

MUSCLE GAIN PROGRAM - UPPER



**SPORT &
FITNESS**

APRIL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<u>DB BENCH PRESS</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>VERTICAL ROW</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>45* LEG PRESS</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>ASSISTED DIP MACHINE</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>CLOSE GRIP LAT PULL DOWN</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>DB STEP UPS</u>	2 X 5- 6/side	2 X 5- 6/side	3 X 4- 5/side	3 X 4- 5/side
<u>DB INCLINE CURLS</u>	2 X 12-15	2 X 12-15	3 X 10-12	3 X 10-12
<u>LYING DB TRICEPS EXTENSION</u>	2 X 12-15	2 X 12-15	3 X 10-12	3 X 10-12
<u>SIDE PLANK</u>	2 X 20- 30sec	2 X 20- 30sec	2 X 30- 40sec	2 X 30- 40sec

WARM UP – Start each session with 5 minutes of cardio and start each exercise with a light warm up set for 10 reps.

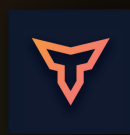
WEEK 1 – The goal of Week 1 is to find a weight you can maintain for 3 sets of 12-15 reps, the last set should be tough but you can achieve at least 12 reps.

WEEK 2 – For Week 2 the goal is to increase your weights but ensure you can still maintain 3 sets of 12-15 reps, the last set should be tough but you should still achieve at least 12 reps.

WEEK 3 – For Week 3 we're dropping the reps down and trying to further increase the weights but pick something you can maintain for 3 sets of 10-12 reps, the last set should be tough but you can still get at least 12 reps.

WEEK 4 – The goal of Week 4 is to increase your weights again but still maintain for 3 sets of at least 10 reps.

FEARLESS
FEAR LESS



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