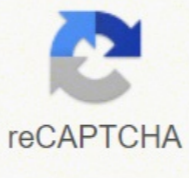




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Beginners guide to working out with weights



Several exercises from Week 1 are carried over to Week 2, but one move is added to each bodypart routine with the exception of abs so you can train all muscle groups more completely from multiple angles. Week 3: Three on Three In the third week of the program we step it up to a three-day training split: Train all pushing bodyparts (chest, shoulders, triceps) on Day 1; hit the pulling bodyparts (back, biceps) and abs on Day 2; and work your lower body (quads, glutes, hamstrings, calves) on Day 3. Train three days this first week, performing just one exercise per bodypart in each session. (When doing presses for chest, the deltoids and triceps are involved to a degree, meaning presses don't isolate the pecs as much as flies do.) You'll again employ a reverse pyramid scheme of reps, though in Week 2 you'll go slightly higher in reps (15) on your third set of each exercise. It's important that you have a day of rest between each workout to allow your body to recover; this makes training Monday, Wednesday and Friday with Saturday and Sunday being rest days a good approach. This bump in volume will ensure that your muscles are overloaded sufficiently to continue the growth they've already begun experiencing in the first three weeks. (How's that for results?) This program isn't just for the true beginner who has never touched a weight before; it's also suitable for anyone who has taken an extended leave of absence from training. Reason being, these are the exercises you need to master for long-term gains in muscular size and strength, so you may as well start learning them now. Wednesday, Saturday and Sunday will be your recovery days. As in Week 2, you train each bodypart twice a week, so you'll hit the gym six days this week. Completion of this four-week program now entitles you to go to the next stage. One new exercise is added to each bodypart routine to provide even more angles. What to train the target muscles to promote complete development. Fifteen Reps can just be outside the ideal muscle construction range, but these sets will help you increase muscle strength to provide a solid base on which to build dimensions and strength going forward. With the exception of the crunches for the abdominals, 8-12 Reps for set. In other words, in a month you will be significantly better with your shirt out of what you look now. For example, if you used 140 pounds for eight reps on your first lift, try using 120 or 130 pounds on the set two and 100 or 112 pounds on set three. The representation schemes remain in the range of hypertrophy this week, but the overall volume increases by adding more sets to individual exercises: up to five sets for movement for larger body parts, and even 10 sets of calf raises on Thursday. Not that you'll be an experienced veterinarian after four weeks, but if you can only get that first month under your belt, you've got the proverbial hump, where so many fail and give up, and set the Stadium for a life of muscle earnings. This is indicated in bodybuilding circles like a pyramid Reverse (a standard pyramid gears higher than lowest reps), where the weight of each set to complete the highest account is decreased. Absolutely yes. The visa many in our magazine over the years. One year? In this plan, your first month of training will be challenging, but not as challenging to cause injuries (or worse, burnout), and progressive in the sense that every week you graduate to different exercises, higher volume, more intensity or all over. After four weeks, "you will be ready not only for the next challenge but you will have built a significant quantity of quality muscle. The exercises listed in Week 1 are a collection of basic moves which, although also used by advanced lifters, we feel suitable also for the beginner. How long has it been since you went to a gym regularly? In Week 1 you'll perform three sets of every exercise per workout, which over the course of the week adds up to nine sets total for each bodypart, a good starting volume for your purposes. Carefully read all exercise descriptions before attempting them yourself. In the realm of fitness, three-month workout programs dominate the landscape. This rep scheme is widely considered ideal for achieving gains in muscle size (the scientific term is hypertrophy) and is commonly employed by amateur and pro bodybuilders alike. Chest, for example, includes two exercises: One is a compound movement (dumbbell bench press) that involves multiple joints (both the shoulder and elbow) to work the largest amount of muscle possible, and the other is an isolation exercise (dumbbell flye) that involves only one joint (shoulder) and targets the pecs to a greater extent. You'll train a total of four days this week; the split includes two upper-body days (Monday and Thursday) and two lower-body days (Tuesday and Friday), and each bodypart is trained twice. You'll hit each muscle group with two exercises of 3-4 sets each: four sets for large bodyparts (chest, back, shoulders, quads, hamstrings) and three sets for smaller bodyparts (biceps, triceps, abs, calves). No new exercises are introduced in Week 4 so that you can focus on intensity in your workouts instead of learning new movements. Let's just call this the accelerated beginner's guide to bodybuilding. But we're going to let you in on an interesting secret: It doesn't necessarily take 8 or 12 weeks to get your feet wet in the gym. No worries: The following routines will get you back on track in just four short weeks. Four-day splits are common among experienced lifters because they involve training fewer bodyparts (typically 2-3) per workout, which gives each muscle group ample attention and allows you to train with higher volume. 4. Turn up the volume in the fourth and final week of the program, you will train for four days in a four-way division that strikes every part of the body only once (except for calves and abs, which are trained twice). Note in the workouts below that your first set requires eight reps, your second set 10 reps and your third set 12. Six months? As you will see, the chest and triceps are paired, as well as the back with biceps and quads with hamstrings, both very common among beginners and advanced bodybuilders. Week 2: Deciding on Division You are only one week in the program, but you will start training different body parts on different days with a two-day division (i.e. the whole body is trained over two days, rather than one as in the first week). Five years? Let's get to work. The result is a total of 16 sets per week for larger body parts and 12 sets for smaller body parts, again in the 8-15 rep range, which represents a significant increase in volume compared to week 1. Beginners training at a glance Week 1: Division of the whole body Week 2: Division of two days: Upper body/lower body Week 3: Division of three days: Push/Pull/Legs Week 4: Division of four days: Full body Week 1: In One you will start the program with a division of all training of the whole body, which means that you will train all the main parts in each workout (rather than "split" the workout). Note that we're not just starting you with mechanical exercises; a handful of free weight movements are there right from the start. The shoulders are trained more or less on their own, and they alternate calves and abdominals that respond well to being trained several times a week to everyone else.

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