

GAIN MUSCLE

WORKOUT GOAL	You'll build muscle while increasing your strength, ensure you fuel your body effectively to maximise the results from this program					
WORKOUT DESCRIPTION	Ensuring muscular fatigue and reducing rest time we are causing your muscles to adapt					
SAFETY BRIEF	Ensure you warm up your body properly before starting					
DURATION	45 - 60 minutes					
THE WORKOUT	Session Design			Methodology		
	Complete each set in order below. Rest for 1-2 minutes in between sets			Think about your technique during these workouts & ensure you're performing the exercise properly, while also using full range of motion. Do not rush your sets, take your time & finish the reps		
	Set	Exercise	Reps / Time & Rest	Sets	Equipment	Notes
	1	TRX Split Squat	60 seconds on / 30 seconds rest	2	TRX / Suspension Trainer	Controlled tempo
	2	Hamstring Curl	60 seconds on / 30 seconds rest	2	Swiss Ball	Keep hips elevated
	3	Kettlebell front rack walking lunge	12 reps / 60 seconds rest	3	Kettlebell	Control each step and focus on ROM
	4	Front Squat	8 reps / 60 seconds rest	3	Barbell	High elbows
	5	Deadlift	8 reps / 60 seconds rest	3	Barbell	Flat back
	6	Hip Thrusts	8 reps / 60 seconds rest	3	Barbell	Use bench for shoulders, squeeze the glutes
	7	Rollout	60 seconds on / 30 seconds rest	2	Barbell	Brace the Core
	8	Prone Sandbell Flip	60 seconds on / 30 seconds rest	2	Sandbell	Keep hips flat
	Set	Exercise	Reps / Time & Rest	Sets	Equipment	Notes
	1	TRX Row	60 seconds on / 30 seconds rest	2	TRX / Suspension Trainer	Thumbs to arm pits
	2	Duel Action Pulley (DAP) Chest Press	8 reps / 60 seconds rest	3	DAP	Focus on movement
	3	Dips	10 reps / 60 seconds rest	3	Dip Station	Add additional weight on a belt if required
	4	Cable Tricep Push-down	10 reps / 60 seconds rest	3	Cable	Static upper arm, elbows tucked
5	Alternate Lateral Raise	10 reps each arm / 60 seconds rest	2	Dumbbell	90 degrees at arm pit	
6	Bicep Curl	10 reps each arm / 60 seconds rest	2	EZ Bar	Isolate the arms, don't swing the body	
7	Weighted Crunch	60 seconds on / 30 seconds rest	2	Sandbell	Sandbell on chest	
8	Alternate Curl to Press	60 seconds on / 30 seconds rest	2	Dumbbell	Hammer curl to arnold press	
COOL DOWN	5 minutes on the cross trainer at low intensity					
STRETCH	Workout 1 - Quad, Glutes & Hamstrings. Workout 2 - Chest, Arms, Shoulders					
SIGNPOSTING	Use our Core App and view class timetables for more strength based programming					