

SAIYAN GAINZ!

12 WEEK SIZE-ON



www.AwesomeTKD.com

GUIDELINES:

This is a Pyramid program. Each set you will increase the weight for 4 sets total

***You will need a Gym Membership or something of the sort !**

Set **One** is 15 reps of a weight that bring you to near failure.

Set **Two** is 12 reps of a weight higher than set **One**. For instance if set one was 15lbs this set should be 20 or more depending on the exercise and muscle group.

Set **Three** is also 12 reps. you will once again increase the weight from set **Two**. It is ok if you do not make it to 12 but try HARD :)

Set **Four** this is until failure, just lift until you cant get the last rep. Be careful on heavy exercises such as bench press. Try to have a spotter if possible or use the safety bars n the equipment

RULES

Week one find your start weight. If you finish every set easily then it's to light. If you can't finish sets 1 2 and 3 its too heavy. Increase Start weight each week by at least 5 lbs if you complete sets 1-3.

SAIYAN GAINZ WORKOUT

PULL PUSH LEGS +PULL PUSH (OPTIONAL)

PULL DAY	Set 1	2	3	4
Weighted Pull Ups	15	12	12	Failure
1 Arm Lat Pull	15	12	12	Failure
Meadow Row	15	12	12	Failure
Close Grip Pull Down Pronated	15	12	12	Failure
Face Pulls	15	12	12	Failure
Bent over Delt Fly Pronated	15	12	12	Failure
Spider Curls	15	12	12	Failure
Rope Hammer Curl	15	12	12	Failure

PUSH DAY	Set 1	2	3	4
Dumbbell Bench Press	15	12	12	Failure
Chest Cable Fly	15	12	12	Failure
Decline Bench Press	15	12	12	Failure
Standing overhead Bar Press	15	12	12	Failure
Leaning Cable Delt Fly	15	12	12	Failure
Underhand Tricep Pull down	15	12	12	Failure
Overhead Tricep DB Extension	15	12	12	Failure

LEG DAY	Set 1	2	3	4
Goblet Squat	15	12	12	Failure
Hex Dead lift	15	12	12	Failure
Romanian Dead Lift	15	12	12	Failure
Walking Lunges	15	12	12	Failure
Single Leg Extensions	15	12	12	Failure
Single Leg Curl	15	12	12	Failure
Seated Calf Raise	15	12	12	Failure