

Beginners Routine

Training: 3 days a week
Duration: 6 weeks
Summary:

Two all over body workouts and one cardiovascular training session per week. Each weight training exercise will consist of 15 reps minimum to 20 reps maximum.

Day 1 (Monday) All over body workout	2 sets, 15 to 20 reps bench press 2 sets, 15 to 20 reps dumbbell press seated 2 sets, 15 to 20 reps pushdowns 2 sets, 15 to 20 reps leg extensions 2 sets, 15 to 20 reps leg curls 2 sets, 15 to 20 reps calf raises 2 sets, 15 to 20 reps lat pull downs 2 sets, 15 to 20 reps barbell curls
Day 2 (Tuesday) day off, rest	
Day 3 (Wednesday) Cardiovascular (aerobic)	10 minutes exercise cycle 10 minutes rowing machine 10 minutes elliptical cross-trainer
Day 4 (Thursday) day off, rest	30 minute total
Day 5 (Friday) Repeat day 1 routine	

Beginners Essentials

- 10 minutes aerobic warm up should be performed before weight training sessions
- A rest period of 1 minute (or more if required) should be taken between each set
- Each set should be trained comfortably for 15 to 20 reps. Do not train to failure.
- Cardiovascular sessions should be performed at a comfortable pace, not so you are breathing too heavily during the beginner's routine
- Once the 6 week beginners routine is finished it will be time to move on. Speak to one of our experts to see which routine will now be best for you.
- Use a training diary to continuously monitor performance and provide motivation
- Use the correct supplements and proper diet
- Get enough sleep

Fat Burning Routine

Training: 4 days a week
Duration: 8 weeks
Summary:

Weight training - train first two sets to approximately 80% of failure and the third set to failure. This routine trains each body part no more than once a week. Cardiovascular training is incorporated twice weekly.

Day 1 (Monday) chest, shoulders and triceps	3 sets, 20 to 25 reps bench press 3 sets, 20 to 25 reps Incline (15%) dumbbell press 3 sets, 20 to 25 reps dumbbell flies 3 sets, 20 to 25 reps dumbbell press seated 3 sets, 20 to 25 reps lateral raises 3 sets, 20 to 25 reps lying tricep extensions 3 sets, 20 to 25 reps pushdowns
Day 2 (Tuesday) Cardiovascular (aerobic) training	15 minutes exercise cycle 15 minutes rowing machine 15 minutes elliptical cross-trainer Total of 45 minutes
Day 3 (Wednesday) day off, rest	
Day 4 (Thursday) legs, back and biceps	3 sets, 20 to 25 reps leg extensions 3 sets, 20 to 25 reps leg curls 3 sets, 20 to 25 reps calf raises 3 sets, 20 to 25 reps lat pulldowns 3 sets, 20 to 25 reps barbell rows 3 sets, 20 to 25 reps barbell curls 3 sets, 20 to 25 reps dumbbell curls
Day 5 (Friday) repeat Tuesdays Cardiovascular training	

Fat Burning Essentials

- 10 minutes aerobic warm up should be performed before weight training sessions
- A rest period of one minute should be allowed between each set during weight training sessions
- The third set of each set should be trained to failure
- 2 warm up sets should be performed for 15 reps (very light weight) for the first exercise of each body part. ie bench press for chest, squats for legs, pull downs for back etc
- Cardiovascular session, you should be training at 70% to 80% of your maximum heart rate - you calculate this by using 220 minus your age, ie at 30 years old this would be 220-30 = 190 m/h/r; this would mean you should be training between a heart rate of 133 to 152
- Use a training diary to continuously monitor performance and to provide motivation
- Use the correct supplements and proper diet
- Get enough sleep

Visit our stores
or buy online!



- ✓ Sports nutritional and dietary supplements
- ✓ Re-hab sports injury and therapy products
- ✓ Training accessories
- ✓ Training clothing
- ✓ Martial arts and boxing equipment
- ✓ Home fitness equipment
- ✓ Fitness training and yoga equipment
- ✓ Weight training equipment

Norwich
 4 Bridewell Alley • Norwich • Norfolk
 NR2 1AQ • t: 01603 763870

Ipswich
 Tower Ramparts Shopping Centre
 Ipswich • Suffolk • IP1 3BB
 t: 01473 214325

Colchester
 18 Red Lion Yard • Colchester
 Essex • CO1 1DX • t: 01206 578977

Online

To buy online and sign up for Heroes FREE regular training tips email, visit us at:

www.heroesfitness.com

FREE
training tips
to your inbox

HEROES
UK Muscle & Fitness Training Shops

Training Routines

www.heroesfitness.com

Muscle Building Routine

Training: 3 days a week
Duration: 6 weeks
Summary:

Each weight training exercise will consist of 3 sets of 8 reps minimum to 12 reps maximum. This routine trains each body part no more than once a week.

Day 1 (Monday) chest and shoulders	3 sets 8 to 12 reps bench press 3 sets 8 to 12 reps incline press 3 sets 8 to 12 reps dumbbell press 3 sets 8 to 12 reps Shoulders military press 3 sets 8 to 12 reps lateral raises 3 sets 8 to 12 reps dumbbell press
Day 2 (Tuesday) day off, rest	
Day 3 (Wednesday) back and biceps	3 sets 8 to 12 reps chins or pull downs 3 sets 8 to 12 reps deadlifts 3 sets 8 to 12 reps barbell rows 3 sets 8 to 12 reps barbell curls 3 sets 8 to 12 reps dumbbell curls
Day 4 (Thursday) day off, rest	
Day 5 (Friday) legs and triceps	3 sets 8 to 12 reps Legs squats 3 sets 8 to 12 reps legs curls 3 sets 8 to 12 reps calf raises 3 sets 8 to 12 reps Triceps close grip bench press 3 sets 8 to 12 reps lying tricep extensions 3 sets 8 to 12 reps dips

Muscle Essentials

- 10 minutes aerobic warm up should be performed before weight training sessions
- Warm up sets should be performed for 15 reps (very light weight) for the first exercise of each body part i.e bench press for chest, squats for legs etc
- A rest period of 1.5 minutes should be taken between each set
- Each set should be trained to failure (not warm up sets)
- For maximum results cycle every six weeks with power routine and then repeat
- Use a training diary to continuously monitor performance and to provide motivation
- Use the correct supplements and proper diet
- Get enough sleep

Power Building Routine

Training: 3 days a week
Duration: 6 weeks
Summary:

Each weight training exercise will consist of 2 sets of 3 reps minimum to 6 reps maximum on big movements and 6 reps minimum to 8 reps maximum on small movements. This routine trains each body part no more than once a week.

Day 1 (Monday) chest and shoulders	2 sets 3 to 6 reps bench press 2 sets 3 to 6 reps incline press 2 sets 3 to 6 reps dumbbell press Shoulders military press 2 sets 3 to 6 reps lateral raises 2 sets 6 to 8 reps dumbbell press seated
Day 2 (Tuesday) day off, rest	
Day 3 (Wednesday) back and biceps	2 sets, 6 to 8 reps chins or pull downs 2 sets, 3 to 6 reps deadlifts 2 sets, 6 to 8 reps barbell rows 2 sets, 6 to 8 reps barbell curls 2 sets, 6 to 8 reps dumbbell curls
Day 4 (Thursday) day off, rest	
Day 5 (Friday) legs and triceps	2 sets, 3 to 6 reps Legs squats 2 sets, 6 to 8 reps legs curls 2 sets, 6 to 8 reps calf raises 2 sets, 6 to 8 reps Triceps close grip bench press 2 sets, 3 to 6 reps lying tricep extensions 2 sets, 6 to 8 reps dips

Power Building Essentials

- 10 minutes aerobic warm up should be performed before weight training sessions
- Warm up sets should be performed for 15 reps (very light weight) for the first exercise of each body part i.e bench press for chest, squats for legs etc
- A rest period of 3 minutes should be taken between each set
- Each set should be trained to failure (not warm up sets). Do not use heavier weights than you can comfortably lift
- For maximum results cycle every six weeks with muscle routine and then repeat
- Use a training diary to continuously monitor performance and to provide motivation
- Use the correct supplements and proper diet
- Get enough sleep

Athletic Routine

Training: 3 days a weeks
Duration: 6 to 8 weeks
Summary:

Two weight training sessions and one cardiovascular training session per week. Each weight training exercise will consist of 3 sets of 12 reps minimum to 20 reps maximum. This routine trains each body part no more than once a week.

Day 1 (Monday) chest, shoulders and triceps	3 sets, 12 to 20 reps bench press 3 sets, 12 to 20 reps Incline (15%) dumbbell press 3 sets, 12 to 20 reps dumbbell flies 3 sets, 12 to 20 reps Shoulders dumbbell press seated 3 sets, 12 to 20 reps lateral raises 3 sets, 12 to 20 reps dips 3 sets, 12 to 20 reps pushdowns
Day 2 (Tuesday) day off, rest	
Day 3 (Wednesday) Cardiovascular (aerobic) training	15 minutes rowing 15 minutes elliptical cross-trainer Total of 45 minutes
Day 4 (Thursday) day off, rest	
Day 5 (Friday) legs, back and biceps	3 sets, 12 to 20 reps Legs leg extensions leg curls 3 sets, 12 to 20 reps calf raises 3 sets, 12 to 20 reps Back lat pulldowns 3 sets, 12 to 20 reps barbell rows 3 sets, 12 to 20 reps back hyper extensions 3 sets, 12 to 20 reps barbell curls 3 sets, 12 to 20 reps Biceps dumbbell curls

Athletic Essentials

- 10 minutes aerobic warm up should be performed before weight training sessions
- Each set should be trained to failure
- 2 warm up sets should be performed for 15 reps (very light weight) for the first exercise of each body part i.e bench press for chest, squats for legs, pull downs for back etc
- Cardiovascular session: you should be training at 75% to 85% of your max heart rate – you calculate this by using 220 minus your age i.e at 35 years old, would be 220-35 = 185 m/h/r. You should be training between a heart rate of 139 to 157
- Use a training diary to continuously monitor performance and to provide motivation
- Use the correct supplements and proper diet
- Get enough sleep

Heroes Training Tips

1 Train with a partner if possible or seek the help, advice and assistance of your gym instructor
2 Follow the supplement guide and proper diet program to get the best results from your training

3 In most exercise routines intensity is a key factor. You can increase intensity by limiting the rest time between sets, completing more reps or using more weight

“On non training days of your routine you must relax and rest. If you must do something, walk”

4 Get enough rest. Your muscle will only develop and grow when you are resting

5 It is very important not to over train as this can have detrimental effects on your development and your health

6 Take a few days off at the end of each training cycle. This allows your body to recuperate before starting a new training routine. If you are using the muscle, power or athletic routines this is really important – these are very intense training routines

7 Drink plenty of water

8 Training routines are a guide only and can be changed to suit your circumstances

9 For the cardiovascular exercises different equipment can be substituted as required eg treadmill instead of exercise bike
 It may at first be necessary to increase rest times between sets and then gradually reduce them

10 Never lift weights so heavy they cause you injury – you should never use more weight than you can comfortably lift.

Further advice on training routines, supplements or diet can be found at your local Heroes store.

Sports supplements are not medicines and are not designed to treat, prevent, or cure any medical condition. Always check with your doctor before starting any kind of exercise or supplement regime especially if you have any kind of medical condition.