



Beginners 3 day program (Monday, Wednesday, Friday)

This program is suitable for either male or female trainers with less than 6 months worth of gym time or for those who are looking for an overall fitness weight training program.

Pre workout supplements: 2 teaspoons of Red Fuzion, 3 teaspoons of Leukadron, 1 teaspoon of Acetyl L Carnitine and 3 teaspoons of After Shock Xtreme. Mix powders into 750ml drink bottle and consumer during workout.

Chest

Warm-up with 50% of weight for 2 sets of 20 reps on barbell bench press.
3 sets of barbell bench press 10-12 reps
3 sets of incline dumbbell flies

Back:

3 sets of wide grip chin ups (add weight once you can do 12 reps)
3 sets of seated cable rows 10-12 reps

Shoulders:

3 sets of dumbbell seated shoulder press 10-12 reps
3 sets of Side lateral raise 10-12 reps

Biceps:

3 sets of standing barbell curls 10-12 reps.

Triceps:

3 sets of tricep push downs 10-12 reps
3 sets of tricep dips 10-12 reps

Hamstrings:

3 sets of lying leg curls 12-15 reps

Quads:

3 sets of leg extensions 12-15 reps
3 sets of leg press on 45 degree press machine 12-15 reps
2 sets of Barbell squats 20 reps

Calves:

3 sets of standing calve raise 12 reps
3 sets of seated calve raise 12 reps

ABS:

3 sets of hanging leg raise from chin bar 20-25 reps
3 sets of rope crunches 20-25 reps