



HOME OF GAINS TRAINING PLAN

DAN LAMBERT: BUILD MUSCLE

MON PUSH

1. DUMBBELL INCLINE BENCH PRESS 6-8 4
Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2. DUMBBELL FLAT BENCH PRESS 6-8 4
Lower the weight over 4 seconds, pause at the bottom for a second and then explode up.
3. DUMBBELL SHOULDER PRESS 6-8 4
You'll need to complete a few warm up sets in this position first before going heavy.
4. MILITARY PRESS 6-8 4
Move your head forwards as you raise the bar, don't lean back!

5. WEIGHTED DIPS 10-12 3
Use a dip belt to add weight to your body.

6. CLOSE GRIP BENCH PRESS 10-12 3
Engage your triceps by taking a narrower grip on the bar and keeping your elbows tucked in.

TUES PULL

1. WEIGHTED PULL UPS 3 7
Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2. PENDALAY ROW 6-8 4
Pause at the bottom to let the weight go dead on the floor before rowing each rep.
3. DUMBBELL ROW 6-8 4
Try not to shrug the weight up. Slow and steady tempo to engage the muscles in your back.
4. BAND RESISTED RACK PULL 6-8 4
Attach strong resistance band to the bottom of the power rack and the bar ends. Explode up.

5. CLOSE GRIP PULL UPS 10-12 3
Open the chest at the point of contraction by pulling hands apart, pinning shoulder blades together and squeezing.

6. BARBELL BICEP CURL 10-12 3
Stand proud with your chest up and shoulder back. Go lighter than usual and complete a 4 second eccentric on each rep.

WED LEGS

1. SQUATS 6-8 6
Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
2. LEG PRESS 10-12 4
Complete a 6 second eccentric.
3. HACK SQUAT 10-12 4
Complete a rest pause set of 10+5+3 on the final set.
4. BARBELL HIP EXTENSION 6-8 4
Engage the glutes and squeeze at the top position.

5. ROMANIAN DEADLIFTS 12-15 6
Keep the spine straight and hinge at the hips. Look for a stretch in the hamstrings on the eccentric.

6. WALKING LUNGES 20-30 3
Hold dumbbells or with a bar on your back.

THUR PUSH

1. DUMBBELL INCLINE BENCH PRESS 10-12 4
Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy.
- 2a. DUMBBELL FLAT BENCH PRESS 10-12 4
Superset 2a and 2b without rest between exercises.
- 2b. DUMBBELL LATERAL RAISE 12-15 4
Twist your little finger up as the dumbbell comes up to shoulder height.
- 3a. DUMBBELL SHOULDER PRESS 10-12 4
Superset 3a and 3b without rest between exercises.

3b. DUMBBELL PEC FLY 12-15 4
Twist your little fingers in as you reach the top position for a greater squeeze on the chest.

4. WEIGHTED DIPS FAILURE
Dip to failure then jump to the start position, complete a 5 second eccentric and repeat x3.

FRID PULL

- 1a. STRAIGHT ARM CABLE PULLDOWN 15-20 4
Pre exhaust set for the lats.
- 1b. PULL-UPS FAILURE 4
Strict 4 second eccentrics.
2. DUMBBELL ROW 10+5+3 3
Rest Pause set: 10 reps, rest 10 seconds, 5 reps, rest 10 seconds, 3 more reps each arm.
- 3a. CABLE PULL 15-20 4

3b. CLOSE GRIP PULL UP 10-12 4
Slow and smooth tempo, squeezing at the bottom of every rep.

4. WIDE GRIP SEATED ROW 15-20 7
Rest 30 seconds between sets and stretch.

SAT LEGS

1. SINGLE LEG CALF PRESS 30 SECONDS 5
Press a light weight for 30 seconds, with a steady tempo on each leg. Repeat for 5 mins.
- 2a. QUAD EXTENSIONS 15-20 4
Pre exhaust set for the quads.
- 2b. FRONT SQUATS 10-12 4
Complete immediately after a set of quad extension.
3. LEG PRESS 8+10 4 +1 END SET OF 40 REPS
8 reps with a 5 sec eccentric, then complete 10 partial reps at the top of the movement.

4a. LAYING HAMSTRING CURL 6-8 6
Complete with a 6 second eccentric.

4b. STIFF LEG DEADLIFT 15-20 6
Keep the spine straight and hinge at the hips. Look for a stretch in the hamstrings on the eccentric.

SUN REST

ACTIVE RECOVERY
I will usually go out on the bike or do an hours boxing.

DAN LAMBERT
MAXIMUSCLE ATHLETE & PERSONAL TRAINER

Professional Personal Trainer / Nutritionist / Transformation Coach with over 7 years experience within the fitness industry working with first time gym goers looking to improve their health, to professional athletes and sports teams (MMA champions and national conquering Rugby teams).



This training programme is only suitable for an experienced person in good physical condition. Please consult a training expert before engaging in this programme. You engage in this fitness programme at your own risk. GSK does not accept liability for any personal injury, loss or damage you may suffer as a result of attempting the activities outlined in this training programme.