



Home Grown Muscle: Phase 1 Beginner Workout

		<u>Workout 1</u>		<u>Workout 2</u>	
		Date:		Date:	
Triad A					
Barbell/Dumbbell Bench Press		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Dumbbell/Barbell Dead lift		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Lat Pulldown/B.B./D.B. Pullover		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Triad B					
Leg Press/B.B./D.B. Squat		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Cable Seated Row/B.B. Bent Over Row/D.B. Lying Row		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
D.B./B.B. Lunge		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Triad C					
B.B./D.B. Cuban Press		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Seated Calf Raise/B.B./D.B. Seated Calf Raise		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					
Crunch		Weight	Reps	Weight	Reps
Set 1					
Set 2					
Set 3					

BEGINNER
 Do these total-body workouts two times each week. In Weeks 1 through 4, do 12 to 15 repetitions of each exercise in a triad, with no rest between exercises. In Weeks 5 through 8, do eight to 12 repetitions of each exercise in a triad, with no rest between exercises. (Use considerably more weight than you used in Weeks 1 through 4.) After completing all three exercises, rest 90 seconds, and repeat one or two times, for a total of two or three sets of each exercise. Then rest 90 seconds and begin the exercises in the next triad.

BEGINNER

Do these total-body workouts two times each week. In Weeks 1 through 4, do 12 to 15 repetitions of each exercise in a triad, with no rest between exercises. In Weeks 5 through 8, do eight to 12 repetitions of each exercise in a triad, with no rest between exercises. (Use considerably more weight than you used in Weeks 1 through 4.) After completing all three exercises, rest 90 seconds, and repeat one or two times, for a total of two or three sets of each exercise. Then rest 90 seconds and begin the exercises in the next triad.

INTERMEDIATE/ADVANCED

Do these total-body workouts three times each week. In Weeks 1 through 4, do eight to 12 repetitions of each exercise in a quad, with no rest between exercises. In weeks 5 through 8, do six to 10 of each exercise in a quad, with no rest between exercises. After completing all four exercises, rest 90 seconds, and repeat one or two times, for a total of two or three sets of each exercise. Then rest 90 seconds and begin the next quad.

Barbell Bench Press

- ▶ Grab the bar with your hands just wider than shoulder-width apart. Lift the bar off the uprights and hold it at arm's length over your chest.
- ▶ Lower the bar to your chest, pause, then push it back to the starting position.

Alternate: Dumbbell Bench Press

Dumbbell Deadlift

- ▶ Set a pair of dumbbells on the floor so they're parallel to each other and about 2 feet apart. Stand between them, squat down, and grab them overhand.
- ▶ With your back flat and head up, stand up with the weights, pulling your shoulder blades back.
- ▶ Slowly lower the weights to the starting position.

Alternate: Barbell Deadlift

Lat Pulldown

- ▶ Grab a lat-pulldown bar with a shoulder-width, overhand grip.
- ▶ Moving only your arms, pull the bar down to your chest by squeezing your shoulder blades together.
- ▶ Pause, then slowly return to the starting position.

Alternate: Dumbbell Pullover and Barbell Pullover

Leg Press

- ▶ Position yourself in a leg-press machine with your back against the pad and your feet about 4 inches apart on the platform.
- ▶ Unlock the platform and slowly lower the weight until your knees are bent 90 degrees.
- ▶ Pause, then push the weight back up to the starting position.

Alternate: Dumbbell Squat and Barbell Squat

Cable Seated Row

- ▶ Attach a long, straight bar to the cable of a cable-row machine and position yourself in the machine. Grab the bar with an overhand grip that's just beyond shoulder-width. Sit up straight and pull your shoulders back.
- ▶ Pull the bar to your abdomen.
- ▶ Pause, then slowly return to the starting position.

Alternate: Dumbbell Bent Over Row and Barbell Bent Over Row

Dumbbell Lunge

- ▶ Grab a pair of dumbbells and hold them down at your sides. Stand with your feet hip-width apart.
- ▶ Step forward with your nondominant leg (your left if you're right-handed) and lower your body until your front knee is bent 90 degrees and your other knee nearly touches the floor. Your front lower leg should be perpendicular to the floor, and your torso should remain upright.
- ▶ Push yourself back up to the starting position as quickly as you can and repeat with your dominant leg. That's one repetition.

Alternate: Barbell Lunge

Barbell Cuban Press

- ▶ Grab the lightest barbell you have (a 1-inch-diameter standard barbell, which weighs about 20 pounds, is best; an Olympic EZ-curl bar, at 25 pounds, is next best; a standard 45-pound Olympic barbell is only for the strongest) with an overhand grip, your hands just beyond shoulder-width apart. Hold the bar at arm's length in front of your thighs.
- ▶ Start the movement by pulling the bar up to your chest, until your upper arms are perpendicular to your torso.
- ▶ Now rotate your arms upward and back, so the bar travels in front of your face and over your head. Keep your elbows bent about 90 degrees throughout this part of the movement.
- ▶ Slowly lower the bar by reversing the motion--down and past your face, then to your thighs.

Alternate: Dumbbell Cuban Press

Dumbbell Seated Calf Raise

- ▶ Place a step in front of a bench, grab a pair of dumbbells, and sit down. Set the balls of both feet on the step, and place one dumbbell on each knee. Lower both heels as far as you can without touching the floor.
- ▶ Push off the balls of your feet and lift your heels as high as you can.
- ▶ Pause, then repeat.

Alternate: Barbell Seated Calf Raise

Crunch

- ▶ Lie on your back on the floor, with your knees bent and feet flat on the floor. Place your hands behind your ears.
- ▶ Raise your head and shoulders and crunch your rib cage toward your pelvis. Pause, then slowly return to the starting position.

Barbell Squat

- ▶ Set a bar on a squat rack and step under it so the bar rests across your upper back. Pull your shoulders back as you grab the bar with an overhand grip. The bar should sit comfortably on your upper trapezius. Lift the bar off the rack and step back. Your feet should be shoulder-width apart, knees slightly bent, back straight, and eyes focused straight ahead.
- ▶ Slowly lower your body as if you were sitting back into a chair, keeping your back

in its natural alignment and lower legs nearly perpendicular to the floor.

▶When your thighs are parallel to the floor, pause, then return to the starting position.

Alternate: Dumbbell Squat

Dumbbell Incline Bench Press

▶Grab a pair of dumbbells and lie on your back on a bench set to a low incline (15 to 30 degrees). Lift the dumbbells up at arm's length so they're over your chin, and hold them with your palms turned toward your feet (thumbs facing each other).

▶Slowly lower the weights to your upper chest, pause, then push them back up over your chin.

Alternate: Barbell Incline Bench Press

Barbell Romanian Deadlift

▶Grab the bar with an overhand grip that's just beyond shoulder-width. Stand holding the bar down at arm's length and resting against the front of your thighs. Your feet should be shoulder-width apart, your knees slightly bent, and your eyes focused straight ahead.

▶Slowly bend at the hips as you lower the bar just below your knees. Don't change the angle of your knees. Keep your head and chest up and your lower back flat or slightly arched.

▶Lift your torso back to the starting position, keeping the bar as close to your body as possible.

Alternate: Dumbbell Romanian Deadlift

Pullup

▶Hang from a pullup bar using an overhand grip that's just beyond shoulder-width. Cross your ankles behind you.

▶Pull yourself up as high as you can--your chin should go over the bar.

▶Pause, then slowly lower yourself to the starting position.

Dip

▶Grab the parallel bars on a dip station and lift yourself so that your arms are fully extended. Bend your knees and cross your ankles behind you.

▶Slowly lower your body by bending your elbows until your upper arms are parallel to the floor.

▶Pause, then push yourself back to the starting position. Superset with chinups (do the exercises back to back; rest after completing a set of each), shown below.

Note: Use a weighted belt if you can do more than the recommended repetitions.

Alternate: Dumbbell Close-Grip Bench Press and Barbell Close-Grip Bench Press

Barbell Lunge

▶Stand holding a barbell across the trapezius muscles of your upper back, your feet hip-width apart.

▶Step forward with your nondominant leg (your left if you're right-handed) and lower your body until your front knee is bent 90 degrees and your other knee nearly

touches the floor. Your front lower leg should be perpendicular to the floor, and your torso should remain upright.

▶ Push yourself back up to the starting position as quickly as you can, and repeat with your dominant leg. That's one repetition.

Alternate: Dumbbell Lunge

Cable Seated Row

▶ Attach a long, straight bar to the cable of a cable-row machine and position yourself in the machine. Grab the bar with an overhand grip that's just beyond shoulder-width. Sit up straight and pull your shoulders back.

▶ Pull the bar to your abdomen.

▶ Pause, then slowly return to the starting position.

Alternate: Dumbbell Bent Over Row and Barbell Bent Over Row

Oblique Hanging Leg Raise

▶ Grasp a chinup bar with an overhand grip and hang from it at arm's length, with your knees slightly bent. If you have elbow straps--Ab-2 2 Originals, for example--hang from them.

▶ Without bending your legs any more, lift your knees as close to your chest as possible by rounding your back and curling your hips toward your rib cage.

▶ Pause, then slowly lower your legs to the starting position.