



# 5 DAY PLAN

UNIT 38 ALBION INDUSTRIAL ESTATE, CILFYNYDD, PONTYPRIDD  
SOUTH WALES, CF37 4NX

# G.A.H GYM 5 DAY PLAN

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AT G.A.H WE STRIVE NOT ONLY TO CREATE THE BEST FACILITY POSSIBLE BUT ALSO PROVIDE OUR MEMBERS WITH THE BEST TRAINING KNOWLEDGE WE CAN

THESE PLANS ARE DESIGNED TO PROVIDE YOU WITH A BASE FOR TRAINING SESSIONS AND ALSO GIVE YOU IDEAS FROM WHICH YOU CAN FURTHER YOUR OWN TRAINING

IF YOU HAVE ANY QUESTIONS PLEASE ASK ANY OF THE G.A.H TEAM

## DISCLAIMER

BEFORE STARTING ANY EXERCISE PROTOCOL, CONSULT YOUR DOCTOR. BEFORE IMPLEMENTING ANY OF THE STRATEGIES DISCUSSED IN THIS BOOK, CONSULT YOUR DOCTOR TO ACQUIRE THEIR CONSENT. AS WITH ANY EXERCISE PROTOCOL, THERE IS ALWAYS A RISK OF INJURY AND THEREFORE ENSURE THAT YOU ARE HEALTHY, INJURY FREE AND COMPETENT AND COMFORTABLE PERFORMING THE EXERCISES IF YOU DO WISH TO IMPLEMENT PROTOCOLS DISCUSSED IN THIS BOOK INTO YOUR OWN TRAINING. G.A.H OR ANY STAFF CANNOT ACCEPT RESPONSIBILITY FOR ANY INJURY SUSTAINED DURING THE PERFORMANCE OF ANY EXERCISE PROTOCOL.

# POINTS BEFORE YOU START

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- 1. PLEASE ENSURE YOU ARE PERFORMING EXERCISE AND USING EQUIPMENT PROPERLY AND SAFELY, IF UNSURE OF ANYTHING ASK A MEMBER OF STAFF**
- 2. THESE SESSIONS ARE A BASE, FEEL FREE TO VARY THE SETS AND REPS RECOMMENDED, AND MAKE SURE TO USE VARIATIONS OF THE WRITTEN EXERCISES**
- 3. TRAINING HARD IS A MUST, IF YOU FEEL LIKE ANY OF THE SESSIONS ARE EASY, YOU DIDN'T WORK HARD ENOUGH**
- 4. YOU CAN EITHER USE THESE SESSIONS AS WRITTEN OR TAKE IDEAS FROM TO INCORPORATE INTO YOUR OWN TRAINING, DON'T BE AFRAID TO TRY NEW IDEAS IN THE GYM**

# DAY 1 | CHEST AND TRICEPS

## EXERCISE 1 MACHINE PRESS

3 SETS, 15-20 REPS, 1/2 REPS SHORT OF FAILURE, VARY EXERCISE WEEK TO WEEK

## EXERCISE 2 HEAVY PRESS

CHOOSE FROM FLAT/INCLINE/DECLINE/FLOOR PRESS, SETS OF 6  
REPEAT UNTIL REPS DROP BELOW 4, DROP SET TO FINISH

## EXERCISE 3 DUMBBELL PRESS

5 SETS, 10-15 REPS, FASTER REP SPEED, 45 SEC REST PERIOD

## EXERCISE 4 FLY MOVEMENT

3-4 SETS, 10 REPS, DROP SET ON FINAL SET, FINISH WITH 10 SEC STRETCH HOLD

## EXERCISE 5 OVERHEAD TRICEP EXTENSION

8 SETS OF 8, 20 SEC REST BETWEEN SETS

# DAY 2 | BACK AND BICEPS

## EXERCISE 1 STIFF ARM PULLDOWN

3 SETS, 20 REPS, USE AS WARM UP, AVOID FAILURE

## EXERCISE 2 HEAVY ROW

VARY BETWEEN BARBELL/CABLE/T-BAR/DUMBBELL ROW  
SETS OF 6, REPEAT UNTIL REPS DROP BELOW 4, DROP SET TO FINISH

## EXERCISE 3 MACHINE ROW

5 SETS, 10-15 REPS, AIM FOR FAILURE ON EACH SET

## EXERCISE 4 PULLDOWN

VARY GRIP USED, 4 SETS, 8-12 REPS, EMPHASISE STRETCH

## EXERCISE 5 BICEP CURLS

8 SETS OF 8 REPS, SHORT REST PERIOD BETWEEN SETS

# DAY 3 | SHOULDERS

**EXERCISE 1** SEATED INCLINE LATERAL RAISES  
3 SETS, 20 REPS, USE AS WARM UP, AVOID FAILURE

**EXERCISE 2** HEAVY PRESS  
VARY BETWEEN BARBELL/DUMBBELL/MACHINE PRESS  
SETS OF 6, REPEAT UNTIL REPS DROP BELOW 4, DROP SET TO FINISH

**EXERCISE 3** WIDE GRIP UPRIGHT ROW  
3 SETS, 10-15 REPS, FASTER REP SPEED, SHORT REST PERIOD

**EXERCISE 4** STANDING LATERAL RAISE  
3 SETS, 10-12 REPS, STRICT FORM

**EXERCISE 5** REAR DELT SWING  
PERFORMED LYING ON INCLINE BENCH, PARTIAL MOVEMENT, 3 SETS, 20-30 REPS

**EXERCISE 6** BENT OVER LATERALS  
3 SETS, 10-15 REPS

# DAY 4 | ARMS

## EXERCISE 1 CABLE CURL

5-6 SETS, 8 REPS, 2 SEC CONTRACTION AT TOP, 3 SEC NEGATIVE

## EXERCISE 2 INCLINE DUMBBELL CURL

3 SETS, 10-12 REPS, 2 SEC HOLD IN STRETCH POSITION

## EXERCISE 3 TRICEP PUSHDOWN

5-6 SETS, 8 REPS, 2 SEC CONTRACTION, 3 SEC NEGATIVE

## EXERCISE 4 CLOSE GRIP BENCH LOCKOUT

4 SETS, 10-12 REPS, PERFORM TOP HALF OF MOVEMENT, LOCKOUT HARD

# DAY 5 | LEGS

**EXERCISE 1** LEG EXTENSION/LEG CURL SUPER SET  
3 SETS, 20 REPS EACH EXERCISE, MINIMAL REST

**EXERCISE 2** LEG CURL  
6 SETS OF 6, FOLLOWED BY DROP SET TOTALLING 50 REPS TO FINISH

**EXERCISE 3** SQUATS  
SETS OF 6, REPEAT UNTIL REPS DROP BELOW 4, DROP SET TO FINISH

**EXERCISE 4** LEG PRESS  
4 SETS, 20 REPS, REST PAUSE IF REQUIRED TO REACH 20

**EXERCISE 5** SISSY SQUAT  
3-4 SETS, 12-15 REPS, CONTROLLED PACE, 3 SEC HOLD IN STRETCH POSITION

**EXERCISE 6** STANDING CALF RAISE  
5 SETS, 8-12 REPS, FAST SPEED UP, LOWER WEIGHT SLOWLY, 5 SEC STRETCH HOLD

**EXERCISE 7** SEATED CALF RAISE  
4 SETS, 20-25 REPS






**G.A.H GYM**

OFFICIAL POWERFABS FACILITY

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