

Gymnastics Club Weightlifting Routine, Winter 2010

February 3rd, 2010

General Workout:

This workout is broken down so that each body part gets worked once in a five day period. This allows plenty of rest for your muscles between successive workouts, and (with two days full rest) allows you to fit the whole workout into a convenient seven day schedule. A set is a group of 10 repetitions done together at the highest possible weight where you can still complete all the repetitions. Separate cardio work should be done in addition to lifting.

Warmup with mild cardio and stretch beforehand.

Monday - Chest

- 3 sets of bench press
- 3 sets of incline bench press
- 3 sets of decline bench press
- 3 sets of incline dumbbell flies
- 3 sets of cable cross overs

Tuesday - Quadriceps

- 3 sets of squats
- 3 sets of quadricep extensions
- 3 sets of leg press

Wednesday - Back and Calves

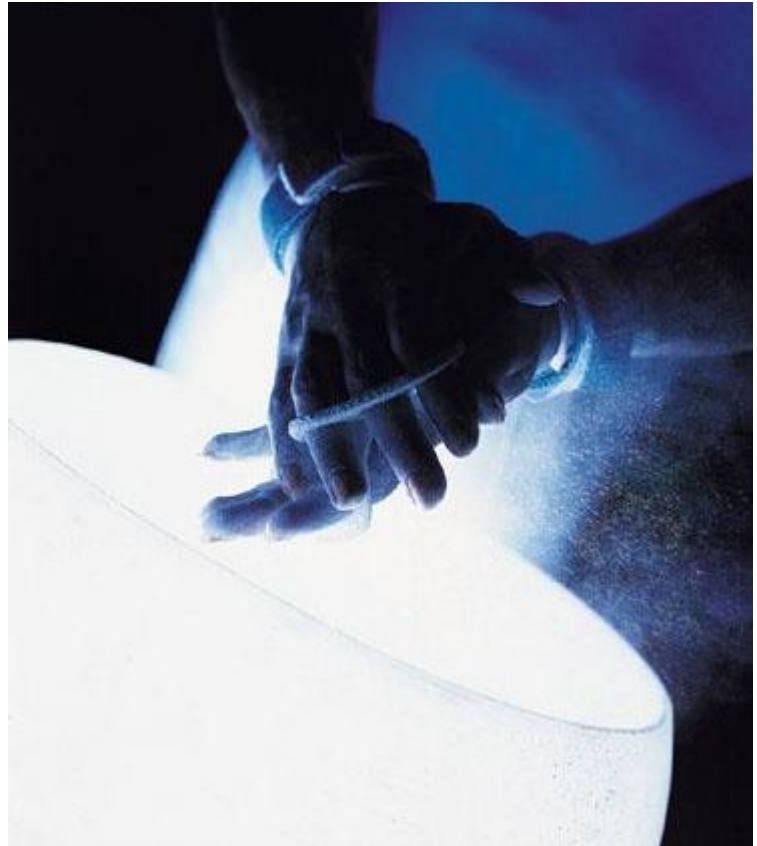
- 4 sets of pull-ups
- 3 sets of lat pull downs
- 3 sets of barbell rows
- 3 sets of single arm dumbbell rows
- 3 sets of donkey calf raises
- 3 sets of seated calf raises

Thursday - Arms

- 3 sets of seated double arm dumbbell curls
- 3 sets of easy bar curls
- 3 sets of tricep extensions
- 3 sets of standing tricep pulldowns

Friday - Shoulders and hamstrings

- 3 sets of stiff dead lifts
- 3 sets of hamstring curls
- 3 sets of military press
- 3 sets of standing dumbbell flies



Joe's Workout:

This workout is designed to be done to build arm strength and endurance rapidly. It is meant to be done in conjunction with cardio work several times a week for at least an hour at a time. One set is ten repetitions done at a weight where you fail on the tenth repetition and require a spot to complete the exercise. Warm up and stretch before you begin lifting.

Monday and Thursday: Back and Biceps

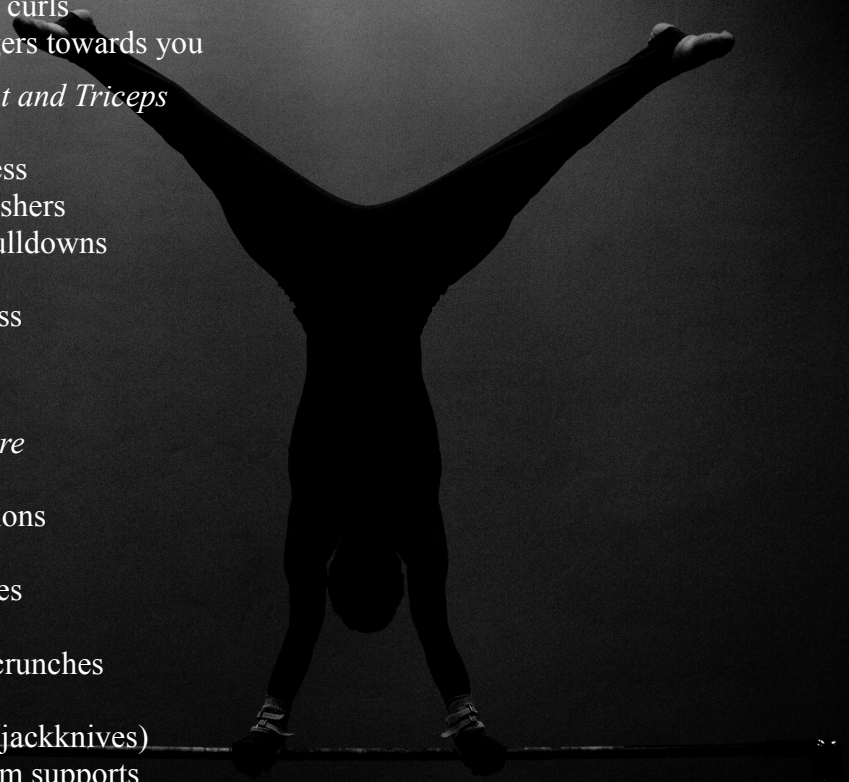
- 3 sets of seated double arm dumbbell curls
- 3 sets of easy bar curls
- 3 sets of pullups with fingers forward
- 3 sets of seated rows
- 3 sets of reverse flies
- 3 sets of seated single arm curls
- 3 sets of chinups with fingers towards you

Tuesday and Friday: Chest and Triceps

- 3 sets of bench press
- 3 sets of decline bench press
- 3 sets of bent bar skull crushers
- 3 sets of standing tricep pulldowns
- 3 sets of dumbbell flies
- 3 sets of incline bench press
- 3 sets of tricep extensions
- 3 sets of dips

Wednesday – Legs and Core

- 3 sets of squats
- 3 sets of quadricep extensions
- 3 sets of leg press
- 3 sets of standing calf raises
- 3 sets of hamstring curls
- 3 sets of seated weighted crunches
- 3 sets of incline situps
- 3 sets of seated rowboats (jackknives)
- 3 sets of leg lifts on forearm supports
- 3 sets of full situps





Matt's Workout:

How This Workout is Done

This workout relies on two principles, mechanical drop sets and supersets.

Mechanical Drop Sets:

The idea behind these is that you do an exercise to failure, and then to get more work out of the set, you switch to doing the exercise in an easier way and crank out more repetitions before you rest. Both of the drop sets in this workout have three lifts, so the general approach is the same for each. Basically, you do the first exercise until either you finish ten repetitions or you reach failure ¹. Then, immediately switch to the second exercise (so no resting). Since the second exercise is an easier motion than the first was, you should be able to do several more repetitions with the same amount of weight. Again, either finish ten repetitions or reach failure, and then immediately switch to the third exercise. Once you've done ten reps or hit failure on the third exercise, put the weight down and rest for a minute and a half. Then start the whole circuit again (or move on to the next one). If you can do ten reps with every exercise on the first two circuits, add weight (don't worry about the third, because that'll tend to follow your first two as you add weight). Remember that the whole reason you're doing these is to build strength, so you should add weight every time you can. Even if you barely managed to get that tenth rep on the last one, you should still add weight.

Supersets:

The idea behind these is that when you exercise a muscle (your chest, for example), your body forces the opposing muscle (your back) to rest. The reason this is useful is that if you exercise two such muscles in succession, the time you spend bench pressing counts as rest for your back and vice versa, so you can do twice the work in the same amount of time. The way you do these is, as with mechanical drop sets, you perform as many repetitions of the first exercise as you possibly can (up to ten) and then immediately switch to the second exercise, and do as many as possible (up to ten). If you get ten of both on the first two sets, go up weight. When you're done with your second exercise, rest for a minute and a half, and start the circuit again (or move on to the next thing).

The first two circuits in this workout are mechanical drop sets, and the third is a superset (all three are listed below, along with a fourth set of grip training). You should do each circuit, including the grip training, three times before moving on to the next one.

¹E. you are physically unable to perform the motion any more without egregiously breaking form. One problem that many beginners have is that they're sometimes afraid to go for repetitions if they're tired and don't think they'll make it, and I can tell you from personal experience that this is a fear you should get, because otherwise your progress will stagnate almost immediately. Don't stop a set until you actually try the last rep and can't finish it no matter how hard you push and how loudly you yell. Sometimes you have more in you than you think you will, and if you try a rep and don't make it, don't worry about it, because that's what spotters are for.

(continued next page)

First Mechanical Drop Set: Vertical pull

Wide-grip pullups (Hands are twice shoulder width apart and your palms are facing away from you)

Regular-grip pullups (Hands are shoulder width and your palms are still facing away from you)

Chinups (Hands are shoulder width apart and your palms are facing towards you).

Second Mechanical Drop Set: Vertical push

Isometric lateral raises, held for 30s (get a pair of dumbbells and hold your arms out by your shoulders like you're doing a cross)

Military press

Push press

Superset: Horizontal push/pull

Bench Press

Barbell Row

Grip Training

Grab some plates and turn them so that the at sides are out. Pick them up and squeeze them together for 30 seconds to a minute. If you can do more time than this, add a plate (guys should shoot for 10 lb increments, girls might want to start with 5 lb plates). If you can do more than 4 plates, you're a hoss, and you should get some bigger plates.

Alternatively, grab a hex dumbbell and turn it sideways. Grip the sides of the fat part (the hexagon) without touching the number and hold it up for thirty seconds to a minute. Again, if you can do more time than this, get a bigger one.

Other Useful Facts

- A standard olympic bar weighs 45 pounds.
- If you write down how much weight you used, you won't have to guess next time you're in the gym (obvious, but nobody seems to do it).

