Before commencing any form of physical activity always ensure you are sufficiently hydrated, completed an effective warm-up specific to your workout and have consumed a good source of protein at least 30min before you begin.

If eight reps are to difficult to perform lighten the weight load and if a 12 rep range is fairly easily then achieved increase the weight load.

Weight workout 1

<table>
<thead>
<tr>
<th>Chest</th>
<th>Weight</th>
<th>Reps (target)</th>
<th>Reps (completed)</th>
<th>Sets</th>
</tr>
</thead>
</table>

Incline dumbbell press 8 - 12 x3
Major muscle groups targeted – Pectoralis Major, Deltoid, Triceps Brachii, Serratus
Barbell Bench press 8 - 12 x3
Major muscle groups targeted – Pectoralis Major, Deltoid, Triceps Brachii

Dumbbell Flyes 8 - 12 x3
Major muscle groups targeted – Pectoralis Major

Shoulders

Dumbbell shoulder press 8 - 12 x3
Major muscle groups targeted – Deltoids, Triceps Brachii

Upright rows 8 - 12 x3
Major muscle groups targeted – Deltoids, Trapezius

Bench over lateral raises 8 - 12 x3
Major muscle groups targeted – Deltoids, Trapezius

Triceps

Cable extensions 8 - 12 x3
Major muscle groups targeted – Triceps Brachii, Anconeus

Bodyweight dips between benches 8 - 12 x3
Major muscle groups targeted – Triceps Brachii

Weight workout 2

<table>
<thead>
<tr>
<th>Legs</th>
<th>Weight</th>
<th>Reps (target)</th>
<th>Reps (completed)</th>
<th>Sets</th>
</tr>
</thead>
</table>

Barbell squats
Major muscle groups targeted – Quadriceps, Gluteus Maximus/ Medius
Walking lunges 8 - 12 x3
Major muscle groups targeted – Quadriceps, Gluteus Maximus
Leg extensions 8 - 12 x3
Major muscle groups targeted – Quadriceps
Leg curls 8 - 12 x3
Major muscle groups targeted – Hamstrings, Calves (Gastrocnemius)
Stiff legged deadlifts 8 - 12 x3
Major muscle groups targeted – Erector Spinae, Gluteus Maximus, hamstrings

Calves

Standing calf raise 8 - 12 x3
Major muscle groups targeted – Calves (Gastrocnemius)
Seated calf raise 8 - 12 x3
Major muscle groups targeted – Soleus

Abdominals

Rope crunches 8 - 12 x3
Major muscle groups targeted – Rectus Abdominals, External Obliques
Reverse crunches 8 - 12 x3
Major muscle groups targeted – Rectus Abdominals, External Obliques

See over for safety tips
Safety Tips

As with anything in life there is always an element of risk involved. When partaking in any physical activity it is advised that if you are not a trained professional than you seek the advice and instruction of someone who is. Adhering to this precaution will ensure your time in the gym is not only fun but free from injury.

The training programs set out in this document have been written as a guide only and we do ask that you ask a professional on the correct function of the equipment if you are unsure.

There are safety tips we would like to stress to assist in the prevention of injury. The exercises prescribed will produce great results if the correct instruction is adhered to.

- Always maintain correct form when executing a rep.
- Don’t arch your back when completing a rep.
- Your feet remain flat on the floor.
- Keep your head pressed against the bench, doing this will reduce neck strains.
- Comply with gym policies as they are in place to protect you. (hygiene, footwear, return all weights to their place)
- Whether you’re a seasoned athlete or a beginner substituting form to lift heavy is opening yourself up for an injury. When the time comes to try heavier weight always use a spotter and maintain technique.
- When executing any abdominal exercise, to reduce injury tilt the head forward with eyes looking into your groin at all times.
- Breathing for safety and comfort it has been said to be beneficial to breathe out on the concentric part of the movement.
- Always check the equipment prior to use.
- If you are a person who perspires while exercising you may find workout gloves beneficial, they enable you to better grasp the bar/dumbbell

<table>
<thead>
<tr>
<th>Back</th>
<th>Weight</th>
<th>Reps (target)</th>
<th>Reps (completed)</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lat pulldowns</td>
<td>8 -12</td>
<td>x3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major muscle groups targeted – Latissmus Dorsi, Biceps, Teres Major</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seated rows</td>
<td>8 -12</td>
<td>x3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major muscle groups targeted – Latissmus Dorsi, Biceps, Teres Major, Trapezius, Erector Spinae, Rhomboids, Deltoid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Narrow grip pulldowns</td>
<td>8 -12</td>
<td>x3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major muscle groups targeted – Latissmus Dorsi, Biceps, Teres Major</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>One arm dumbbell rows</td>
<td>8 -12</td>
<td>x3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major muscle groups targeted – Latissmus Dorsi, Biceps, Trapezius, Deltoid</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Biceps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline dumbbell curls</td>
</tr>
<tr>
<td>Major muscle groups targeted – Biceps, Brachioradialis</td>
</tr>
<tr>
<td>Preacher curls</td>
</tr>
<tr>
<td>Major muscle groups targeted – Biceps, Brachial</td>
</tr>
<tr>
<td>Hammer curls</td>
</tr>
<tr>
<td>Major muscle groups targeted – Biceps, Brachioradialis</td>
</tr>
</tbody>
</table>