

## Muscle - Body Definition Building Workout

### 1 What you need to know about your current capability:

1 Rep Maximum : Squat; Lying Ham string curl; Barbell Bench Press;  
Prone DB Row; DB Shoulder Press;  
20 reps weight for: Squat; Lying Ham string curl; Barbell Bench Press;  
Prone DB Row; DB Shoulder Press;  
Abs situp with DB; Kneeling Abs Crunch

### 2 Nutrition:

Eat 60 minutes before workout starts.

Recommendation for easy preparation:

Cheese & Tomato sandwich and a bottle of water

Supplement the moment workout finishes.

Recommendation: Non-fat milk with 1 teaspoon of Whey prorein

Eat 60 minutes after workout finishes.

Recommendation: Tuna with green vegetables.

### 3 Basics of every Workout.

There are 4 workouts: Legs; Chest; Shoulders; Full Body.

Every set has a target of 10 reps

Every workout has 10 sets per exercise

Every workout has 3 exercises

So, every workout, for perfection, has 3 exercise x 10 sets x 10 reps

This gives 30 sets in an exercise and a total of 300 reps

However you may fall short as fatigue sets in.

If you cannot get to 6 sets before muscle fatigue stops you  
getting 10 reps/set, then the weight is too heavy

If you manage a perfect workout of 10 reps on every set,  
then increase by 2 1/2% next time

Each workout takes 30 minutes. There is one set every minute.

Push to complete in 30 minutes for the Lactate impact

**i.e. muscles should burn. NOTE: this is not a social occasion**

#### 4 LEGS Workout

**Order of workout: 1 set Squats; rest 30 seconds; 1 set Ham Curls; rest 30 seconds; Abs; rest for about 30 seconds**

The aim is to do these 3 sets and the rests in between in 3 minutes total. Then go again with the next group of three sets.

**Squat using upright squat machine ( thighs parallel to ground)**

10 reps slow will take about 30 seconds; then take 30 second break and transition to Ham Curls machine

**Lying Ham Curls using machine**

10 reps slow will take about 30 seconds; then take 30 second break and transition to Abs Situps

**Abs situp: on back, DB in each hand and crunch up  
Take break up to 3 minute mark.**

#### 5 Chest Workout

**Order of workout: 1 set Bench Press; rest 30 seconds; 1 set DB Row; rest 30 seconds; Abs; rest for about 30 seconds**

**Barbell Bench Press**

**Prone i.e. face down, DB Row on an slightly incline bench**

**Reverse Abs Curl on same incline bench you just used for DB Rows  
Take break up to 3 minute mark.**

#### 6 Shoulders

**Order of workout: 1 set Pull Ups; rest 30 seconds;**

**DB Shoulder Press**

**Kneeling Abs Crunches using machine**

Take break up to 3 minute mark.

#### 7 Full Body

**Order of workout: 1 set Lunges; rest 30 seconds; 1 set Swings; rest 30 seconds; Abs; rest for about 30 seconds**

**Lunges with DB in each hand: 10 steps alternating on each leg  
for total of 20 steps**

**Suspended, with arm support, straight leg raises**

**Swings on mat DB in each hand: 10 swings alternating to each side  
for total of 20 swings**

## 8 Routine through the Week

Day 1	<b>LEGS</b>	
Day 2	<b>CHEST</b>	plus Light Cardio
Day 3	<b>Rest</b>	
Day 4	<b>SHOULDERS</b>	plus Hard Cardio
Day 5	<b>Full Body</b>	
Day 6	<b>REST</b>	
Day 7	<b>LEGS</b>	Start of next 6 day cycle or Rest if your body is feeling beat up!

**Workout Name:**      **SETS**            1    2    3    4    5    6            7            8            9            10

**LEGS**      **SQUATS**      **Reps:**

**DATE:**                      **Weight**

**Ham Curls**      **Reps:**  
                                 **Weight**

**Abs Situp**      **Reps:**  
                                 **Weight**

Start Time (exact Minute)  
Finish Time (exact Minute)  
Weight: Too heavy; Too light: Right.  
Weight Change next time

**Workout Name:**      **SETS**            1    2    3    4    5    6            7            8            9            10

**CHEST**      **BENCH**      **Reps:**

**DATE:**                      **Weight**

**BACK ROW**      **Reps:**  
                                 **Weight**

**Reverse**              **Reps:**  
**CURL**                      **Weight**

Start Time (exact Minute)  
Finish Time (exact Minute)  
Weight: Too heavy; Too light: Right.  
Weight Change next time

**Workout Name:** **SETS**      1    2    3    4    5    6      7      8      9      10  
**SHOULDERS PullUps**    **Reps:**  
**DATE:**                    **Weight**

**Shoulder**    **Reps:**  
**Press**        **Weight**

**Kneeling**    **Reps:**  
**Abs Crunch** **Weight**

Start Time (exact Minute)  
Finish Time (exact Minute)  
Weight: Too heavy; Too light: Right.  
Weight Change next time

**Workout Name:** **SETS**      1    2    3    4    5    6      7      8      9      10  
**Full Body LUNGES**    **Reps:**  
**DATE:**                    **Weight**

**Leg**            **Reps:**  
**Raise**        **Weight**

**SWINGS**    **Reps:**  
                  **Weight**

Start Time (exact Minute)  
Finish Time (exact Minute)  
Weight: Too heavy; Too light: Right.  
Weight Change next time