

## Size & Strength Workout Plan

This method of training is called Incline Pyramid. The Incline pyramid is one of the best ways to increase strength and lean muscle mass. The idea is to increase the weight on every set as the reps decreases.

This way you will gradually get used to the heavy weight and eventually you should be able complete more reps with heavier weight thus increasing strength. Try to increase the weights you start and finish with every week

DAY	MUSCLE GROUP	EXERCISE	SETS	REPS
1	CHEST	Flat bench press	4	12,12,10,8
		Incline dumbbell press	3	12,10,8
		Peck deck	3	12,10,8
		Flat dumbbell flies	4	12,10,8,8
	BICEPS	Seated dumbbell curls (alt)	4	12,12,10,8
		Barbell curls	3	12,10,8
		Preacher curls	3	12,10,8
		Hammers	4	12,10,8,8

DAY	MUSCLE GROUP	EXERCISE	SETS	REPS
2	BACK	Lat pull down	4	12,12,10,8
		Seated rows	3	12,10,8
		Bent over rows	3	12,10,8
		Close grip chin ups	4	12,10,8,8
	TRICEPS	Cable pull down (straight bar)	4	12,12,10,8
		Cable pull down (rope)	3	12,10,8
		Triceps deeps	3	12,10,8
		Horizontal kickback	4	12,10,8,8

DAY	MUSCLE GROUP	EXERCISE	SETS	REPS
3	SHOULDERS & TRAPS	Seated dumbbell shoulder press	4	12,12,10,8
		Standing dumbbell flies	3	12,10,8
		Dumbbell shrugs	4	20,20,20,20
		lateral shoulder raises	4	12,10,8,8
		Upright Row	4	12,10,8,8
		Front shoulder raises	4	12,10,8,8
	MIDDLE MELTDOWN	Crunches	4	25,25,25,25
		Legs raises	4	25,25,25,25
		Oblique crunches (each side)	4	20,20,20,20
		Dorsal raises	4	15,15,15,15

DAY	MUSCLE GROUP	EXERCISE	SETS	REPS
4	LEGS	Squats	4	12,12,10,8
		Legs press	4	12,12,10, 8
		Lying leg curl	4	12,12,10,8
		Leg extension	4	12,12,10,8
		Seated calf raises	3	20,17,15
		Standing calf raises	3	20,17,15

**Note:** Cardio training three times a week for at least 20 minutes (running)

**Duration:** Try this routine for a solid 6-8 weeks before changing.

**Nutrition:** Make sure you get enough protein and calories whilst training. Check out our other Articles at [www.snes-direct.co.uk/nutrition](http://www.snes-direct.co.uk/nutrition) for further details about suggested Intake.