



# 8 Weeks Strength & Muscle Conditioning Weight Training

## **This is a Combination of Isometric & 1 RM.**

This workout is designed to unleash your true strength on every muscle against the resistance

In this training period we will be focusing on contracting the particular working muscle without the support of the next bone Joint. (Means Static activation of the muscle with your mind)

All the workouts should be done in the following format.

Set 1: Warmup set - 50% weight - 15-20 reps

Set 2: Working set - 70% weight - 12-15 reps

Set 3: Isometric Set - 90% weight - 8-12 reps (After the set - 10 reps of working muscle contraction with mind)

Set 4: Shocker Set - 90% weight - 8-10 reps & drop to 50% weight - 8-10 reps (very slowly and feel the muscle activation with contraction)

After every 4<sup>th</sup> set - you need to check your 1 RM on every Compound Workout for each muscle - Compound workouts are marked in RED.

### 1 RM Progression Tracking

1 RM is Calculated as when you can do 1 Rep with max weight full range of motion and second rep you could do only 50% and fail.

Tracking is the most important aspect in this training.

End of every week you need to review your 1 RM for each muscle and set a new target for next week.

### **Chest -**

Inclined Bench/Dumbbell Press	Machine Press / Barbell Press	Declined dumbbell/ Bench Press	Flat machine/ dumbbell flys	Pull over dumbbell/ cable	Dips/ Pushups
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### **Shoulder**

Military Press/ Rear press	Dumbbell Press/ Arnold Press	Lateral Raises dumbbell/ cable	Front raises dumbbell/ cable	Rear flys Dumbbell/ Machine	Spike Pushups
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### **Back**

Deadlift	Lat Front/Rear Pull Down	Neutral grip/inverse Bench dumbbell row	T bar/One arm dumbbell row	Rear flys Dumbbell/ Machine	Underhand/ Overhand Barbell row
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### **Arms**

Closegrip bench/Diamond W weights	Ticeps Overhead single/double handpress	Cable bar/rope push down	Barbell/Bar Biceps curl	Dumbbell/EZ curl	Reverse pullups
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## **Leg**

Deadlift	Squats/Front squats	Leg press/Sumo Squat	Leg Extension/Lunges	Hamstring machine/Dumbbell curl	Calves
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## **Abs**

Half Crunches	Lying Leg Raises	Cable Crunch Down	Hanging leg/knee raises	Dumbbell/Cable side crunch	Weighted Plank
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**Change the Alternate equipment for the alternate weeks. All the best.**