



HOME OF GAINS 'PERFORM LIKE A PRO'

4-DAY TRAINING PLAN

HINTS: 1. Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy. 2. Engage your triceps by taking a narrower grip on the bar and keeping your elbows tucked in. 3. Use a dip belt to add weight to your body. 4. Rest 30 seconds between sets and stretch.

This plan is designed to help you sustain muscle development and build stamina. Always conduct a 5-10 minute warm up and cool down prior to and following each workout.

DAY 1

CHEST & ARMS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. BENCH PRESS	1-6	4-5					
2. CABLE CROSS OVER	6-8	3-5					
3. PEC FLY MACHINE	1-6	4-5					
4. CLOSE GRIP BENCH PRESS	6-8	3-5					
5. PRESS UPS	Up to 20	1-3					
6. TRICEP DIPS	Up to 20	1-3					
7. LSD - TREADMILL	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						

REST DAY

DAY 2

BACK & CHEST

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. LAT PULLDOWN	1-6	4-5					
2. SEATED ROW	1-6	4-5					
3. PULL UPS	Up to 20	1-3					
4. DUMBBELL SHRUG	10-12	3					
5. STIFF LEG DEADLIFT	6-8	3-5					
6. SQUATS	6-8	3-5					
7. LSD - BIKE	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						

DAY 3

CARDIO

	REPS / SETS		SET 1	SET 2	SET 3	SET 4	SET 5
1. HIIT - SPRINTS	High Intensity Interval Training (HIIT), Timed Sprints 30 secs sprint, 1 min jog recovery						
CORE EXERCISE	REPS	SETS					
2. PLANK	30 Secs	1-3					
3. SWISS BALL CRUNCH	Up to 20	1-3					
4. SIDE CRUNCH	Up to 20	1-3					
5. HANGING LEG RAISES	Up to 20	1-3					

REST DAY

DAY 4

SHOULDERS & LEGS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. UPRIGHT ROW	1-6	4-5					
2. SEATED DUMBBELL PRESS	6-8	3-5					
3. MILITARY PRESS	1-6	4-5					
4. LUNGES	3-6	3-5					
5. SQUATS	3-6	3-5					
6. LSD - TREADMILL	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						

REST DAY

Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5). Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions. Rest for 1-3 minutes between sets. Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions. Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions. MAXIMUSCLE, MAXIMUSCLE and star device are registered trade marks. Trade marks are owned by or licenced to the GSK group of companies.