


I'm not robot  reCAPTCHA

I am not robot!

Workout program pdf

Our Full Body Workout Plan includes exercises that directly target key muscles as well as others that make muscles work in harmony in functional ways. If you're someone who wants to work every major muscle group every time you hit the gym, then this program is for you, especially if your goal is an improved, more fit, athletic-looking, and toned physique. Jump to the workout plan now! Alternatively, you can download the free PDF using the link below: Full Body Workout Plan PDF Program styleResistance trainingProgram duration12 weeksTarget GenderMale and femaleTarget MusclesFull bodyWorkout duration1-2 hoursScheduling5 workoutsGoalWorkout full body and build overall muscleLevelBeginners to advancedEquipmentDumbbells (DB), Barbell (BB), hex bar, resistance bands, cable machine You can expect your muscles to grow, and probably to get stronger, although this is not a strength training program per se. You can also expect to be doing a lot of work. So if you're new to the weight room, or if you've been doing a bro split or upper-lower split, you can expect some soreness at first until you acclimate.

Is this the program I would write for someone who's single goal is bigger muscles without caring how often they work out? No, it isn't. I prefer using splits for that. But this is ideal for people who want or need to train every muscle during the times they're able to get into the gym. Or, for people who want a little less work per workout with the workload spread out over several days. You can also expect to see some exercises that may be unfamiliar to you. The exercises that are here are here for a good reason: lots of personal experimentation over a 43-year period, and reviews of the legitimate peer reviewed research. Yes, there are some favorite gym-bro exercises missing. So no, there are no back squats, traditional deadlifts, barbell bench press, cleans, barbell overhead presses, or leg raises. I did toss in some exercises that are variants of the gym staples, as well as some optional exercises that you can pick between depending on available equipment or individual preference. This program's goal is muscle hypertrophy written for someone who wants to work out a lot. If you like going to the gym and feel like you need to work out more often, try this program. Full body workouts are a good approach for people who look for general fitness and a more fit-looking physique without getting too terribly crazy about it. They're also really good for middle-aged people who want to get into the gym three or four times a week and not overdo it. Full body workout plans like this one are also great for traveling professionals who may find themselves in a hotel that has a complete gym one night, but the next night's in a hotel with no fitness facility at all.

30-DAY HOME WORKOUT PLAN						
01 Lower Body Strength + Cardio 30 Minutes	02 Upper Body HIIT 30 Minutes	03 Cardio and Abs 30 Minutes	04 <i>Rest Day: Barre + Abs</i> 10 Minutes	05 Total Body Pyramid 30 Minutes	06 Full Body HIIT 20 Minutes	07 <i>Rest Day: Full Body Stretch</i> 10 Minutes
08 Legs + Back 30 Minutes	09 Upper Body Strength + Cardio 30 Minutes	10 Power Barre 30 Minutes	11 <i>Rest Day: Abs, Butt + Thighs</i> 15 Minutes	12 Total Body HIIT 30 Minutes	13 HIIT Pyramid 7-Min Abs 30 Minutes	14 <i>Rest Day: Full Body Stretch</i> 10 Minutes
15 Lower Body Strength + Cardio 30 Minutes	16 Back Workout and 5-Min Abs 30 Minutes	17 Cardio and Abs 30 Minutes	18 <i>Rest Day: Power Yoga</i> 15 Minutes	19 Full Body Pyramid 35 Minutes	20 Rest Full Body Lower Abs 30 Minutes	21 <i>Rest Day: Full Body Stretch</i> 10 Minutes
22 Legs, Back + Biceps Pyramid 30 Minutes	23 Chest Workout and 5-Min Abs 30 Minutes	24 Cardio Kickboxing Barre 30 Minutes	25 <i>Rest Day: HIIT Cardio</i> 15 Minutes	26 Kettlebell (or 1 DB) HIIT 30 Minutes	27 No Repeats HIIT 30 Minutes	28 <i>Rest Day: Full Body Stretch</i> 10 Minutes
29 Total Body HIIT with Dumbbells 30 Minutes	30 Full Body HIIT 20 Minutes	<p>Click the bold text on each day to access the full workout on nourishmoveandlove.com And be sure to tag @nourishmoveandlove on social!</p>				

Or, for people who want a little less work per workout with the workload spread out over several days.

Day	Exercise	Set/Reps	Weight	Notes
Day 1	1. Squat	3x10	100lb	
	2. Bench Press	3x8	100lb	
	3. Deadlift	3x5	150lb	
	4. Barbell Row	3x10	100lb	
	5. Overhead Press	3x8	50lb	
	6. Bicep Curl	3x12	20lb	
	7. Tricep Kickback	3x12	10lb	
	8. Plank	3x30		
	9. Side Plank	3x30		
	10. Core Circuit	3x10		
Day 2	1. Bench Press	3x8	100lb	
	2. Squat	3x10	100lb	
	3. Deadlift	3x5	150lb	
	4. Barbell Row	3x10	100lb	
	5. Overhead Press	3x8	50lb	
	6. Bicep Curl	3x12	20lb	
	7. Tricep Kickback	3x12	10lb	
	8. Plank	3x30		
	9. Side Plank	3x30		
	10. Core Circuit	3x10		
Day 3	1. Bench Press	3x8	100lb	
	2. Squat	3x10	100lb	
	3. Deadlift	3x5	150lb	
	4. Barbell Row	3x10	100lb	
	5. Overhead Press	3x8	50lb	
	6. Bicep Curl	3x12	20lb	
	7. Tricep Kickback	3x12	10lb	
	8. Plank	3x30		
	9. Side Plank	3x30		
	10. Core Circuit	3x10		

You can also expect to be doing a lot of work. So if you're new to the weight room, or if you've been doing a bro split or upper-lower split, you can expect some soreness at first until you acclimate. Is this the program I would write for someone who's single goal is bigger muscles without caring how often they work out? No, it isn't. I prefer using splits for that. But this is ideal for people who want or need to train every muscle during the times they're able to get into the gym. Or, for people who want a little less work per workout with the workload spread out over several days. You can also expect to see some exercises that may be unfamiliar to you. The exercises that are here are here for a good reason: lots of personal experimentation over a 43-year period, and reviews of the legitimate peer reviewed research. Yes, there are some favorite gym-bro exercises missing. So no, there are no back squats, traditional deadlifts, barbell bench press, cleans, barbell overhead presses, or leg raises. I did toss in some exercises that are variants of the gym staples, as well as some optional exercises that you can pick between depending on available equipment or individual preference.

This program's goal is muscle hypertrophy written for someone who wants to work out a lot. If you like going to the gym and feel like you need to work out more often, try this program. Full body workouts are a good approach for people who look for general fitness and a more fit-looking physique without getting too terribly crazy about it. They're also really good for middle-aged people who want to get into the gym three or four times a week and not overdo it. Full body workout plans like this one are also great for traveling professionals who may find themselves in a hotel that has a complete gym one night, but the next night's in a hotel with no fitness facility at all. The plan divides the body into the major body parts we often think of with Bro Splits: Legs, Shoulders, Arms, Chest, Back. Core has been added. Each body part—except Core—gets a focus day. The focus day is “heavy day”, where other body parts have only one exercise per day, focus day has several. Legs for instance, there are exercises that address each of those. In the workout to follow a “focus day”, the focus body part rotates to last, and the body part that follows the focus body part moves up to its focus day. Set and rep schemes have been intentionally set so that the day after focus day is lighter and accommodates recovery. Leg Day done correctly will be your hardest day of the week from a work standpoint. Working legs is hard. The exercises selected for Legs were specifically chosen to deliver direct hits to each particular region of the upper leg: quads, hamstrings, and glutes. Note how we've placed hamstrings between two exercises for quads? That is intentional. I learn through experimentation that if I put an opposing muscle exercise between two specific exercises for a muscle (e.g. quad, ham, quad) that I could get further productive work out of that target muscle. My quads weren't as fatigued as I thought they were! This isn't effective with all muscle groups. The quads can take it. I found that this worked for my heavy leg days so I'm sharing the hack here.

Workout Chart

Notes: The program calls for four workouts per week, and you'll find the first two weeks below. You'll work with progressive heavier loads throughout and by the end of eight weeks, you'll be using weights that are 50 percent of your one rep max. The reps will decrease while the weights increase. Each workout focuses on a few compound exercises as well as lighter exercises/reps performed at the end of workouts designed to deplete your fuel tank of energy.

Exercise	Set/Reps	Weight	Rest (min)	Set/Reps	Weight	Rest (min)
Deep Squat with High Bar	3x10	400lb	3:00	3x10	300lb	3:00
Bench	3x10	200lb	3:00	3x10	150lb	3:00
Barbell Row	3x10	150lb	3:00	3x10	100lb	3:00
Overhead Press	3x10	100lb	3:00	3x10	75lb	3:00
Bicep Curl	3x10	30lb	3:00	3x10	20lb	3:00
Tricep Kickback	3x10	15lb	3:00	3x10	10lb	3:00
Plank	3x30		3:00	3x30		3:00
Side Plank	3x30		3:00	3x30		3:00
Core Circuit	3x10		3:00	3x10		3:00

Or, for people who want a little less work per workout with the workload spread out over several days. You can also expect to see some exercises that may be unfamiliar to you. The exercises that are here are here for a good reason: lots of personal experimentation over a 43-year period, and reviews of the legitimate peer reviewed research. Yes, there are some favorite gym-bro exercises missing. So no, there are no back squats, traditional deadlifts, barbell bench press, cleans, barbell overhead presses, or leg raises. I did toss in some exercises that are variants of the gym staples, as well as some optional exercises that you can pick between depending on available equipment or individual preference.

This program's goal is muscle hypertrophy written for someone who wants to work out a lot. If you like going to the gym and feel like you need to work out more often, try this program. Full body workouts are a good approach for people who look for general fitness and a more fit-looking physique without getting too terribly crazy about it. They're also really good for middle-aged people who want to get into the gym three or four times a week and not overdo it. Full body workout plans like this one are also great for traveling professionals who may find themselves in a hotel that has a complete gym one night, but the next night's in a hotel with no fitness facility at all. The plan divides the body into the major body parts we often think of with Bro Splits: Legs, Shoulders, Arms, Chest, Back. Core has been added. Each body part—except Core—gets a focus day. The focus day is “heavy day”, where other body parts have only one exercise per day, focus day has several. Legs for instance, there are exercises that address each of those. In the workout to follow a “focus day”, the focus body part rotates to last, and the body part that follows the focus body part moves up to its focus day. Set and rep schemes have been intentionally set so that the day after focus day is lighter and accommodates recovery. Leg Day done correctly will be your hardest day of the week from a work standpoint. Working legs is hard.

300 no-equipment workouts

free PDF download

A complete collection of visual routines for all fitness levels with detailed instructions and a muscle map for each.

Volume 1 | Volume 2 | Volume 3



permalink goo.gl/JBSEVV

Or, for people who want a little less work per workout with the workload spread out over several days. You can also expect to see some exercises that may be unfamiliar to you. The exercises that are here are here for a good reason: lots of personal experimentation over a 43-year period, and reviews of the legitimate peer reviewed research. Yes, there are some favorite gym-bro exercises missing.

Week 1&2 Workout

DAY 1

Exercise	Sets	Reps	Muscle Group
Bench Press	3	9-10	Chest
Superset	3	-	TIPS
Dumbbell Flye	3	12-15	Chest
Incline Dumbbell Flye	3	12-15	Chest
Superset	3	-	TIPS
Incline Dumbbell Press	3	9-10	Chest
Push Up	8	20 sec.	Chest
DUMBBELL SHOULDER PRESSES	3	9-10	Shoulders
Superset	3	-	TIPS
Dumbbell Lateral Raise	3	12-15	Shoulders
Bent-Over Lateral Raise	3	12-15	Shoulders

Exercise	Sets	Reps	Muscle Group
Dumbbell Upright Row	3	12-15	Shoulders
Kettlebell Swing	8	20 sec.	Whole Body
Close-Grip Bench Press	2	9-10	Chest
Superset	2	-	TIPS
Lying Triceps Extension	2	12-15	Triceps
Triceps Press-down	2	12-15	Triceps
Superset	2	-	TIPS
Dumbbell Over-head Triceps Extension Both Arms	2	9-10	Arms
Dead Landmines	8	20 sec.	Whole Body

The exercises that are here are here for a good reason: lots of personal experimentation over a 43-year period, and reviews of the legitimate peer reviewed research. Yes, there are some favorite gym-bro exercises missing. So no, there are no back squats, traditional deadlifts, barbell bench press, cleans, barbell overhead presses, or leg raises. I did toss in some exercises that are variants of the gym staples, as well as some optional exercises that you can pick between depending on available equipment or individual preference. This program's goal is muscle hypertrophy written for someone who wants to work out a lot. If you like going to the gym and feel like you need to work out more often, try this program. Full body workouts are a good approach for people who look for general fitness and a more fit-looking physique without getting too terribly crazy about it. They're also really good for middle-aged people who want to get into the gym three or four times a week and not overdo it. Full body workout plans like this one are also great for traveling professionals who may find themselves in a hotel that has a complete gym one night, but the next night's in a hotel with no fitness facility at all. The plan divides the body into the major body parts we often think of with Bro Splits: Legs, Shoulders, Arms, Chest, Back. Core has been added. Each body part—except Core—gets a focus day. The focus day is "heavy day". Where other body parts have only one exercise per day, focus day has several. Legs for instance, there are exercises that address each of those. In the workout to follow a "focus day", the focus body part rotates to last, and the body part that follows the focus body part moves up to its focus day. Set and rep schemes have been intentionally set so that the day after focus day is lighter and accommodates recovery.

Leg Day done correctly will be your hardest day of the week from a work standpoint. Working legs is hard. The exercises selected for Legs were specifically chosen to deliver direct hits to each particular region of the upper leg: quads, hamstrings, and glutes. Note how we've placed hamstrings between two exercises for quads? That is intentional. I learn through experimentation that if I put an opposing muscle exercise between two specific exercises for a muscle (e.g., quad, ham, quad) that I could get further productive work out of that target muscle. My quads weren't as fatigued as I thought they were! This isn't effective with all muscle groups. The quads can take it. I found that this worked for my heavy leg days so I'm sharing the hack here. We follow our lower body Leg Day with an upper body focus, Shoulder Day. The legs get a bit of a breather during this workout. Arms are next, divided into triceps, biceps, and forearms. Forearms are featured with arms on this focus day only. You'll be getting plenty of forearm work during the other arm and back days. Shoulders move down to last for some light work following their focus workout yesterday or the day before. Chest is intentionally separated by one workout from shoulders to allow your anterior delts to bounce back and be fresh, since anterior delts get some work with chest almost no matter how hard we try. (It is possible...just challenging). The pec major muscle (aka "the chest") is fan shaped and because of this, it attaches along a lengthy region of the middle chest: collar bone, sternum, and upper ribs. Those are in order—the clavicular, sternal, and costal attachments. We combine sternal and costal into one "regional" attachment of the pec major. Each chest exercise aligns resistance against a specific direction of pull from the pec major's origin on the upper arm bone (humerus) and its insertion along the clavicle, sternum, or ribs. The three exercises we have for you here will work the pec from top to bottom. Concentrate on strict form and don't let your ego get in your way. Use light weights if you need to in order to see the muscle building benefits. "Back" is divided here into lats, middle and lower traps, and muscles of the posterior shoulder, most notably the posterior delts. This is because a number of the popular back exercises strongly rely on shoulder extension—pulling the upper arm back. The Lat Pull-in, which appears in this program, is biomechanically best at taking the posterior shoulder out of the equation. Pull-downs are second best for this. Traditional rows rely very heavily on extension of the shoulder, so the lats aren't isolated. Finally, the biggest, potentially beefiest portion of the back are the middle and lower traps which lie between and just below your shoulder blades. Those muscles are responsible for pulling your shoulder blades back, together, and down.

There are exercises in this program that concentrate on that specific movement. It might be a good idea to force one of your rest days between Back focus day and Legs. Back will be your second-most strenuous workout if it's done correctly, and you'll want to be fully recovered when you cycle back to Legs next. You'll notice that there are no rest days specified, and the workouts aren't assigned to a specific day of the week. That is intentional. The five workouts can be spaced however you like and however your schedule allows, as long as you follow a few basic guidelines. Workout at least three days per week, and don't work out seven days a week. Here are a couple of suggested workout day cadences: Two days on, one day off. One day on, one day off. You can get fancier than that if you like... Two days on, two days off, three days in a row, day off. The point is that you're going to be doing a lot of work by following this program. If you're taking the last one or two sets of each exercise to mechanical muscle failure, you could very easily overtrain. Which means you'll plateau, get hurt, or worse, get smaller. Yes, that can happen. You need recovery (and good nutrition of course). Arrange workouts so that you're getting through all five workouts at least three times a month. That math has you following a basic Day On/Day Off cadence. Personally, I would aim for four to five rotations per month, assuming you're recovering adequately between the workouts. Warm up before your workout to prevent injury and practice the movements. Warm-ups are important for anyone and even more crucial for older adults. If you're a newcomer to the gym but a veteran in another sport, you'll already understand the value of a good warm-up. You should also get in the habit of stretching the target muscles before actually targeting them. This program will target basically every single muscle you have in your body, so getting those muscles loose is crucial. There's nothing worse than getting started on a heavy set of bench press and pulling a pectoral muscle, which could have easily been prevented with some simple chest stretches. A good warm up for a full body workout plan would follow something like this: Warm up exerciseRepsUnloaded squats, TRX or bodyweight50 to 50, or until knees are warm and looseArm circles, bodyweight, Forward20 to 25, or until shoulder joints are warm and looseArm circles, bodyweight.

Backward20 to 25, or until shoulder joints are warm and loose The Full Body Workout Plan As mentioned previously, each major body part receives a "focus day" with more overall workload. The rotation through your focus days works like this: Legs Shoulders Arms Chest Back That focus body part then rolls off to the bottom of the list for the next workout where it receives a lot less work as compared to its focus day. You'll see that the rep count is higher and there are also fewer sets. That's with recovery in mind. Core work is included each day's workout, there's just no focus day for it. Muscles of the posterior shoulder are so involved in back work, rear delts are part of Back day in this program. ExerciseMUSCLESet 1Set 2Set 3Set 4Sissy Squats, or Sissy Hack Squats, or DB Heel Elevated SquatsQuads15-20 10-12 10-12 10-12 Leg CurlsHamstrings15-20 10-12 10-12 10-12 Leg ExtensionsQuads15-20 10-12 10-12 10-12Multi-Hip Machine, or Cable Hip Extensions, or RDLsGlutes15-20 10-12 10-12 10-12Single Leg DB Calf RaisesCalves15-20 10-12 10-12 10-12La Raises, Plate Raises, or DB "I" RaisesDeltoids, Upper traps2015-2012-1510-12Flat bench Lying Triceps ExtensionsTriceps2015-2012-1510-12Hammer CurlsBiceps, Forearms2015-2012-1510-12Flat DB Bench PressPec major2015-2012-1510-12Cable Pull-DownsLower traps, Lats2015-2012-1510-12Crunches, FlatRectus abdominis20-3020-3020-30 ExerciseMUSCLESet 1Set 2Set 3Set 4Cable Side RaisesMiddle delts15-20 10-12 10-12 10-12 Cable Front Raises(Thumbs-up)Anterior delts15-20 10-12 10-12 10-12Supine Grip Triceps Cable Push-downsTriceps15-20 10-12 10-12 10-12DB Concentration CurlsBiceps15-20 10-12 10-12 10-12Low Incline DB Bench PressAnterior delts, Pec major2015-2012-1510-12Cable Kelso Shrugs(Scapula Shrugs)Middle and Lower traps2015-2012-1510-12Cable Oblique Side PullsObliques20-3020-3020-30Walking Lunges(BW or very light DBs)Quads, Glutes202020 ExerciseMUSCLESet 1Set 2Set 3Set 4Triceps Cable Push-downs(V-Bar or EZ Curl)Triceps15-20 10-12 10-12 10-12 Single Side Cable CurlsBiceps15-20 10-12 10-12 Seated DB or BB Wrist FlexionsForearms15-20 10-12 10-12 Underhand DB Flat Bench PressPec major15-20 10-12 10-12 10-12 Chest Supported rows(machine or incline bench with DB)Lats, Middle and Lower traps, Posterior shoulder15-20 10-12 10-12 10-12CrunchesRectus Abdominis20-3020-3020-30"R" Stance DB RDLsGlutes, Hamstrings12-1512-1512-1515Chest Supported Rear DB Flyes, incline bench, face down. Neutral or pronated grip (palms toward floor)Posterior delts15-20 10-12 10-12 10-12 ExerciseMUSCLESet 1Set 2Set 3Set 4Decline DB Presses, Decline Cable Presses, or Decline Converging Chest Press MachinePec major, sterno-costal head bias15-20 10-12 10-12 10-12 Low-to-High Cable FlyesPec major, clavicular head bias15-20 10-12 10-12 10-12 Seated Cable Rows, Wide GripLats, Middle and Lower traps, Posterior shoulder15-20 10-12 10-12 10-12 Seated Cable Rows, Wide GripLats, Middle and Lower traps, Posterior shoulder15-20 10-12 10-12 10-12 Reverse Grip Cable Triceps ExtensionsTriceps15-20 10-12 10-12 10-12 DB Biceps Curls(Alternating Arms, Seated)Biceps15-20 10-12 10-12 10-12 ExerciseMUSCLESet 1Set 2Set 3Set 4Cable Pull-ins, or Cable Pull-DownsLats15-20 10-12 10-12 10-12 Chest Supported Row Machine or Chest Supported T BarMiddle and Lower traps, Lats, Posterior shoulder15-20 10-12 10-12 10-12 Cable Shoulder Extensions (Rear Delt Flyes), Single ArmPosterior delts15-20 10-12 10-12 10-12Crunches, (Flat or Incline)Rectus abdominis20-3020-3020-30Reverse LungesGlutes, Quads12-1512-1512-1515Cable Upright RowsMiddle delts, Upper traps15-20 10-12 10-12 10-12 Neutral Grip Cable Triceps Extensions(Single or both arms)Triceps15-20 10-12 10-12 10-12 Palms-Up DB Biceps CurlsBiceps15-20 10-12 10-12 10-12 Flat DB bench pressPec major, Anterior delts 15-20 10-12 10-12 10-12 You'll find a blend of single-joint, isolation exercises and multiple joint, compound exercises in this program. Notice that the focus days rely mostly on the single-joint variety.

I programmed "direct hit" exercises on focus days. Those are almost in every case isolation exercises that load the target muscles without its companion muscles helping. You'll be working the target muscle exclusively on focus days. An example of a direct hit exercise would be a sissy squat for quads. The glutes and hams aren't helping. Body parts that are not focused on during a workout include some compound "indirect hit" exercises. These are exercises that may (and probably do) involve more than just the target muscle. An example of an indirect hit exercise would be a Lu Raise. The deltoids do a lot of the work but then here come the upper traps along at the end of the motion. They get some work too. Point being that the Lu Raise is not an exclusively deltoid exercise, where the cable side lateral is a middle delt isolator and therefore (using my term) a "direct hit" to the middle delt. So the cable side lateral shows up on Shoulder focus day. Apply progressive overload throughout. Hit the rep range then raise the weight. Repeat. Do the specified number of reps with a weight you can move with excellent form until you can do more reps than written, and then increase the load. Very simple and it always works. Tons of data support progressive overload. No need to go looking for another exercise to break a plateau. Do more reps, then do more weight. Rest enough between sets to allow yourself to practice progressive overload within a single workout.

On your focus days, take the last two sets of each exercise to failure. "Failure" means inability to perform another rep with good form. The last couple of reps will be and should be hard. As in grinding-out-moving-really-really-slow hard. For other body parts not getting focus, it's OK to leave a rep or two in the tank, meaning 1 to 2 RIR (Reps in Reserve). Reps "left in the tank" is RIR, Reps In Reserve. For the "on deck" body part—the one that's getting its focus day the next workout, RIR is a bit higher, 1 to 2 Reps In Reserve. That RIR is intended to have those muscles worked, but fresh for the next workout when they get their time in the spotlight and pushed to their limits. A lot of guys (and gals), especially the noobs, really have no idea how far they can push themselves into a set while still using good form. Knowing exactly how many more reps you actually could do takes a long time and a lot of practice. One practical way to learn this is to not stop a set when you get to the written end of a rep range. If the program says 10 to 12 reps, and you get to 12, if you think you can keep going with good form, do! Make a note of how many more great reps you did, then on the next set, raise the weight so that you're only able to squeeze out that 11th or 12th rep and not a bit more. Approach each workout with intensity. Intensity doesn't mean looking intense, like putting on a scowl or wearing a hoodie over your head, sinking around the gym. Have a purpose. Concentrate on every rep of every set. And for Arnold's sake, please please put your phone away. Leave it in the locker or your car or at home. Looking at your phone between sets is a poser move. If your workout isn't important enough to make it your center of attention for an hour or so, then can we just be honest with ourselves and admit that you're probably not going to be getting those muscles you want. I mean, really. Perform all your reps in a rhythmic, controlled fashion but without timing them. No 1 second up 2 seconds down kind of methodology. Pick a weight that you're pulling or pushing hard yet heavy enough that the weight isn't moving fast.

Mechanical tension and its duration is one of the cornerstones of resistance exercise (Krzysztofik et al, 2019, International Journal of Environmental Research and Public Health). Don't compromise your results by using terrible form. Do not use momentum. Do not kip. Do not launch. Don't time your sets. Let's quickly discuss rest between sets, intra-workout recovery (as contrasted with inter-workout recovery), the recovery between whole workouts). How long should you wait before doing your next set, or your next exercise? It may be longer than you think. Research says that longer rest periods between sets beats shorter rest times when it comes to muscle-building. Personally, I'm not a fan of watching a clock. I tell my clients to do the next set once they feel they can do it with intensity that meets or beats the previous sets' intensity. Turns out that's usually 2 to three minutes. If you are a clock-watcher, 3 minutes between sets is a good rule of thumb if your sets are intense enough. It's much better to condition yourself not to rely on external cues like apps or clocks. The best learn to read their internal cues to know when it's time to get after it again. Here's a tip for gauging your rest times: after you finish a set, check the clock. Look away until you feel like you can kill the next set. Then, look up at the clock again to see how much time has passed. My guess is that it's going to be 2 to 3 minutes...assuming the set you just finished was done properly and with enough intensity. Will you spend longer times in the gym? Maybe. However, if you're adequately rested between sets you'll be better able to perform sets that are sufficiently strenuous to provoke muscle growth. Think set quality and not set quantity. (I'm not saying fewer sets are better. I am saying that people probably do more sets than needed and the ones they do aren't loading the muscle as much as they could be if properly rested.) A full body workout offers a lot of flexibility for people with busy lifestyles, who want—or need—to work every muscle group in the body when they're in the gym. Full body workouts are also a good choice for people whose muscles need more coaxing. This isn't the only Full Body workout available.

For another excellent FB program, check out Abel Body's Hardgainer Solution. That program features combinations of exercises into supersets, a very interesting approach, especially for middle-aged exercisers. Download our Full Body Workout Plan PDF here: Full Body Workout Plan PDF 10 Week Mass Building Program This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises. 4 Day Maximum Mass Workout A mass building routine that features a great combination of effective compound and isolation movements along with intense, high impact five minute burn sets. Page 2 This 3 day workout hits all major muscle groups. The first day targets legs/back, second day is chest/shoulders and the last is dedicated to arm training. This workout has been designed for new weightlifters looking to build forearm muscle. Page 3 Reg Park Beginner Workout Arnold Schwarzenegger idolized bodybuilding legend Reg Park. This workout, provided by Kaya Park (Reg Park's grandson) was used by Arnold and yielded great results. Page 4 Stuck in a plateau? Blast your muscles with this giant set routine! The routine is short and intense, and hits each muscle group with 3 massive supersets. Are you stuck in a plateau? Do you want to increase your strength, size, and muscular definition? Use these exercises to design your own routine, and send your body into an anabolic state. A complete push, pull, legs muscle building workout program. Includes information on recovery, nutritional guidelines and supplement advice. Page 5 Page 6 Page 7 This 3 day workout hits all major muscle groups. The first day targets legs/back, second day is chest/shoulders and the last is dedicated to arm training. This workout has been designed for new weightlifters looking to build forearm muscle. It hits the forearms with two exercises, one set per exercise. Page 8 Stuck in a plateau? Blast your muscles with this giant set routine! The routine is short and intense, and hits each muscle group with 3 massive supersets. Are you stuck in a plateau? Do you want to increase your strength, size, and muscular definition? Use these exercises to design your own routine, and send your body into an anabolic state. A complete push, pull, legs muscle building workout program. Includes information on recovery, nutritional guidelines and supplement advice. Page 9 10 Week Mass Building Program This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises. 4 Day Maximum Mass Workout A mass building routine that features a great combination of effective compound and isolation movements along with intense, high impact five minute burn sets. Page 10 10 Week Mass Building Program This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises. This 3 day workout hits all major muscle groups. The first day targets legs/back, second day is chest/shoulders and the last is dedicated to arm training. 4 Day Maximum Mass Workout A mass building routine that features a great combination of effective compound and isolation movements along with intense, high impact five minute burn sets. Page 11 This workout has been designed for new weightlifters looking to build forearm muscle. It hits the forearms with two exercises, one set per exercise. Page 12 Intermediate 4 Day Split Workout Designed for someone who's been lifting for a while and wants to step up their training. The workout has a 2 days on, 1 day off, 1 day off schedule. 400.4K Reads 115 Comments Page 13 Are you stuck in a plateau? Do you want to increase your strength, size, and muscular definition? Use these exercises to design your own routine. Reg Park Beginner Workout Arnold Schwarzenegger idolized bodybuilding legend Reg Park. This workout, provided by Kaya Park (Reg Park's grandson) was used by Arnold and yielded great results. Stuck in a plateau? Blast your muscles with this giant set routine! The routine is short and intense, and hits each muscle group with 3 massive supersets. Page 14 A complete push, pull, legs muscle building workout program. Includes information on recovery, nutritional guidelines and supplement advice.