

Basic Training Guide

There are 3 different ways of exercising muscles each is dependent on the results you are aiming for they could be for Strength & Size, a Toned Muscle or a Fast impact POWER Muscle.

Strength & Size:

Heavy in Weight, Low Repartitions (between 4-8 reps) in 3-5 sets



Toned Muscle:

Light in weigh, High Repartitions (between 12-16 reps) in 5-7 sets



Power Training:

Medium Weights, fast & explosive movements (normally a preset circuit, 6 Exercises, between 6-12 reps). See *upper body power circuit* page.



Nutrition

For the development of Muscle, Nutrition is 75% of the task, the saying “*you are what you eat*” is a very true statement.

Bottom line is:

Eat lean protein (Chicken, Fish some red meat).

Eat Vegetables (Potatoes, Greens, Broccoli, Kale, Avocados & Fruit Etc).

Drink Water Loads.

Stay away from sugars, Fizzy drinks, fast foods IE. McDonalds etc.

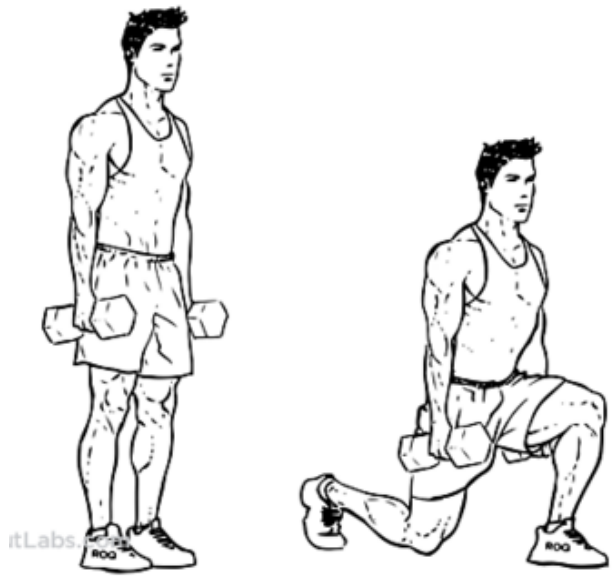
Nobody saying don't, but keep it to a minimal.



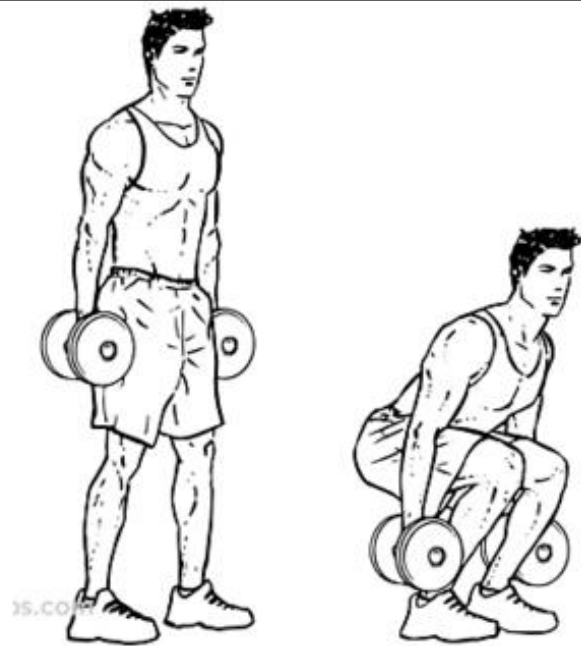
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Legs:

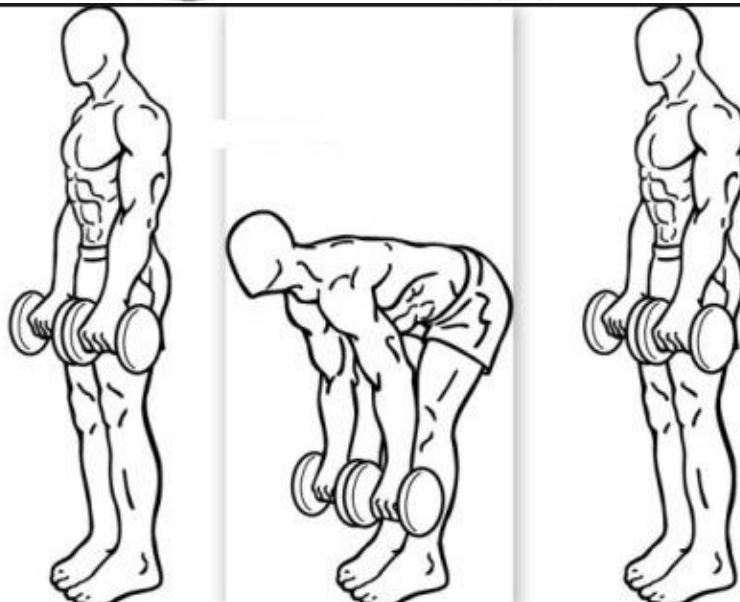
Lunge



Squat



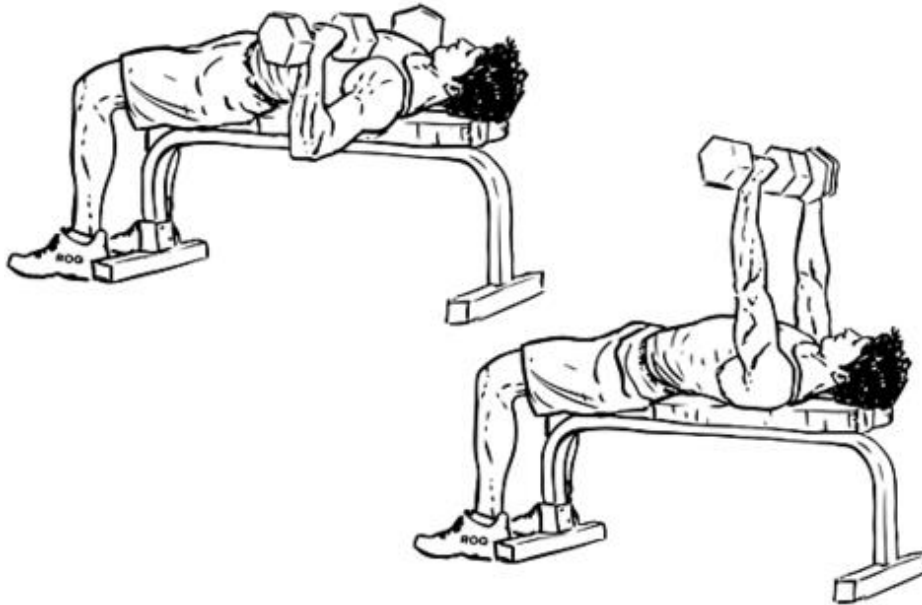
Dead Lift



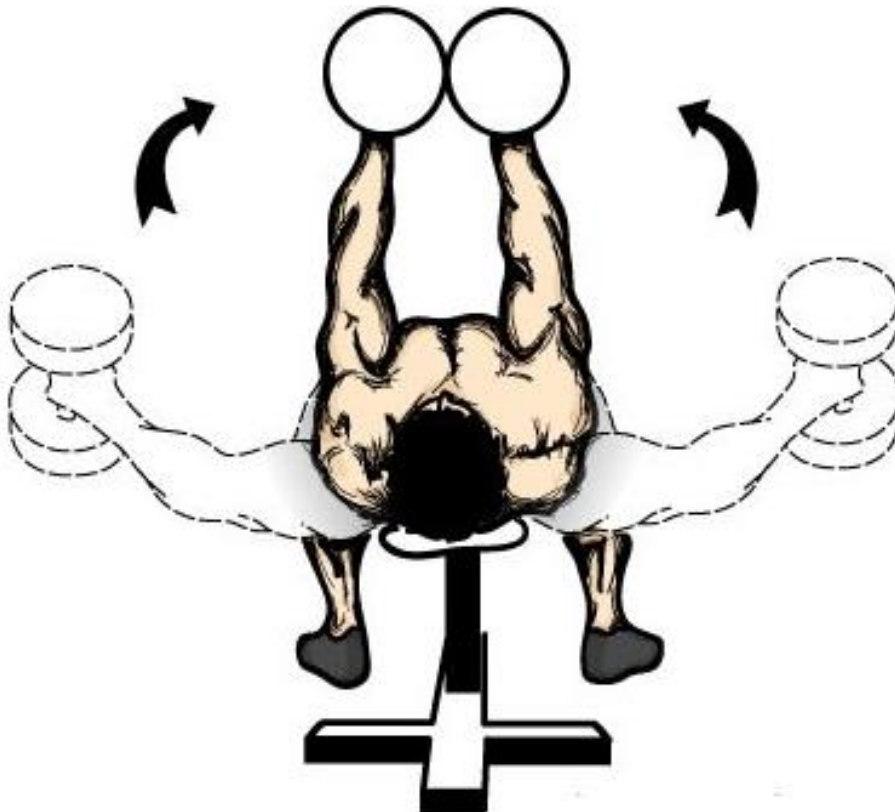
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Chest:

Bench Press



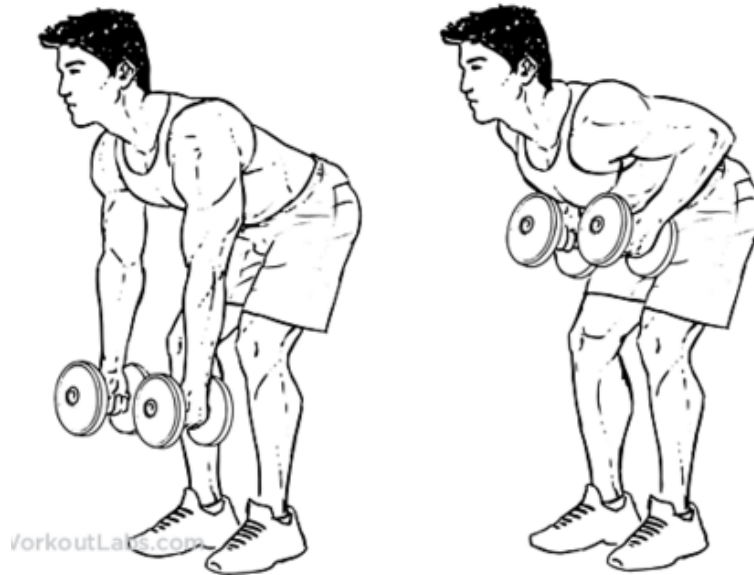
Flys



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Back:

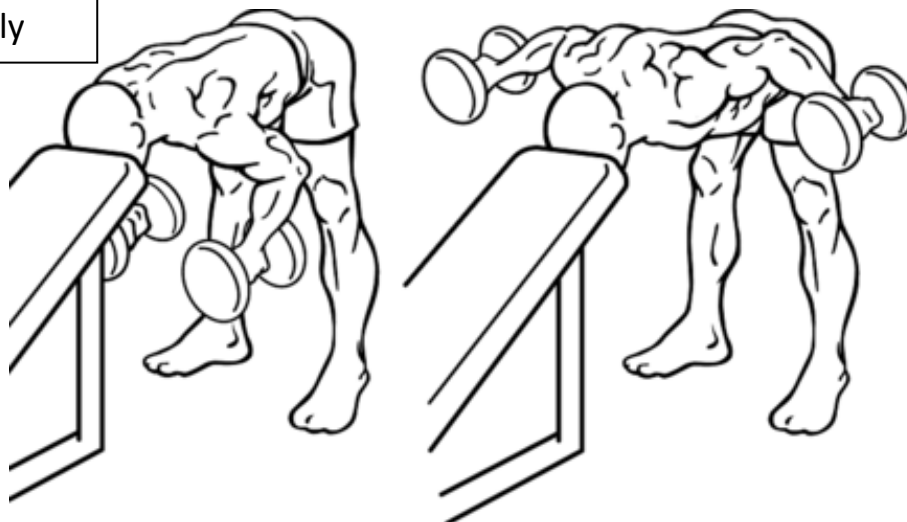
Bent Over Row



Single Arm Row



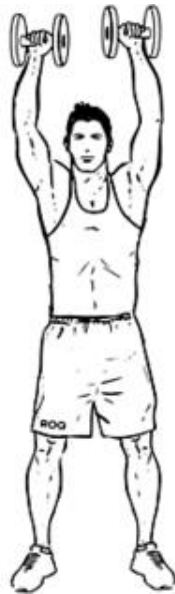
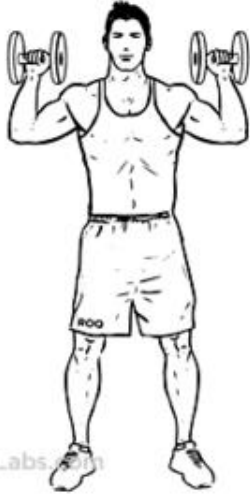
Bent Over Fly



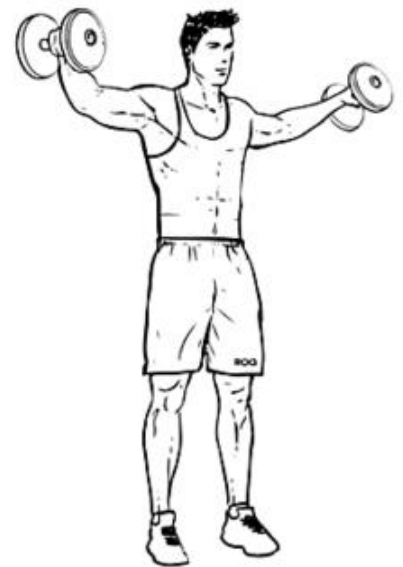
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Shoulders:

Military Press



Lateral Raises



Lateral Raises



Up Right Row



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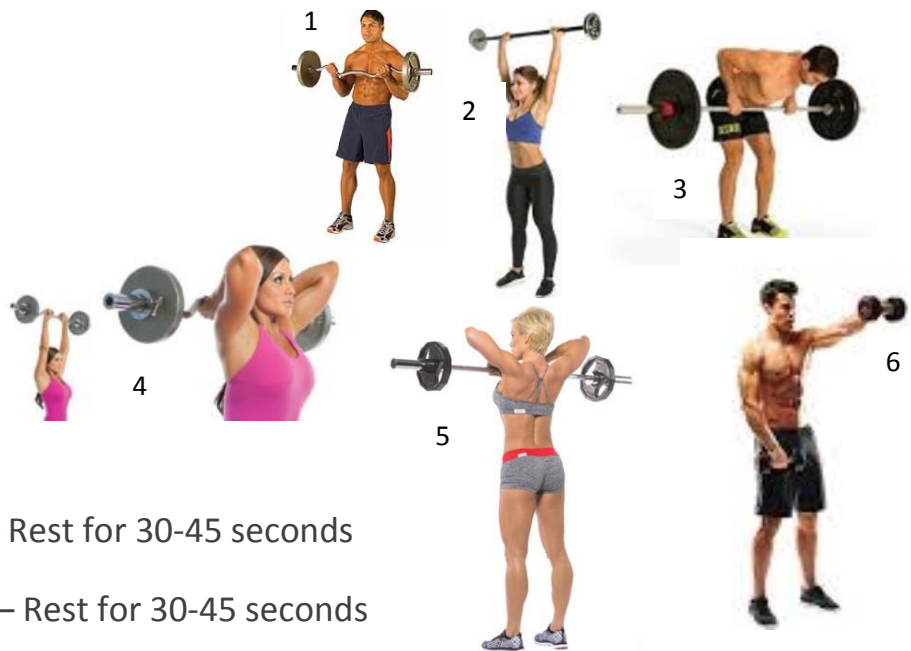
Power Circuit:

The circuit is designed to be EXPLOSIVE, all together it should take 15mins.
Start with 2.5kg on each end of the bar bell or 5kg dumbbell in each hand.

There are six exercises, which alternate between Push & Pull.

One Set is made up of the following Exercises in this order, without stopping:

1. Arm Curls
2. Military Press
3. Bent over row
4. Tricep Curl
5. Up Right Row
6. Neider Press



Set 1. - 6 reps of each – Rest for 30-45 seconds

Set 2. – 8 Reps of each – Rest for 30-45 seconds

Set 3. – 10 Reps of each – Rest for 30-45 seconds

Set 4. – 8 Reps of each – Rest for 30-45 seconds

Set 5. – 6 Reps of each – Rest for 30-45 seconds

Once the circuit gets easier increase as follows

Beginners - 6-8-10-8-6. **Intermediate - 8-10-12-10-8** **Advanced - 10-12-14-12-10**