

## **Extensive Workouts**

Beginning a body building workout plan requires a level of commitment. As a beginner, you can work out more frequently than more advanced body builders.

The reason is simple: as you get more experienced, you learn to push your muscles harder and inflict more damage that takes longer to recover from.

Beginners, on the other hand, get sore but bounce back quicker since the muscular damage isn't as severe.

If the word "damage" makes you flinch, don't worry.

It's a good thing for a bodybuilder to incur limited muscle damage, because it nudges the body to recover and overcompensate (grow) slightly to prepare for future workouts. This is what bodybuilding is all about - a continuous cycle of one-step-back, two-steps-forward, repeated over and over on a weekly basis.

The following workout plan is designed to focus on one part of your body each day of your workout with mid week and the weekend as your rest days.

This plan is just a suggestion. You can adapt it as needed to suit your workout goals.

With any workout, you need to start out with some warm up exercises. This can be simple stretching as you get your body ready to work. A warm-u

This will reduce the possibility of delayed muscle soreness and will help quell the adrenaline that has been building in your system as a result of the workout. This can also be simple stretching exercises and deep breathing.

Again, it's important to start out slow and not push yourself beyond your limits.

Use weights that are not too heavy for you but that will give you enough resistance to build your muscles.

You can progressively increase the amount of weight you lift as you get stronger.

## **Day 1 – Upper Body**

For the following exercises, begin with two sets of 10-12 reps each.

Dumbbell press

Standing barbell military press

Lying tricep press

Side lateral raise

Preacher curls

Seated dumbbell curl

Dumbbell rows

Dumbbell shrugs

If you have access to weight machines, add the following to your plan:

Pec deck butterflys

V-bar pushdowns

Lat pulls with pulley machine

## **Day 2 – Lower Body and Abs**

Again, begin doing each exercise with two sets of 10-12 reps each except for the crunches which you can do as many of them as you want.

Barbell squat

One leg barbell squat

Lunges

Standing calf press

Stiff leg barbell

Crunches

Machines can be especially helpful when working your lower body. Here are some you should consider on this day:

Leg presses on a plate loaded machine

Leg extension machine

Seated hamstring curls

Standing hamstring curls

Ab machine

**Day 3 – Rest**

**Day 4 – Upper Body**

Increase your sets to 3 doing 10 – 12 reps each

Chin ups (get assistance if necessary)

Seated dumbbell hammer curls

Dumbbell presses on an inclined bench

Standing barbell military press

Standing bicep curls

Barbell tricep extension

Upright barbell row

Front dumbbell raise

The machines you can use on this day include:

Seated cable rows

Upright cable rows

Cable crossover flies

Tricep rope pushdowns

### **Day 5 – Lower Body and Abs**

Go back to doing just two sets of 10-12 reps each except for the crunches which you can do unlimited amounts of.

Standing calf press

Lunges

Barbell squat

Stiff leg barbell

Standing calf raises

## Crunches

Machine exercises include:

Leg presses on a plate loaded machine

Seated hamstring curls

Kneeling hamstring curls

## **Weekend – Rest**

If a four day workout plan is too much for you, consider starting out with a two or three day plan. Keep in mind that you won't get results as quickly with a fewer day workout, but if you need to start out slowly, it can still be effective.

*Here is a sample three day workout.*

## **Day 1 – Back, Chest, and Abs**

Do three sets of 12-15 reps each.

Bent over barbell row

Stiff legged barbell dead lift

Barbell bench press

Incline dumbbell press

Dumbbell flies

Crunches

### **Day 2 – Legs and Shoulders**

Do three sets of 12-15 reps each.

Barbell squat

Seated calf raise

Front dumbbell raise

Side lateral raise

Upright barbell row

Lunges

Barbell squats

### **Day 3 – Biceps, Triceps, and Abs**

Do three sets of 12-15 reps each

Barbell curl

Incline dumbbell curl

Lying triceps press

Barbell tricep extension

Front dumbbell raise