

## **WHAT DO YOU NEED YOUR WORKOUT TO DO FOR YOU?**

### **BUILD MUSCLE:**

Do exercises that allow you to do 8-12 reps per set. You can do straight sets- complete a set, rest about 60 sec, do the next set of the same exercise, keep going until you get your 3 or 4 sets in and are ready to move on to the next exercise. Do 3 or 4 different exercises with 12-16 sets total.

Supersets work well for advanced lifters as well. However, pair exercises that work the same muscle. The first should be a compound exercise using many different muscles; the second should be followed by a single-joint exercise to focus on one large muscle. So barbell bench presses might be followed by dumbbell flies. Shoulder presses could lead into lateral raises.

### **GAIN STRENGTH:**

There's no secret here-heavy weights, low reps (usually 3-5 per set) with longer rest (up to 3 minutes) between sets. You don't have to do every exercise this way. Start with low reps on your main moves, then do more reps with lighter weights and shorter rest periods on less important exercises.

### **AVAILABLE TIME:**

If you only have two days a week to dedicate to workouts, do total-body workouts. You want to hit the major muscles twice a week to prevent too much rest. Circuit training will work well for this type of workout. Another option is to do antagonistic supersets. These pair movements that use opposite muscles actions such as sit-ups and back extensions, or tricep press downs and bicep curls.

If you have three days to dedicate, you can adopt a lower body, upper body split routine. Week one would be upper-lower-upper, then week two would be lower-upper-lower. Always allow a full 48 hours for recovery between exercising the same body part. If you have any questions about these programs please ask our staff and we will get you the information you need.