BUILDING MUSCLE 101

5 Day Workout Routine

Workout Overview

The following 5 day workout routine is based on a 5 day split. Using this routine, you will train one body part per day for duration of 5 days. This routine will allow you to maximize your training while allowing for optimal rest and recovery times.

Warm Up

The warm up prepares your body for increased physical demands and helps to reduce the chance of injury. A typical warm up might include light stretching and/or low intensity cardiovascular exercise. A few minutes on a bike or treadmill is a great place to start! You could also try a 10 to 15 minute brisk walk.

Cool Down

A cool down period is recommended as it will allow the heart rate to return to its resting rate. This is important because it helps to prevent dizziness and fainting. During the cool down, you might perform activities similar to a warm up. The aim is to gradually decrease the intensity of your workout over the course of several minutes.

Training Sequence

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Legs	Chest & Abs	Back	Shoulder & Abs	Biceps & Triceps	Rest	Rest

Notes

Please make as many copies as you need of the workout charts listed below
It may be a good idea to store the charts in a folder and update as you progress.

Don't know how much weight to use? Don't know when to increase weight? Don't know what to eat? Don't know when or how much to eat? Let me help. If you're confused and need help, click here and I'll give you a hand.

DAY 1 WORKOUT A - MONDAY - LEGS

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

DAY 1 WORKOUT A - LEGS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
SQUATS	1	15			WARM UP
SQUATS	4	8		2 MIN	
LEG PRESS	4	25		2 MIN	
LEG CURLS	5	8		1 MIN	
LUNGES	3	15-20		1 MIN	
LEG EXTENSTIONS	3	15-20		1 MIN	
SEATED CALF RAISE	5	12		1 MIN	
STANDING CALF RAISE	4	25-30		1 MIN	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 2 WORKOUT B - TUESDAY - CHEST / ABS

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

DAY 2 WORKOUT B - CHEST / AB

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
BARBELL BENCH PRESS	1	15			WARM UP
BARBELL BENCH PRESS	4	6		1 MIN	
INCLINE DUMBBELL PRESS	4	8		1 MIN	
FLAT DUMBBELL FLY	4	12		1 MIN	
DUMMBELL PULL OVER	4	15		1 MIN	
PUSH UPS	3	FAILURE		1 MIN	
LEG RAISES OFF BENCH	3	25		30 SECS	
CABLE CRUNCHES	3	15		30 SECS	
INCLINE SIT UPS	3	20		30 SECS	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 3 WORKOUT C - WEDNESDAY - BACK

WEEK ____/____/____ to ____/____/____ FOR: _____

GOALS _____

DAY 3 WORKOUT C - BACK

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
CHIN UPS	4	FAILURE		1 MIN	
ONE ARM DUMMBBELL ROWS	4	10		1 MIN	
REVERSE GRIP PULL DOWN	4	12		1 MIN	
BARBELL POWER CLEANS	4	8		1 MIN	
HYPEREXTENSIONS	4	20		1 MIN	
DUMBBELL SIDE BENDS	4	20		1 MIN	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 4 WORKOUT D - THURSDAY - SHOULDERS / ABS

WEEK ____ / ____ / ____ to ____ / ____ / ____ FOR: _____

GOALS _____

DAY 4 WORKOUT D - SHOULDERS / ABS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
MILITARY PRESS	1	15			WARM UP
MILITARY PRESS	5	8		2 MINS	
SIDE LATERALS	4	10		1 MIN	
BARBELL UPRIGHT ROWS	4	12		1 MIN	
BENT OVER LATERALS	5	12		1 MIN	
INCLINE SIT UPS	4	30		1 MIN	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 5 WORKOUT E - FRIDAY - BICEPS / TRICEPS

WEEK ____ / ____ / ____ to ____ / ____ / ____ FOR: _____

GOALS _____

DAY 5 WORKOUT E - BICEPS / TRICEPS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
CLOSE GRIP BENCH PRESS	1	15			WARM UP
CLOSE GRIP BENCH PRESS	5	6		2 MINS	
STANDING BARBELL CURLS	5	6		2 MINS	
SKULL CRUSHERS	4	10		1 MIN	
INCLINE DUMBBELL CURLS	4	10		1 MIN	
TRICEPS CABLE PRESS DOWNS	3	15		1 MIN	
CONCENTRATION CURLS	3	15		1 MIN	
SEATED CALF RAISE	3	30		1 MIN	
STANDING CALF RAISE	3	25		1 MIN	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

Thank you for your interest in Building-Muscle 101's 5 day workout routine. If you need help putting your program together including your diet or schedule, simply go to this page here and I'll provide some free advice. Here are some other workouts you may be interested in:

4 day workout plan:
http://www.building-muscle101.com/4_dayworkout.html

3 day workout plan:
http://www.building-muscle101.com/3-day-split-sample-routine.html

Fat burning ciruit program:
http://www.building-muscle101.com/circuit-training-program-to-burn-fat-and-build-muscle.html

Half hour workout for women:
http://www.building-muscle101.com/half-hour-workout-for-women.html

Half hour workout for men:

http://www.building-muscle101.com/half_hour_workout_men.html

If you enjoyed this routine, please feel free to share this with anyone who may be interested.

Ask about our professionally designed workout and nutrition programs. We can design you a program specific to your age, gender, activity levels and daily schedule. Plans starting as low as $39.95. Click here to find out more

All the best,

Blake Bissaillion
www.building-muscle101.com