



HOME OF GAINS SUMMER TRAINING PLAN

4-DAY MUSCLE-UP PLAN

HINTS: 1. Make sure you complete 3 to 4 warm up sets and mobility drills before going heavy. 2. Engage your triceps by taking a narrower grip on the bar and keeping your elbows tucked in. 3. Use a dip belt to add weight to your body. 4. Rest 30 seconds between sets and stretch.

This plan is designed to help you gain muscle size, strength and power. Always conduct a 5-10 minute warm up and cool down prior to and following each workout.

DAY 1

CHEST & LEGS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. BENCH PRESS	1-6	4-5					
2. DECLINE DUMBBELL PRESS	1-6	4-5					
3. FLAT FLY'S	1-6	4-5					
4. CLOSE GRIP BENCH PRESS	1-6	4-5					
5. SQUATS	1-6	4-5					
6. LEG PRESS	1-6	4-5					

REST DAY

DAY 2

CARDIO

	REPS / SETS						
1. LSD - BIKE	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						
2. SEATED ROW	20-30 mins at a constant steady pace						
CORE EXERCISE	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
3. PLANK	30 Secs	1-3					
4. SWISS BALL CRUNCH	Up to 20	1-3					
5. SIDE CRUNCH	Up to 20	1-3					
6. HANGING LEG RAISES	Up to 20	1-3					

DAY 3

SHOULDERS & LEGS

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. UPRIGHT ROW	1-6	4-5					
2. SEATED DUMBBELL PRESS	6-8	3-5					
3. MILITARY PRESS	1-6	4-5					
4. FRONT SQUATS	3-6	3-5					
5. BOX SQUATS	3-6	3-5					

REST DAY

DAY 4

BACK, LEGS & CARDIO

	REPS	SETS	SET 1	SET 2	SET 3	SET 4	SET 5
1. LAT PULLDOWN	1-6	4-5					
2. SEATED ROW	1-6	4-5					
3. PULL UPS	Up to 20	1-3					
4. DUMBBELL SHRUG	10-12	3					
5. STIFF LEG DEADLIFT	6-8	3-5					
6. SQUATS	6-8	3-5					
7. LSD - BIKE	Long Slow Distance (LSD), 20-30 mins at a constant steady pace						

REST DAY

Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5). Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions. Rest for 1-3 minutes between sets. Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions. Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions. MAXIMUSCLE, MAXIMUSCLE and star device are registered trade marks. Trade marks are owned by or licenced to the GSK group of companies.