARDIO

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

DAY 4 – SHOULDERS

SHOULDERS

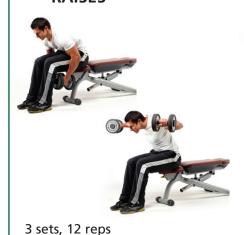
SEATED BARBELL
 PRESS



2 SEATED DUMBBELL PRESS



3 SEATED LATERAL RAISES



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







3 ONE ARM DUMBBELL ROW



3 sets, 8-12 reps

CORE

4 SWISS BALL SITUP



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

SEATED CHEST PRESS



PLANK



3 sets, 1 min

4 OBLIQUE CRUNCH





6 SWISS BALL INVERSE CRUNCH 4 sets, 12 reps