

# 5 Day Split Programme

## Day 1 - Push - Chest / Shoulders / Triceps

This is a 5 day split programme designed for members who train 5 x p/w & know Free Weights Work to the rep range suited for the goals - Strength / Hypertrophy / Endurance

For alternative exercises that work the same area, please speak to a member of the fitness team

### Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

#### Weights Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Chest Press	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)			<p>Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90 degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly. Tip: Ideally, lowering the weight should take about twice as long as raising it.</p>
Pec Fly	3-8 8-12 12-20	2/5				<p>Lie down on a flat bench with a dumbbell on each hand resting on top of your thighs. The palms of your hand will be facing each other. Then using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width with the palms of your hands facing each other. Raise the dumbbells up like you're pressing them, but stop and hold just before you lock out. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you squeeze your chest muscles and breathe out. Hold for a second at the contracted position and repeat the movement for the prescribed amount of repetitions.</p>
Standing Shoulder Press	3-8 8-12 12-20	2/5				<p>Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head. Keeping your core engaged at all times to protect the lower back.</p>
Front Raise	3-8 8-12 12-20	2/5				<p>Pick a couple of dumbbells and stand with a straight torso and the dumbbells on front of your thighs at arms length with the palms of the hand facing your thighs. This will be your starting position. While maintaining the torso stationary (no swinging), lift the dumbbells to the front with a slight bend on the elbow and the palms of the hands always facing down. Continue to go up until your arm is slightly above parallel to the floor. Exhale as you execute this portion of the movement and pause for a second at the top. Inhale after the second pause. Now lower the dumbbell back down slowly to the starting position.</p>
Tricep Push	3-8 8-12 12-20	2/5				<p>Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step.</p>

Always ensure to warm up and cool down with stretches at the end of every session.  
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# 5 Day Split Programme

## Day 2 - Pull - Back / Lats / Biceps

HEALTH  
HUB

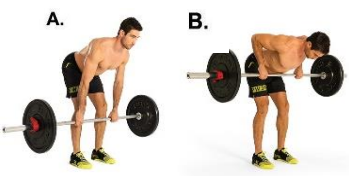


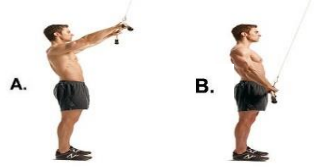

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### Warm Up / Cardiovascular Workout

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### Weights Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Bent Over Row	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)			<p>Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.</p> <p>Now, while keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.</p> <p>Then inhale and slowly lower the barbell back to the starting position.</p>
Pulley Face Pull	3-8 8-12 12-20	2/5			<p>Facing a high pulley with a rope or dual handles attached, Standing feet hip width and keeping a bend in your knees, pull the weight directly towards your face, separating your hands as you do so. Keep your upper arms parallel to the ground.</p> <p>Make sure the core is engaged and body is straight.</p> <p>Slowly bring the arms back to the starting position</p>	
Lat Pull Down	3-8 8-12 12-20	2/5			<p>Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the knee pad of the machine to fit your height. These pads will prevent your body from being raised by the resistance attached to the bar.</p> <p>Grab the bar with the palms facing forward using the prescribed grip. Note on grips: For a wide grip, your hands need to be spaced out at a distance wider than shoulder width. For a medium grip, your hands need to be spaced out at a distance equal to your shoulder width and for a close grip at a distance smaller than your shoulder width.</p> <p>As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position.</p> <p>As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore do not try to pull down the bar using the forearms.</p> <p>After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position when your arms are fully extended and the lats are fully stretched. Inhale during this portion of the movement.</p>	
Straight Arm Pull Down	3-8 8-12 12-20	2/5			<p>You will start by grabbing the wide bar from the top pulley of a pulldown machine and using a wider than shoulder-width pronated (palms down) grip. Step backwards two feet or so.</p> <p>Bend your torso forward at the waist by around 30-degrees with your arms fully extended in front of you and a slight bend at the elbows. If your arms are not fully extended then you need to step a bit more backwards until they are. Once your arms are fully extended and your torso is slightly bent at the waist, tighten the lats and then you are ready to begin.</p> <p>While keeping the arms straight, pull the bar down by contracting the lats until your hands are next to the side of the thighs. Breathe out as you perform this step.</p> <p>While keeping the arms straight, go back to the starting position while breathing in.</p>	
Bicep Curl	3-8 8-12 12-20	2/5			<p>Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.</p> <p>Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.</p> <p>Then, inhale and slowly begin to lower the dumbbells back to the starting position.</p>	

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# 5 Day Split Programme

## Day 3 - Lower

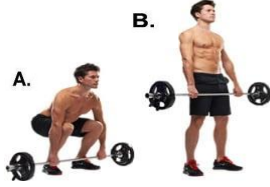

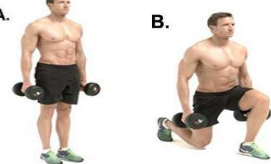


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### Weights Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Dead Lift	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)		 <p><b>A.</b> <b>B.</b></p>	<p>Approach the bar so that it is centered over your feet. Your feet should be about hip-width apart. Bend at the hip to grip the bar at shoulder-width allowing your shoulder blades to protract. Typically, you would use an alternating grip. With your feet and your grip set, take a big breath and then lower your hips and flex the knees until your shins contact the bar. Look forward with your head. Keep your chest up and your back arched, and begin driving through the heels to move the weight upward. After the bar passes the knees aggressively pull the bar back, pulling your shoulder blades together as you drive your hips forward into the bar. Lower the bar by bending at the hips and guiding it to the floor.</p>
Barbell Back Squat	3-8 8-12 12-20	2/5			 <p><b>A.</b> <b>B.</b></p>	<p>Begin with the barbell supported on top of the traps. The chest should be up and the head facing forward. Adopt a hip-width stance with the feet turned out as needed. Descend by flexing the knees, refraining from moving the hips back as much as possible. This requires that the knees travel forward. Ensure that they stay align with the feet. The goal is to keep the torso as upright as possible. Continue all the way down, keeping the weight on the front of the heel. At the moment the upper legs contact the lower legs reverse the motion, driving the weight upward.</p>
Lunges	3-8 8-12 12-20	2/5			 <p><b>A.</b> <b>B.</b></p>	<p>Stand with your torso upright holding two dumbbells in your hands by your sides. This will be your starting position. Step forward with your right leg around 2 feet or so from the foot being left stationary behind and lower your upper body down, while keeping the torso upright and maintaining balance. Inhale as you go down. Note: As in the other exercises, do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your front shin perpendicular to the ground. Using mainly the heel of your foot, push up and go back to the starting position as you exhale.</p>
Leg Ext	3-8 8-12 12-20	2/5				<p>For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position. Tip: You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.</p>
Leg Curl	3-8 8-12 12-20	2/5				<p>Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. Place the back of lower leg on top of padded lever (just a few inches under the calves) and secure the lap pad against your thighs, just above the knees. Then grasp the side handles on the machine as you point your toes straight (or you can also use any of the other two stances) and ensure that the legs are fully straight right in front of you. This will be your starting position. As you exhale, pull the machine lever as far as possible to the back of your thighs by flexing at the knees. Keep your torso stationary at all times. Hold the contracted position for a second. Slowly return to the starting position as you breathe in.</p>

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# 5 Day Split Programme

## Day 4 - Push - Chest / Shoulders / Triceps



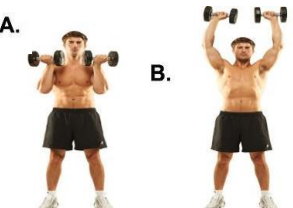


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#### Weights Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Incline Chest Press	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)		 <p><b>A.</b> <b>B.</b></p>	<p>Lie back on an incline bench with a dumbbell in each hand atop your thighs. The palms of your hands will be facing each other. Then, using your thighs to help push the dumbbells up, lift the dumbbells one at a time so that you can hold them at shoulder width. Once you have the dumbbells raised to shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Be sure to keep full control of the dumbbells at all times. Then breathe out and push the dumbbells up with your chest. Lock your arms at the top, hold for a second, and then start slowly lowering the weight. Tip Ideally, lowering the weights should take about twice as long as raising them.</p>
Incline Pec Fly	3-8 8-12 12-20	2/5		 <p><b>A.</b> <b>B.</b></p>	<p>Hold a dumbbell on each hand and lie on an incline bench that is set to an incline angle of no more than 30 degrees. Extend your arms above you with a slight bend at the elbows. Now rotate the wrists so that the palms of your hands are facing you. Tip: The pinky fingers should be next to each other. This will be your starting position. As you breathe in, start to slowly lower the arms to the side while keeping the arms extended and while rotating the wrists until the palms of the hand are facing each other. Tip: At the end of the movement the arms will be by your side with the palms facing the ceiling. As you exhale start to bring the dumbbells back up to the starting position by reversing the motion and rotating the hands so that the pinky fingers are next to each other again. Tip: Keep in mind that the movement will only happen at the shoulder joint and at the wrist. There is no motion that happens at the elbow joint.</p>	
Standing Arnie Press	3-8 8-12 12-20	2/5		 <p><b>A.</b> <b>B.</b></p>	<p>Standing Straight, engaging the core and hold two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows bent. Tip: Your arms should be next to your torso. The starting position should look like the contracted portion of a dumbbell curl. Now to perform the movement, raise the dumbbells as you rotate the palms of your hands until they are facing forward. Continue lifting the dumbbells until your arms are extended above you in straight arm position. Breathe out as you perform this portion of the movement. After a second pause at the top, begin to lower the dumbbells to the original position by rotating the palms of your hands towards you. Tip: The left arm will be rotated in a counter clockwise manner while the right one will be rotated clockwise. Breathe in as you perform this portion of the movement.</p>	
Side Raise	3-8 8-12 12-20	2/5		 <p><b>A.</b> <b>B.</b></p>	<p>Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until your arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the dumbbells back down slowly to the starting position as you inhale.</p>	
Lying Tricep Press	3-8 8-12 12-20	2/5		 <p><b>A.</b> <b>B.</b></p>	<p>Lie on a flat bench while holding two dumbbells directly in front of you. Your arms should be fully extended at a 90-degree angle from your torso and the floor. The palms should be facing in and the elbows should be tucked in. This is the starting position. As you breathe in and you keep the upper arms stationary with the elbows in, slowly lower the weight until the dumbbells are near your ears. At that point, while keeping the elbows in and the upper arms stationary, use the triceps to bring the weight back up to the starting position as you breathe out.</p>	

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# 5 Day Split Programme

## Day 5 - Pull - Back / Lats / Biceps






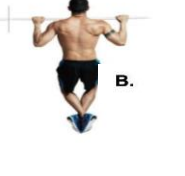




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### Weights Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Single Arm Row	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)		 	<p>Choose a flat bench and place a dumbbell on each side of it.</p> <p>Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support.</p> <p>Use the left hand to pick up the dumbbell on the floor and hold the weight while keeping your lower back straight. The palm of the hand should be facing your torso. This will be your starting position.</p> <p>Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary. Breathe out as you perform this step. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. Also, make sure that the force is performed with the back muscles and not the arms. Finally, the upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the dumbbell; therefore do not try to pull the dumbbell up using the forearms.</p> <p>Lower the resistance straight down to the starting position. Breathe in as you perform this step.</p>
Standing Reverse Fly	3-8 8-12 12-20	2/5		 	<p>Set your feet shoulder-width apart. Let the dumbbells hang straight down from your shoulders, your palms facing each other, with your arms slightly bent. Keeping your back flat and your torso still, raise your arms straight out to your sides until they're in line with your body. Don't change the bend in your elbows.</p> <p>Slowly lower the dumbbells down back to the starting position</p>	
Pull Ups	3-8 8-12 12-20	2/5		 	<p>Grip the bar with both hands, shoulder width apart, and your palms facing away from you.</p> <p>Hang with arms and elbows fully locked out.</p> <p>Pull yourself up, chin over the bar.</p> <p>Keep your back tight, relax your neck and bring your shoulders away from the ears. Engage your core throughout.</p> <p>Lower yourself slowly and controlled until your arms are fully extended and straight again.</p>	
Lat Pullover	3-8 8-12 12-20	2/5		 	<p>Sit down on the bench holding the dumbbell. Lay down on the bench balancing the dumbbell on body.</p> <p>Grasp the dumbbell with both hands and hold it straight over your chest at arms length. Both palms should be pressing against the underside one of the sides of the dumbbell. This will be your starting position.</p> <p>Caution: Always ensure that the dumbbell used for this exercise is secure. Using a dumbbell with loose plates can result in the dumbbell falling apart and falling on your face.</p> <p>While keeping your arms straight, lower the weight slowly in an arc behind your head while breathing in until you feel a stretch on the chest.</p> <p>At that point, bring the dumbbell back to the starting position using the arc through which the weight was lowered and exhale as you perform this movement.</p> <p>Hold the weight on the initial position for a second and repeat the motion for the prescribed number of repetitions.</p>	
Hammer Curl	3-8 8-12 12-20	2/5		 	<p>Stand up with your torso upright and a dumbbell on each hand being held at arms length. ...</p> <p>The palms of the hands should be facing your torso. ...</p> <p>Now, while holding your upper arm stationary, exhale and curl the weight forward while contracting the biceps.</p>	

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