

GAIN STRENGTH

Workout Goal	You'll build muscle while drastically increasing your strength, no pain no gain!					
Workout Description	Using lower reps & around 80-90% of your max weight will increase muscular strength. Strong muscles enable functional movements associated with everyday living. Don't shy away from going heavy, but ensure you have a spotter if required					
Safety Brief	Ensure you warm up & mobilise your body effectively before starting					
Duration	45 - 60 minutes					
The Workout	Session Design			Methodology		
	Complete each set in the order below. Rest for 1-2 minutes in between sets			Think about your technique during these workouts & ensure you're performing the exercise properly, while also using full range of motion. Do not rush your sets, take your time and finish the reps		
Workout 1	Set	Exercise	Reps	Sets	Equipment	Notes
	1	Decline dumbbell press	6 reps	3 sets	Adjustable bench and dumbbells	Keep soft bend in arms throughout
	2	Squats	6 reps	3 sets	Barbell	Keep chest up, back straight and track your knees along your hips
	3	Military press	6 reps	3 sets	Adjustable bench and barbell	Bar comes down to your collar bone, not behind the head
	4	Straight arm pullover	6 reps	3 sets	Adjustable bench and barbell	Keep arms as straight as possible
	5	Leg extension	6 reps	3 sets	Resistance machine	Repeat reps on each leg
	6	Tricep extension	10 reps	3 sets	Resistance machine	Keep soft bend in arms throughout
	7	Lateral raise	10 reps	3 sets	Dumbbells	Keep reps slow and steady, lower weights will be required here
Workout 2	Set	Exercise	Reps	Sets	Equipment	Notes
	1	Chin ups	6 reps	3 sets	Assisted chin machine (if needed)	Try to use as little weight as you can if using the assisted machine
	2	Lat pulldown	6 reps	3 sets	Cable machine	Brace your back during the pull to activate your lats more
	3	Hamstring curl	6 reps	3 sets	Resistance machine	Keep reps slow and steady
	4	Seated row	6 reps	3 sets	Resistance machine	Ensure your chest is flush to the pad in front, do not lean back
	5	Single arm row	6 reps	3 sets	Adjustable bench and dumbbell	Chest up, back straight, one knee on the bench and other leg out on the floor for stability
	6	Back extension	10 reps	3 sets	Resistance machine	Use full range of motion
COOL DOWN	5 minutes on the cross trainer at low intensity					
STRETCH	Chest, arms, shoulders, legs					
SIGNPOSTING	Use our CORE app and view class timetables for more strength based programming					