

MUSCLE GAIN PROGRAM - UPPER



**SPORT &
FITNESS**

MAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<u>SEATED CHEST PRESS</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>ASSISTED PULL UP MACHINE</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>GOBLET SQUAT</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>DB SHOULDER PRESS</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>SEATED ROW</u>	3 X 12-15	3 X 12-15	3 X 10-12	3 X 10-12
<u>DUMBBELL SPLIT SQUAT</u>	2 X 5-6/side	2 X 5-6/side	3 X 4-5/side	3 X 4-5/side
<u>PREACHER CURLS</u>	2 X 12-15	2 X 12-15	3 X 10-12	3 X 10-12
<u>BENCH DIPS</u>	2 X 12-15	2 X 12-15	3 X 10-12	3 X 10-12
<u>FITBALL DEADBUGS</u>	2 X 6-8/side	2 X 6-8/side	2 X 8-10/side	2 X 8-10/side

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