

FITNESS AS TRADITION

5-DAY WORKOUT ROUTINE

REFLECT. REDEFINE. REFOCUS.

INTRODUCTION

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This is a 5-Day Workout Routine that I used during my trip to Grahamstown, South Africa for a music performance my brother was doing there, he had asked me to assist in documenting it and I obviously, for myself, had to stay in shape while eating take-out food and cooking every once-in-awhile.

Otherwise this routine is one which I was doing to maximize intensity, since I was not doing any cardio while I was there, I ensured that the rest I take was maximum 1,5 minutes and the rep range high for muscular endurance and fitness, but also hypertrophy reps since I was on a bulk.

My nutrition wasn't great but I tried to track at it as best as possible using MyFitnessPal, but I don't think I ate any homecooked vegetables to be honest during the week I was there for. Check out where I had ended up after using the routine for 4 weeks:

JULY 2018 PHYSIQUE USING THE WORKOUT ROUTINE FOR 4 WEEKS:



As you can see my abs had gone down through eating pizzas, pies and some homemade banana pancakes which was the general diet. Otherwise it could be seen that some vascularity was becoming evident through the intensity of the workout routine which left my muscles burning and I tried to maintain a slight calorie deficit even with the junk I was eating.



WORKOUT ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARMS + CORE	BACK + CORE	CHEST + CORE	LEGS + CORE	SHOULDER + CORE	REST	REST

EQUIPMENT AND TIME

The weights I used were 12 kg dumbbells which could be altered to make one dumbbell that goes up to 18,5 kg which I used for the single dumbbell exercises. Using dumbbells which are about 15% of your bodyweight for the two-dumbbell exercises and one dumbbell that is 25% of your bodyweight for the single dumbbell exercises. Each workout takes about 40 Minutes to complete.

WARM UP - SETS - REPS - REST - COOL DOWN

Always warm-up before you train for about 5-15 minutes depending on what you're doing (jumping jacks, high knees, jumping rope etc.). The number of sets in the workout can be increased as much as you want but since this workout routine is one mainly for muscle growth, muscle endurance and fitness, the sets are between 3-4, reps between 8-20 and the rest period between 1-1.5 minutes, this is to ensure that maximum intensity is reached and by the end of each workout, you'll be near panting and physically exhausted, having a shaking pump. Finish off your workout with 5-10 minutes cool down which can consist of walking or stretching etc.

HOW TO PERFORM THE WORKOUTS

Video links are provided for how to perform each workout:

The Arm Workout

<https://videopress.com/v/DWc0Qle9>

The Back Workout

<https://videopress.com/v/ptC6yZdW>

The Chest Workout

<https://videopress.com/v/DIR7gzAB>

The Leg Workout

<https://videopress.com/v/GA4uOfEe>

The Shoulder Workout

<https://videopress.com/v/rPIYxGSx>

The Core Workout

<https://videopress.com/v/SZho9N1F>



WORKOUTS AND EXERCISES

ARMS

DB Bicep Curls - 3 x 12
DB Hammer Curls - 3 x 10
DB Zottman Curls - 3 x 8
DB Tricep Kickbacks - 3 x 12
DB Standing French Press - 3 x 10
DB Skullcrushers - 3 x 8

BACK

DB Shrugs - 3 x 20
DB Bent-Over Rows - 3 x 15
DB Stiff Legged Deadlift - 3 x 12
DB Renegade Row - 3 x 10
DB Pull Over - 3 x 10

CHEST

DB Single-Arm Floor Chest Press - 3 x 20
DB Floor Flys - 3 x 15
Superset - 12/10/8
Wide-Stance Push Ups
Diamond Push Ups
DB Svend Press - 3 x 8

LEGS

DB Goblet Squat - 3 x 20
DB Single Arm Lunge - 3 x 12
DB Single Leg RDL - 3 x 10
DB Calf Raises - 3 x 20
DB Swings - 3 x 10

SHOULDERS

DB Single Arm Shoulder Press - 3 x 20
DB Bent Over Lateral Raises - 3 x 15
DB Standing Lateral Raises - 3 x 15
DB Upright Rows - 3 x 12
DB Push Press 3 x 20

CORE

1A. Crunches (Knees Up) 1-3 x 20
1B. Reverse Crunches – 1-3 x 20
2A. Star Plank – 1-3 x 15 seconds
2B. Side Plank Crunches – 1-3 x 15 each side
3A. Plank Crunches – 1-3 x 10 each side
3B. Plank Hip Twist – 1-3 x 10 each side



CONCLUSION

TIPS

Mind-Muscle Connection

This cannot be stressed enough, the importance of ensuring that the muscle you're trying to work is being focussed on depends on your mind connecting with the movement that you're performing, this can be for isolation or compound exercises. You've got to focus your mind on the movement and muscle which you are trying to work, best ways to make this happen is slowing down the movement of the exercise to be controlled or even when performing it you ensure you get a squeeze at the peak contraction and controlled relaxation of the movement. Otherwise, as you increase the reps or weight, the muscle group you train should be focused on through connection with your mind and will be greatly strained more nonetheless with the increase.

Extras (Accessory Work)

I think no matter what your goal is, I've always believed that you've got to have extras to workout routines which enhance your overall results. Extras are things which I learned in high school rugby and it has carried through to life and fitness in general. In training, extras are accessory exercises of the muscle groups which are your weak point and require work. So if you're in need of your fitness levels to increase, do some cardio at the end of the workout, if your core is weak do some more core exercise (e.g. Planks) at the end of the workout. At your own discretion, since I used this workout routine without any cardio, I always finished off with some core.

THE WHY AND WHO

This workout routine was for me to gain muscle and muscle endurance as it is high intensity combined with hypertrophy and muscle endurance reps, everything else was based on my nutrition and what I looked to do with my body, otherwise, the results were pretty effective as can be seen in the introduction. The routine was structured alphabetically to make it easier to remember, otherwise it can be interchanged as you please for how you want to workout during the week. It can be done by males and females.

FINAL WORDS

This workout has been presented for you in continuous improvement, one thing you should allow yourself to be is patient and perseverant even when the progress isn't evident yet. The one thing you need to know is to make your nutrition your main priority, you can try as many routines and diets as you want but without discipline, these can amount to nothing much. Otherwise, I suggest creating healthy habits, choosing the fruit over the muffin (this is for me) and tracking as best as possible what you eat for optimum results – Oyisa.

