

ESTABLISHED IN 1910

GET STARTED GET STRONG

TRAINING PLAN



GREATNESS WITHIN

OBJECTIVE

This workout is for those wishing to gain lean muscle and size. In essence this is a hypertrophy baseline workout. Hypertrophy style programs focus on progressive overload that leads to growth in lean muscle fibre. This workout will help you establish habits within your first 30 days that enable you to build foundations ready to load your muscles and grow! Like any workout your lifestyle needs to also reflect the same habits associated with growth and repair, ie. Recovery, food intake and general activity.

FACTS

In order to grow muscle you need to consider three factors. 1: Progressive overload, 2: Recovery and 3; Calorie surplus. Progressive overload means we gradually increase the load our muscles and movements experience over a sustained amount of time. This load will stress the muscle fibres, and other soft tissues around the joints like tendons so they adapt and grow new enhanced fibres that can cope with the increased demand. This over time leads to growth in muscle size.

Considering progressive overload, means you need a good recovery schedule that sits alongside your workouts. This means having enough time between sessions before you load the muscle group again and having enough sleep at night time to ensure we fully replenish before having more stressful sessions.

Lastly food plays a huge part. This time it's about an over intake of fuel, eating more than our bodies need in order to have the building blocks to grow. Stick to having a balanced and nutritious diet that works alongside your Basal Metabolic Rate (BMR) and ideal calorie intake and macro breakdown. Check out your InBody device and latest scan data for more details. Use your Nutrition Tracker* in your Everlast Gyms app to help track your daily intake.

*Available with a Champion membership

FOOD & DIET

Do you know your estimated daily calorie intake? Why not take a look at our Nutrition Tracker to set up the ideal calories for your goal. Typically growth needs a SURPLUS of calories to grow but it's essential you do this with the correct types of food rather than poor nutrient foods and sugars that are calorific but provide little to no benefit to your goal. Speak to one of our Fitness Coaches to find out more.

THE PLAN

TRAINING FREQUENCY

+ 3x per week minimum along side light cardio

SLEEP

+ A minimum of 8hrs sleep

HYDRATION

+ Roughly 6–8 glasses per day

SESSION 1 PUSH

WARMUP

MOBILITY

Shoulder Rolls, Chest Stretch, Push Up to Rotations, Shoulder External Rotations / 45secs per move

PULSE RAISER

3mins Assault Bike or Cross Trainer

TRAINING

EXERCISE	SETS & REPS	RECOVERY
Bench Press	3x8-12	60-90 Sec
Cable Fly	3x8-12	60-90 Sec
DB Pullovers	3x8-12	60-90 Sec
DB Shoulder Press	3x8-12	60-90 Sec
Cable Lateral Raise	3x8-12	60-90 Sec
Cable Tricep Extension	3x8-12	60-90 Sec
Tricep Pushups	3x8-12	60-90 Sec
Ab Crunch	3x8-12	60-90 Sec

TIPS

- + Use slow and controlled movements throughout all sets.
- + Do at least 1-2 easy sets on exercises marked with * to warm up and prime it for your working sets.
- + Start to add more weight onto your last set once you can meet all sets & reps.

COOLDOWN

TIME	EXERCISE/STRETCH
5 Mins	Light cardio of choice
5-10 Mins	Chest, Triceps, Shoulders & Abs

SESSION 2 PULL

WARMUP

MOBILITY

Shoulder Rolls, Chest Stretch, Push Up to Rotations, Shoulder External Rotations / 45secs per move

PULSE RAISER

3mins Rower

TRAINING

EXERCISE	SETS & REPS	RECOVERY
Cable Seated Row Narrow Grip	3x8-12	60-90 Sec
Single Arm DB Row	3x8-12	60-90 Sec
Pulldown Wide Grip	3x8-12	60-90 Sec
Barbell Upright Row	3x8-12	60-90 Sec
Cable Rear Flyes	3x8-12	60-90 Sec
DB Alt Bicep Curl	3x8-12	60-90 Sec
Cable Bicep Curl	3x8-12	60-90 Sec
Ghd Back Ext	3x8-12	60-90 Sec

TIPS

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- + Start to add more weight onto your last set once you can meet all sets & reps.

COOLDOWN

TIME	EXERCISE/STRETCH
5 Mins	Light cardio of choice
5-10 Mins	Lats, Upper Back, Lower Back, Biceps

SESSION 3 LEGS

WARMUP

MOBILITY

Shoulder Rolls, Thoracic Rotations, Lat Stretch, Shoulder External Rotations, Walk Outs/ 45secs per move

PULSE RAISER

3mins bike or walk

TRAINING

EXERCISE	SETS & REPS	RECOVERY
Leg Press	3x8-12	60-90 Sec
DB Straight Leg Deadlift	3x8-12	60-90 Sec
Hack Squat	3x8-12	60-90 Sec
Walking Lunges	3x8-12	60-90 Sec
Leg Ext	3x8-12	60-90 Sec
Leg Curl	3x8-12	60-90 Sec
Calf Raise	3x8-12	60-90 Sec

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COOLDOWN

TIME	EXERCISE/STRETCH
5 Mins	Light cardio of choice
5-10 Mins	Quads, Glutes, Hamstrings, Glutes, Calves

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TRACK YOUR EFFORTS

Using a Myzone Belt & the Everlast Gyms App

TRACK YOUR PROGRESS

By having an InBody Scan and using Myzone apps.



GREATNESS WITHIN