

Programme Type: 10 Week Muscle Hypertrophy 4 Day Isolation Programme

Training Level: **Intermediate to Advanced**

This Programme is designed for those with an Intermediate to Advanced level of resistance and fitness training experience.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should require it during the latter repetitions.

Programme Explained:

This programme is designed for those that wish to increase their muscle size / bulk. It is a full body programme with different body parts trained in isolation over 4 days and is aimed at those training at an intermediate to advanced level.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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Monday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Bench Press	8-12	4	30-60 seconds
Incline Bench Press	8-12	4	30-60 seconds
DB Flys	8-12	4	30-60 seconds
Weighted Sit Ups	12	4	30-60 seconds
Oblique Sit Ups	12	4	30-60 seconds

Warm Down

Easy rowing 5 minutes, stretch muscles trained.

Tuesday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Barbell Squats	8-12	4	30-60 seconds
Leg Press	8-12	4	30-60 seconds
Leg Curl	8-12	4	30-60 seconds
Bent Leg Deadlift	8-12	4	30-60 seconds
Standing Calf Raise	8-12	4	30-60 seconds

Warm Down

Easy rowing 5 minutes, stretch muscles trained.

Wednesday

Rest

Thursday

Weight Training Programme

Warm Up

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
DB Shoulder Press	8-12	4	30-60 seconds
DB Frontal Raise	8-12	4	30-60 seconds
Shoulder Shrugs	8-12	4	30-60 seconds
Preacher Curl	8-12	4	30-60 seconds
Triceps Over Head Extension	8-12	4	30-60 seconds
Triceps Cable Press	8-12	4	30-60 seconds

Warm Down

Easy rowing 5 minutes, stretch muscles trained.

Friday

Weight Training Programme**Warm Up**

5 minutes easy rowing. A couple of easy repetitions on each exercise with a light weight before beginning.

Exercise	Reps	Sets	Rest Between Sets
Reverse Flys	8-12	4	30-60 seconds
One Arm Row	8-12	4	30-60 seconds
Chin Ups	8-12	4	30-60 seconds
Seated Row	8-12	4	30-60 seconds

Warm Down

Easy rowing 5 minutes, stretch muscles trained.

Saturday

Rest

Sunday

Rest