PHASE ONE - MAXIMUM MUSCLE



THE EXTREME BODY MAKEOVER

OVER 40

TRAINING GUIDE

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TRAINING

The training structure is five days of strength training, based on the following body part split.

DAY 1	**Chest, Triceps & Abs**
DAY 2	**Legs**
DAY 3	**Back & Abs**
DAY 4	**Shoulders & Biceps**
DAY 5	**Glutes, Hamstrings & Abs**

You have multiple programs to choose from - gym plan, home gym barbell and dumbbell plan, home follow-along dumbbell workouts and even injury versions of each! Rest assured that the injury versions will work you just as hard as the regular, non-injury plans. The workouts must be completed in a seven-day period. Take your rest days whenever is convenient. In a five-day training plan, I like to go straight through Monday to Friday and rest on Saturday and Sunday. However, this might not suit your schedule, so it is up to you the days you choose.

WHICH PROGRAM SHOULD YOU CHOOSE?

GYM, HOME GYM, OR HOME FOLLOW ALONG WORKOUT

The best option for maximum muscle gain is the gym program, as this is achieved the fastest with lifting a heavy load. Most people don't get the results they want or expect because they don't realize how heavy they have to lift to make progress. If you're a complete beginner, book a session with a personal trainer to check your form and teach you the exercises at the start of phase one.

The home gym barbell and dumbbell is a great option for someone who has a lot of equipment and can train heavy. It's not for someone with one barbell and a set of dumbbells. Again, this program is about maximum muscle gain, which we achieve with a heavy load.

The home follow-along workout option is a good one for someone who cannot make it to a gym or who simply doesn't want to go. No judgment here! It's better to be realistic about what you'll do over the six months than commit to going to a gym and never actually getting there. Great gains can be made with the home program, and many of our past challenge winners trained at home. Make sure to purchase a range of dumbbells and if your situation changes at any time, and you decide to join a gym, then go for it!



HOW TO BUILD MUSCLE

Muscle growth, or muscle hypertrophy, is an increase and growth of muscle cells. If you want to build muscle and improve muscle definition, lifting weights is the most common way to increase hypertrophy. You need to practise patience when it comes to muscle building, as it can take years to build sizeable muscle. However, visible muscle growth can most definitely be achieved in 24 weeks. Muscle growth is dominated by three main mechanisms, **muscle damage, mechanical tension, and metabolic stress.** We will use all three to superpower our gains in this program.

In every training session, you must do the following to build muscle
Progressively overload your muscles
Train to failure

PROGRESSIVE OVERLOAD

HOW TO GET BIGGER, STRONGER MUSCLES

Progressive overload simply means that to get bigger and stronger, you must continually make your muscles work harder than they're used to. That often means increasing the resistance (otherwise known as weight), but that is not the only way to overload.

1. INCREASE YOUR LOAD (WEIGHT)

The most obvious way to increase the demands you place on your muscles is to increase the load (weight) you use, whether it be weights, resistance bands, or body weight. Load is king. Muscle only has a reason to grow if you give it a reason to grow.

If you can lift or you can bench press a 40kg bar easily for 10 reps, then your muscle will not grow any more than enough muscle to bench press 40kg. If, however, you go to 45kg and you only manage 4 to 5 reps and then you get a spot in the last couple of reps, now your body will realize that you need enough muscle to push a 45kg bar. So it will produce more muscle fibers, your muscles will grow and you will get stronger. If you always work within the range that you have right now, you will never progress. Every session, you need to push harder and progressively overload, preferably with weight, to make your muscles grow.

2. INCREASE YOUR VOLUME IN REPS OR SETS

If you are maxed out on the weight you can lift, add more reps to overload. Never stop a movement when you reach an arbitrary rep count. Keep going until you can't complete any more on your own with good form. You must hit concrete muscle failure in the final set of every exercise.

3. DECREASE YOUR REST TIME BETWEEN SETS

Lastly, to progressively overload, you can decrease the amount of time you rest between sets, asking more of your muscles and giving them less time to recover. This allows you to do the same amount of work in less time, forcing your body to become more metabolically efficient in weightlifting.



HOW TO TRAIN TO FAILURE

You MUST train to failure to build muscle

WHAT IS MUSCLE FAILURE?

Muscle failure means that your body has recruited every single muscle fiber that it possibly can in order to shift a certain weight. Put simply, you cannot move your body one more inch. If you can, you still have more reps and fibers to recruit, keep going! Even if only half reps. As long as your body part can still move and complete the rep, you haven't reached failure. You should distinguish between two things: muscle failure and mind failure. Your mind will give up way before your muscles will. **CLICK HERE** to watch a video on how to go to failure.

HOW TO GO TO FAILURE

There are three types of muscle failure that you need to understand to really make use of this concept.

1. FAILURE ON FORM

It is perfectly acceptable to "safely" loosen your form once you start to fail on form, which is usually in the final very heavy set. My final set practically never has perfect form after the first 1 or 2 reps. As long as you're getting a full stretch and full squeeze, it's fine to rock, swing or allow your knees to cave slightly in the final sets.

2. FAILURE ON THE POSITIVE

After your form has loosened you start to grind out the final reps. You do everything you can to move that load.

This is where a spotter comes in handy as they start to assist those positive reps, keeping the momentum going. A positive rep is where you are pushing the load. On a squat it's when you are pushing back up, on a pulldown it's when you are pulling down and on a barbell curl, it's when you are curling the bar up. The spotter should assist your positive pushing part of the rep, but should not assist the negative part. You must control the negative as much as possible.

3. FAILURE ON THE NEGATIVE

This is the last type of failure when the muscle has truly failed. You will feel this most acutely on an exercise such as a cable barbell curl or triceps pushdown. You can swing the bar up or push the rope down using momentum, but when you fail to control the movement of the bar back to its original starting point with control, you have failed. On a bench press, failure on the negative would be when you can no longer lower the bar to your chest with control. You need a spotter to assist you. On a squat, you only fail on the negative in the last rep. It can be dangerous to fail on the negative if you don't have a spotter for a big compound exercise such as a squat or a bench press, so always ensure safety first and foremost. But aim to get all three as much as you can in every single exercise, and every workout.

WHEN DO YOU GO TO FAILURE?

You go to failure in the
FINAL REPS of YOUR FINAL SET

Muscle only grows in the final reps of the final set. Everything before that is just a warm-up! The work begins when the pain starts. If you stop when the pain starts, you are missing out on valuable muscle growth potential. If you go to failure, your body will have recruited as many muscle fibers as it possibly can and your muscle will grow.

HOW TO PERFORM YOUR SETS

1. FIRST SET IS A WARM UP

Start with a light weight. If using a machine, it could even be the machine with no load added. Perform the prescribed amount of reps. At the end, you should easily have another 10-15 reps in reserve.

2. SECOND SET IS ALSO WARM UP

Increase your weight. Perform the prescribed amount of reps. At the end, you should easily have another 5-10 reps in reserve.

3. THIRD SET IS THE FIRST WORKING SET

Increase your weight. Perform the prescribed amount of reps. At the end, you should only have 2-3 reps in reserve.

4. FINAL SET IS A FAILURE SET - INCREASE YOUR WEIGHT

You should hit total muscle failure around 8-10 reps, but if you have a spotter you aim for forced reps. It should take you 8 -10 seconds to complete your final rep in your final set.

Final reps of your final set. If you don't hit concrete muscle failure and you've got more reps in the tank: **(A)** Do more reps! **(B)** You finish your 10 reps, you re-rack the bar, you put more weight on it and you go again, even if you only hit 5 or 6 reps. This is called the rest pause technique.

NOTE: If there are only 3 sets, then the first set is warm-up. The second set is your working set. The third set is your failure set. No matter the number of sets, the first set is always warm up and the final set is always failure.

HOW TO PERFORM A REST PAUSE

The rest pause technique involves performing a set of an exercise until failure, taking a short rest period, and then continuing to do more repetitions until failure. Keep an eye out in the gym, and home gym barbell and dumbbell programs for when it tells you to perform a rest pause.

FOR EXAMPLE: If it says: **4 (final set, rest pause).** This means that in the final set, you will perform the prescribed number of reps, rest for 10-15 seconds, and then perform additional reps at the same weight until failure.

HOW TO PERFORM A DROP SET

A drop set is a workout technique to push your muscles to fatigue and promote growth. It's an excellent way to train to failure without a spotter. Keep an eye out in the gym, and home gym barbell and dumbbell programs for when it tells you to perform a drop set.

FOR EXAMPLE: If it says: **4 (3 + 1 drop set).** This means that you will do 4 sets in total, but you will perform 3 sets with your third set going to failure. Then as soon as you have failed, you will reduce the weight by about 20-30% and immediately continue with another set without resting. Perform as many reps of this set as needed until you go to failure.



HOW TO TRAINING VIDEOS

Watch these how to videos **BEFORE** your first training session.

CLICK HERE for a video on how to progressively overload
CLICK HERE for a video on what weights you should choose
CLICK HERE for a video on how long to rest in between sets
CLICK HERE for a video on how to train to failure
CLICK HERE for a video on how to perform a drop set
CLICK HERE for a video on how to perform a rest pause

WHAT'S NEXT?

CLICK HERE to head to your customer hub, where you will find all your training PDFs.

Good luck!

Kim xo



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