

EASY GAINING MUSCLES

These exercises should have about 30 sec between each set. The 1st block should go in the morning, the 2nd one at lunch or in the afternoon, and if there is a 3rd one then that one should go in the evening and if not the 2nd block can also go in the evening. If you have any club that is a sport then you can skip that days 2nd and 3rd block and also the endurance training, on the day/days that you have training, tournament and/or match.

Monday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ 10 thrusters○ Up farmers carrier 2 x 20 sec○ 45 sec static dumbbell hold 90°● Block 2:<ul style="list-style-type: none">○ 3 x 35 sec static dumbbell hold over head○ 2 x 15 Zottman curls (fast rep up turn hand 180° then slow down then repeat)○ Plank 20 sec
Tuesday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ Plank 20 sec○ Crunch 20 sec○ Crunch with Knee lift 2 x 15● Block 2:<ul style="list-style-type: none">○ Sitting Crunch 20 sec○ Jack knife 30 sec○ Starfish to jack knife 15 sec○ 3 x 15 times squats● Block 3<ul style="list-style-type: none">○ 60 short step ups○ 2 x 30 sec wall sit
Wednesday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ 2 x 60 step ups○ 20 sec wall sit○ 3 x 15 times squats● Block 2:<ul style="list-style-type: none">○ 2 x 20 sec thrusters (squats and push the dumbbells until stretch arms)○ 2 x 10 curl and press

	<ul style="list-style-type: none"> ○ Up farmers carrier 2 x 20 sec ○ 3 x 45 sec static dumbbell hold 90° ● Block 3: <ul style="list-style-type: none"> ○ 3 x 35 sec static dumbbell hold over head ○ 2 x 15 Zottman curls ○ 2x 5 Push up to Jump no dumbbells ○ Plank 20 sec
Thursday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ Plank 20 sec ○ Crunch 20 sec ○ Crunch with Knee lift 15 sec ○ Reach out tuck in 15 sec ● Block 2: <ul style="list-style-type: none"> ○ Sitting Crunch 20 sec ○ Jack knife 30 sec ○ Starfish crunch 20 sec ○ Hold 20 sec ● Block 3: <ul style="list-style-type: none"> ○ 60 short step ups ○ 20 sec wall sit ○ 3 x 15 times squats
Friday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ 60 short step ups ○ 20 sec wall sit ○ 3 x 15 times squats ● Block 2: <ul style="list-style-type: none"> ○ 2 x 20 sec thrusters (squats and push the dumbbells until stretch arms) ○ 2 x 10 curl and press ○ Up farmers carrier 2 x 20 sec ○ 3 x 45 sec static dumbbell hold 90° ● Block 3: <ul style="list-style-type: none"> ○ 3 x 35 sec static dumbbell hold over head ○ 2 x 15 Zottman curls (fast rep up turn hand 180° then slow down then repeat) ○ 2x 5 Push up to Jump no dumbbells ○ Plank 20 sec
Saturday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ Plank 20 sec

	<ul style="list-style-type: none"> ○ Crunch 20 sec ○ Crunch with Knee lift 15 sec ○ Toe reach crunch stretch leg out as far as possible 2 x 15 sec 10 sec between ○ Reach out tuck in 15 sec ● Block 2: <ul style="list-style-type: none"> ○ Sitting Crunch 20 sec ○ Jack knife 30 sec ○ Starfish to jack knife 15 sec ○ Hold 20 sec
Sunday	<ul style="list-style-type: none"> ● 800 m warm up slow jog ● 2 x 400 m as fast as possible ● 400 m cooldown slow jog