



# TRAINING & EXERCISE GUIDE

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## ABOUT:

With nearly 10 years of weightlifting experience & over 5 years of competitive bodybuilding experience, I have learned a lot when it comes to certain weight training & workout techniques that I feel the need to share with others! There are certain techniques that may not work for everyone so it's important that you do your research as to what you are looking to achieve & go from there. I have included a wide range of information in this guide so please enjoy!



## CONTENT:

- Strength training vs hypertrophy training
- Specific exercises for both training techniques
- There will be a sample 7 day workout program
- Proper training routines
- Proper cardio routine, when to do it & how much



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# STRENGTH TRAINING VS HYPERTROPHY TRAINING:

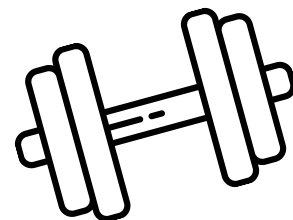
## HYPERTROPHY TRAINING:

When exercising, HYPERTROPHY training is the best way to tone or improve muscle definition & size. The typical set/rep range for HYPERTROPHY training is:

3-5 sets (after warm up)

8-15 reps (failure in this range)

1-1.5 minute rest time between sets



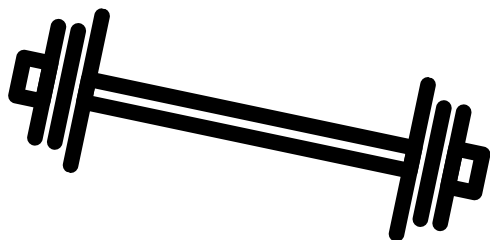
## STRENGTH TRAINING:

When exercising, STRENGTH training is the best way to build dense muscle mass using compound exercises for building strength. The typical set/rep range for STRENGTH training is:

2-3 sets (after warm up)

4-6 reps (failure in this range)

3-5 minutes rest between sets



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# COMPOUND EXERCISES FOR STRENGTH:

## UPPER BODY COMPOUND EXERCISES:

- Barbell bench press
- Dumbbell bench press
- Barbell shoulder press
- Dumbbell shoulder press
- Dumbbell Arnold press
- Barbell bent-over rows
  - Dumbbell rows
  - Deadlifts

## LOWER BODY COMPOUND EXERCISES:

- Barbell squats
- Barbell front squats
  - Leg press
- Romanian deadlifts
- Barbell walking lunges

Compound exercises are specific exercises that utilize more than 1 muscle group in your body to perform a certain lift. Keep in mind when strength training using compound exercises, it is VERY important that your FORM for these specific exercises (& any exercise for that matter) is absolutely perfect. Without exceptional form, you will not be able to increase your strength & you WILL increase the risk of injury.

\*These exercises can also be utilized for hypertrophy training however the sets, reps & rest times must be adjusted accordingly for best results. DO NOT concern yourself with the amount of weight being lifted but more-so utilizing correct form & reaching failure in the target rep range area.

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# HYPERTROPHY/ACCESSORY EXERCISES:

## CHEST:

- Cable flys (upper, middle, lower)
  - Close & wide grip bench
  - Dumbbell flys
  - Dumbbell hammer press
- Any seated chest press machine

## LEGS:

- Dumbbell lunges
- Dumbbell split squats
- Single dumbbell sissy squats (or kettle bell)
- Wide & close stance barbell squats
- Hip abductor & adductor machine
  - Dumbbell romanian deadlifts
  - Barbell hip thrusts
- Any quad or hamstring machine
  - Any calf raise machine

## SHOULDERS:

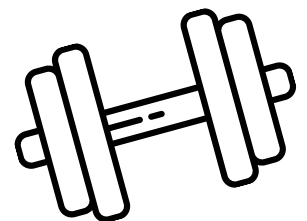
- Dumbbell front & side raises
- Bent over rear delt dumbbell flys
- Cable face pulls (rope or straight bar)
  - Seated rear delt fly machine
  - Any other shoulder machine

## ARMS:

- Barbell/dumbbell/cable bicep curls
  - Dumbbell hammer curls
- Single arm dumbbell concentration curl
  - Preacher bicep curl
- Barbell tricep skull crushers
- Dumbbell tricep skull crushers
  - Cable tricep extension
  - Cable overhead extension
- Any othe bicep or tricep machine

## BACK:

- Cable rows (close & wide grip)
  - Lat pull down (over hand, under hand, close & wide grip)
  - Dumbbell rows (lying down on incline bench)
- Pull-ups (weighted or assisted)
  - Cable back pull downs (cable or straight bar)
  - Any other back machine



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# SAMPLE 7-DAY WORKOUT SPLIT:

## DAY 1: CHEST

- Dumbbell flys
- Barbell bench press
  - Cable flys
- Seated chest press

## DAY 2: LEGS

- Barbell walking lunges
- Barbell front squats
  - Leg press
- Dumbbell romanian deadlifts
  - Hamstring curls
  - Hip adductors
- Seated calf raises

## DAY 3 SHOULDERS:

- Arnold Press
- Barbell shoulder press
  - Dumbbell side raises
  - Barbell front raises
- Cable rope face pulls
- Shoulder press machine
- Dumbbell arm circles

## DAY 4: ARMS

- Dumbbell curls
- Overhead dumbbell tricep extension
  - Cable rope bicep curls
- Cable rope tricep extension
  - Bicep preacher curls
  - Dips

## DAY 5: BACK

- Dumbbell rows
- Barbell underhand rows
- Weighted or assisted pull-ups
  - Wide grip cable rows
- Close grip lat pulldown

## DAY 6: FULL BODY

Choose 2 exercises from each body part to complete the workout for this day.

## DAY 7: ACTIVE REST

Cardio



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# TRAINING & CARDIO ROUTINE EXPLAINED:

## **TRAINING ROUTINE:**

When following any specific training/workout program, like I said earlier, it is very important to have perfect form, even if it means using significantly lighter weight the first few days or weeks of training. If you fail to use adequate form you will not be able to reach your fitness goals & you WILL increase your chance of injury.

It is also important to switch up your exercises for each body part every 2 weeks or so adding variety. Your body, just like anything else, will get used to the exercises & movements from each workout (weight, sets & reps). It's important to switch up your routine to promote continual growth & progress.

## **CARDIO ROUTINE:**

When following any specific cardio routine it is very important to pace yourself. What do I mean by this? Do not start off with running a marathon the first week. Your body responds to cardio like it does to a diet. GRADUAL. Your body can even backfire in terms of response & can do the exact opposite of what you are trying to achieve. (Like almost go into shock).

Start with 20 minutes of low intensity steady state (LISS) cardio 6x a week. Cardio is done best fasted first thing in the morning or immediately post workout (or when you have the most energy to do it throughout the day).

Every week or so (depending on your progress) I would suggest increasing your cardio duration by 10-15 minutes. Your adjustments all depend on how your body is responding, & everyone is different (just like dieting).

Last but not least, why do I prefer LISS cardio over HIIT? At the end of the day cardio is cardio & calories burned are calories burned, but the deeper reason is how your body responds. I can easily gauge my heart rate while doing LISS cardio either on the treadmill or stair master & I am able to adjust my duration & intensity accordingly. I keep my heart rate around 120-130 BMP which equates to level 3 speed & 8 incline on the treadmill & level 7-8 on the stairmaster. This will vary for everyone.

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## **DISCLAIMER:**

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