

Compound Gym Programme

Compound means you'll be training multiple muscle groups at one time. Which means you'll get more done in less time.

Because more muscle groups are recruited and broken-down during compound exercises, your body releases growth hormone, testosterone, and insulin-like growth factors, which help replenish energy stores and repair structural damage to the fibres.

So, you end up building more overall muscle than you would have, spending the same amount of time on isolation moves

Why isolate (bicep curls, tricep extensions) when you can train the many, that's what I say.

THE PROGRAMME

Week One

Chest Press or Bench Press x 10-12 reps (last 2 reps should be challenging) – **30-60 sec rest between sets**

Dumbbell Squat x 10-12 reps (last 2 reps should be challenging) – **30 – 60 sec rest between sets**

Lat Pull Down x 10-12 reps (last 2 reps should be challenging) – **30-60 sec rest between sets**

Barbell/Dumbbell Lunges/walking lunges x 12 total (Find a weight that's manageable) – **30-60 secs rest between sets**

Rowing machine 500m all out – level 8-9 or 10

Rest for 2 minutes and repeat two to three more times.

Note: Spend the first session finding the required weight. REMEMBER the last 2 reps need to be challenging. Doable but challenging.

Just don't try and be like Arnold.

Week Two

As above. If you feel you can perform a 4th or 5th round, go for it.

Week Three

As above. Add in 4th round.

Week Four

As above. 4 rounds

Week Five and Six

At this point the weight might be feeling lighter, this is when you can start increasing your weight in increments (an extra 2 – 5kg) so that the last two reps are once again challenging.

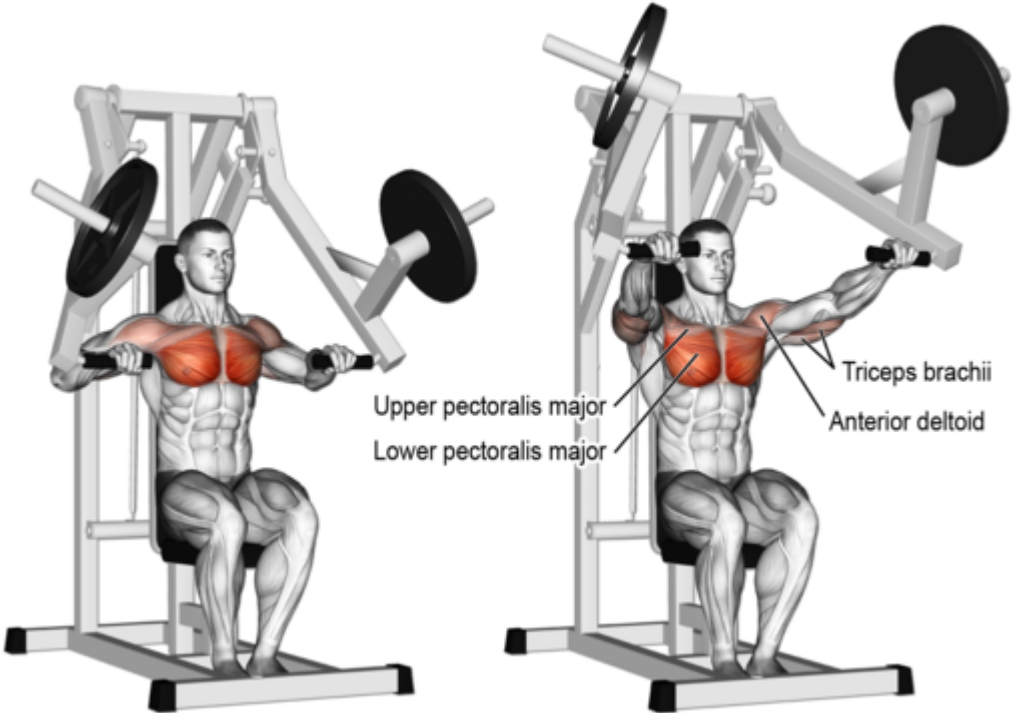
You may also want to add in another round (time permitting of course)

After week 6, the programme may need to be tweaked and progressed by adding additional exercises into the programme.

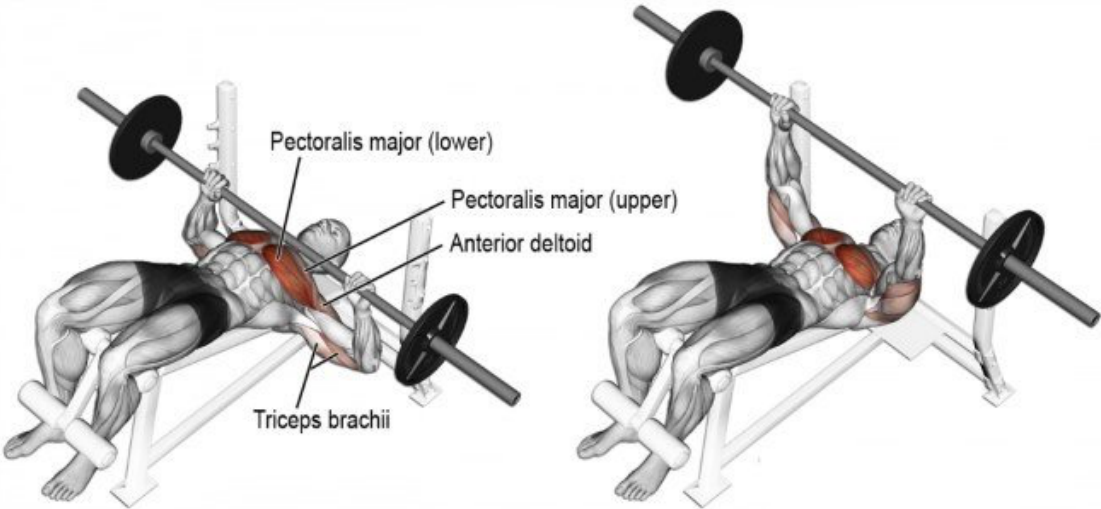
ie: Dumbbell Flyes for chest, seated row for back, dumbbell step ups for legs and shoulder presses

THE EXERCISES

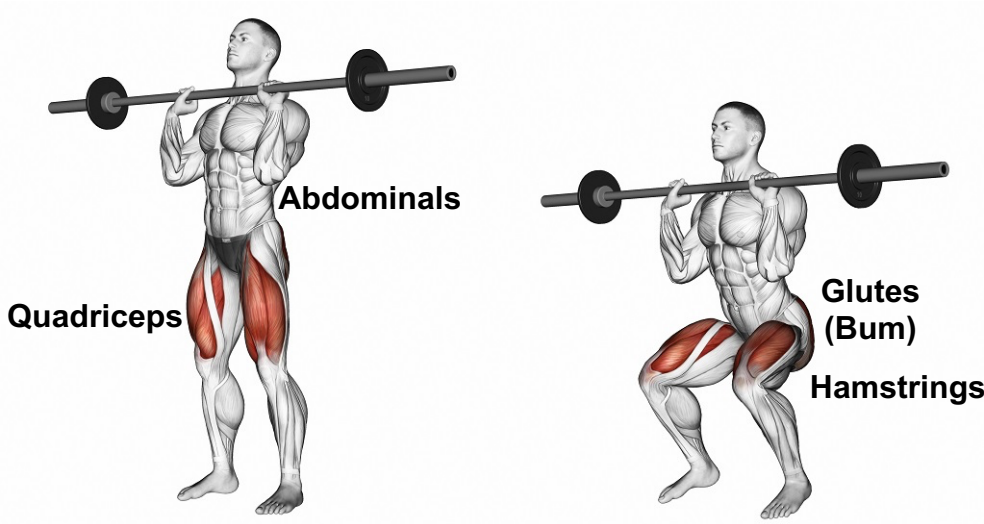
Chest Press



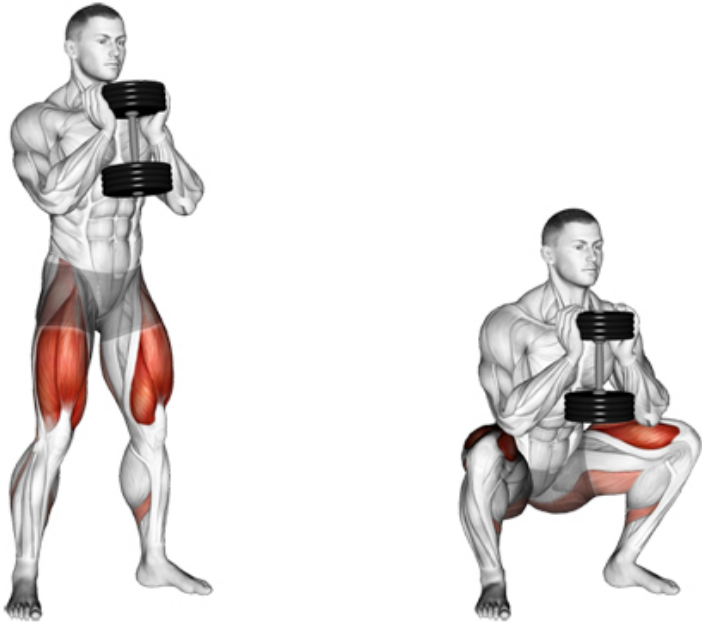
Bench Press



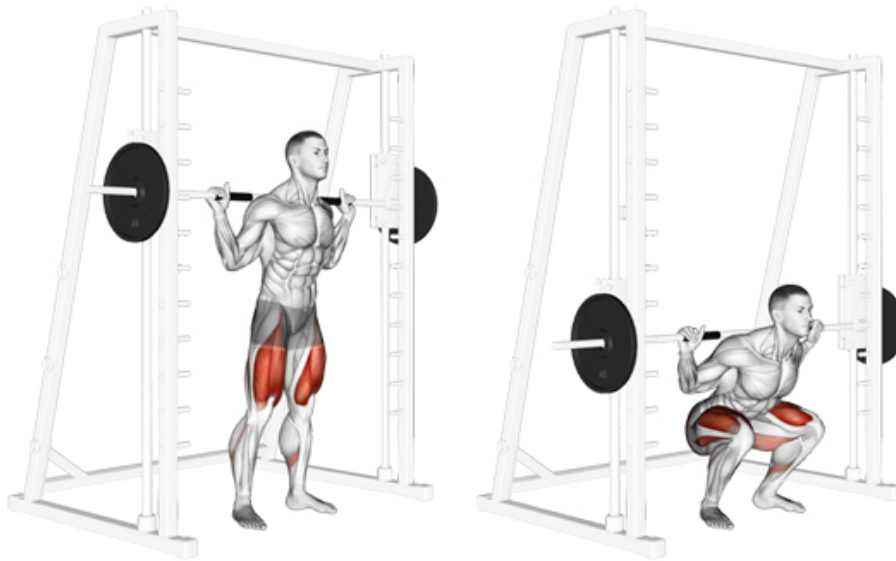
Squat (barbell, dumbbell, smith machine)



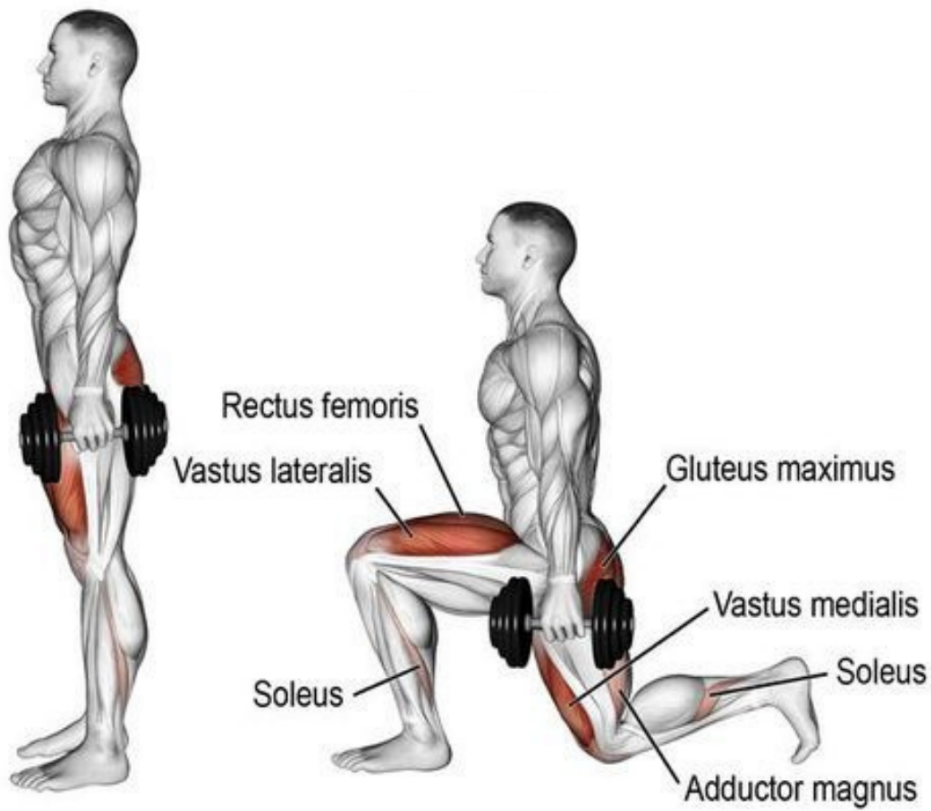
Squat - Dumbbell



Squat – Smith Machine



Lunges (Dumbbell)



Rower

