

New Image Fitness Ltd

MOTIVATED BY YOUR RESULTS

Basic Muscle
Building Routine

Warm Up Details

5 - 10 Minutes – Your choice of CV equipment, work up to RPE 5/10
Mobilise joints initially or 1 set of 15 reps at 50% load on each exercise

	EXERCISE	REPS	SETS	RESISTANCE	ALTERNATIVES
Resistance Exercises	Smith Machine Chest Press	8 - 12	3		Dumbbell Press
	Incline Dumbbell Flyes	8 - 12	3		Pek Dek
	Smith Machine Rowing	8 - 12	3		Pullovers
	Dumbbell Rowing	8 - 12	3		Lat Pulldown
	Dumbbell Shoulder Press	8 - 12	3		Machine Shoulder Press
	Lateral Raise	8 - 12	3		Arnold Press
	Leg Ext	8 - 12	3		Fit Ball Squats
	Smith Machine Squats	8 - 12	3		Dumbbell Squats
	Barbell Lunges	8 - 12	3		Dumbbell/ Step Lunge
	Leg Curl	8 - 12	3		Weighted Bridge
	Barbell Curls	8 - 12	3		Incline Dumbbell Curls
	Lying Barbell Ext	8 - 12	3		Close Grip Press Ups

Workout Details

Rest Between Sets: 1 Minute - 30 seconds

Progression: Increase by 1 repetition each workout up to 12 reps and then increase the resistance. The initial resistance used should be heavy enough that 12 reps are not achievable, but not too heavy that 8 can't be reached. Aim to reach muscular failure on the final set of each exercise.

	EXERCISE	TYPE	INTENSITY	ALTERNATIVES
CV Exercises				

Cool Down Details

5 minutes – Your choice of CV equipment, only to RPE 5/10
Full Body Stretches

Contact Details: -

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