

# 5X5 STRENGTH WORKOUT

<b>WORKOUT GOAL</b>	Build strength and muscle mass					
<b>WORKOUT DESCRIPTION</b>	In this workout programme, you have 4 different workouts. These can either be performed on four different days within one week or you could choose to work with the same workout programme for every workout within a week over a period of 4-6 weeks and then change to the next workout. Alternatively if you are targeting strength gain in particular muscle groups you can choose the programme that is most suited to your target goal					
<b>SAFETY BRIEF</b>	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions					
<b>EQUIPMENT</b>	Dumbbell, barbell, weight plates					
<b>DURATION</b>	45 - 60 mins					
<b>WARM UP</b>	Perform light weight, low rep lifts that are the same exercises as the ones you will be completing in the workout					
<b>THE WORKOUTS</b>	Session design & equipment			Methodology		
	45-60 mins of resistance training, body part split programming. Dumbbells, barbells, plate weights			Heavy loading creates a necessity for the body to adapt and cope with the stimulus resulting in improved strength and muscle growth. Perform each exercise for 5 reps. After 60 secs rest, complete the 5 reps again. Continue for 5 sets. Aim to increase the weight slightly every time you complete the workout again to see strength improvements		
	Workout	Sets	Exercise	Reps	Tempo	Exercise recovery
	Workout 1	5	Front squat	5	2020	60 secs
		5	Leg press	5	2020	60 secs
		5	Split lunge	5	2020	60 secs
		5	Hamstring curl	5	2020	60 secs
		5	Leg extension	5	2020	60 secs
	Workout 2	5	Chest press	5	2020	60 secs
		5	Incline dumbbell bench press	5	2020	60 secs
		5	Weighted dips	5	2020	60 secs
		5	Cable fly	5	2020	60 secs
		5	Plate press	5	2020	60 secs
	Workout 3	5	Seated row	5	2020	60 secs
		5	Pull up	5	2020	60 secs
		5	Upright row	5	2020	60 secs
5		Reverse fly	5	2020	60 secs	
5		Bent over row	5	2020	60 secs	
Workout 4	5	Military press	5	2020	60 secs	
	5	Bicep curl	5	2020	60 secs	
	5	Tricep extension	5	2020	60 secs	
	5	Clean & press	5	2020	60 secs	
	5	Seated shoulder press	5	2020	60 secs	
<b>COOL DOWN</b>	5 mins stretching					
<b>STRETCH</b>	Complete each stretch for 30 secs	Chest stretch	Child's pose	Cobra stretch	Hamstring stretch	Calf stretch
<b>IF YOU LIKE THIS, TRY...</b>	For greater insight into strength training and one to one coaching, speak to one of our Personal Trainers in club					