



## Strength / Muscle Building

This program is designed to improve your strength and build muscle. There are 3 sessions per week however you can use it to train 4 or 5 days per week by repeating the cycle. Make sure you warm up to the weights on the first exercise. Build the weight up gradually until you reach your ideal working weight. Focus on increasing the weight each week for Bench Press, Squats and Deadlifts.

### Session 1 (Push)

Bench Press 5 x 5  
Hammer Strength Incline Press 3 x 8  
DB Shoulder Press 3 x 12  
Lateral Raises 3 x 10  
Dips 3 x max  
Tricep Extensions 3 x 10

### Session 2 (Legs)

Squat 5 x 5  
Bulgarian Split Squat 3 x 8 each side  
Leg extension 3 x 10  
Hamstring Curl 3 x 10  
Seated Calf Raise 3 x 15  
Plank 3 x 1 min  
Leg raises 3 x 15

### Session 3 (Pull)

Deadlift 3 x 5  
Bent over row 3 x 8  
Lat Pull Down 3 x 10  
Low row 3 x 12  
Bicep Curl 4 x 10  
V - up 3 x 10  
Russian twists 3 x 15