

BUILD 3

WORK OUT PLAN **ADVANCED**

If you want to increase muscle mass and gain size then this upper body and lower body plan will help you get started.

For further advanced training and guidance on nutrition please speak to one of our Personal Trainers who can



SHAPE



KAL

BUILD 3

WORK OUT PLAN ADVANCED

UPPER BODY

OR

LOWER BODY

Exercise / Equipment	Time/Sets/Reps	Weight
Bent Over Row	5 x 10	
Dumbbell Press	5 x 10	
Preacher Curls	5 x 10	
Cuban Press	5 x 10	
French Press	5 x 10	
Chest Flyes	5 x 10	
Pull Up (Optional)	5 x 10	

Exercise / Equipment	Time/Sets/Reps	Weight
Back/Front Squat Weighted	5 x 10	
Barbell/Dumbbell Walking Lunges	20 Steps x 5	
Leg Extension	5 x 10	
Stiff Leg Deadlift	5 x 10	
Weighted Step Single Leg Calf Raise	5 x 10	

Please perform a 5 min warm up & cool down either side of this workout.

Not sure? Please ask a member of our team.

NOTES:

