

Intro Workout Programme

This programme is created specifically for training after a gym break of 14 days or longer. It is meant to activate your muscle, increase your heart rate and prepare you for the next phase of your training. The length of the programme is 7-14 days with the session length of around 50 minutes. A reasonable healthy diet is to be followed along this programme.

Workout A

5 minutes' warmup on any cardio machine of your preference (low to medium pace)

- 1 Leg Press 20x - <http://www.bodybuilding.com/exercises/detail/view/name/leg-press>
- 2 Calf Raises 25x - <http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-calf-raise>
- 3 Press Ups 10x - <http://www.bodybuilding.com/exercises/detail/view/name/pushups>
- 4 Lat Pulldowns 10x - <http://www.bodybuilding.com/exercises/detail/view/name/wide-grip-lat-pulldown>
- 5 Shoulder Press Machine 10x - <http://www.bodybuilding.com/exercises/detail/view/name/machine-shoulder-military-press>
- 6 Tricep Pushdown 10x - <http://www.bodybuilding.com/exercises/detail/view/name/triceps-pushdown>
- 7 Bicep Curls 10x - <http://www.bodybuilding.com/exercises/detail/view/name/barbell-curl>
- 8 Crunches 20x - <http://www.bodybuilding.com/exercises/detail/view/name/crunches>

Have a 3-4 minute break & repeat again until you've completed 4 rounds.

At the end of the workout do a plank & hold the position for as long as you can.

Use 60% of your 1RM on all free weight and machine exercises.*

The workouts in
this phase can be
used as follows:

Mo	Workout A
Tu	-
We	Workout B
Th	-
Fr	Workout A
Sa	-
Su	-
Mo	Workout B
Tu	-
We	Workout A
Th	-
Fr	Workout B
Sa	-
Su	-

Workout B

5 minutes warmup on any cardio machine of your preference (low to medium pace)

- 1 Chest Press Machine 20x - <http://www.bodybuilding.com/exercises/detail/view/name/machine-bench-press>
- 2 Back Row Machine 25x - <http://www.bodybuilding.com/exercises/detail/view/name/leverage-iso-row>
- 3 Front Raises 10x - <http://www.bodybuilding.com/exercises/detail/view/name/front-dumbbell-raise>
- 4 Bodyweight Squats 20x - <http://www.bodybuilding.com/exercises/detail/view/name/bodyweight-squat>
- 5 Hip Thrusts 10x - <http://www.bodybuilding.com/exercises/detail/view/name/barbell-hip-thrust>
- 6 Triceps Dips 10x - <http://www.bodybuilding.com/exercises/detail/view/name/dips-triceps-version>
- 7 Preacher Curls 10x - <http://www.bodybuilding.com/exercises/detail/view/name/preacher-curl>
- 8 Rope Crunches 20x - <http://www.bodybuilding.com/exercises/detail/view/name/cable-crunch>

Have a 3-4 minute break & repeat again until you've completed 4 rounds.

At the end of the workout do a plank & hold the position for as long as you can.

Use 60% of your 1RM on all free weight and machine exercises.*

*1RM = 1 Repetition Maximum (If you can leg press 100kg once as a maximum, use 60kg for this workout). If you don't know what your maximums are, do not try to find them. Make a reasonable estimate of your strength and choose the weight you think might 60%1RM be on a given exercise.

DISCLAIMER: This workout draft is for informational purposes only.

Consult your medical/health professional before adopting any of the suggestions outlined.

Sets In The City specifically disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of the information contained on this page. Make sure you do stretching to cool down after your workout.