

Muscle Mass

If you don't understand any of the exercises, **PLEASE ASK** We are here to help!

Beginner / intermediate

10 min moderate cardiovascular warm up and mobilisation

Always complete at least 1 warm up set at 50% of the working weight used. Then complete 3 sets of 8 – 12 reps for each of the below exercises, using the same weight for all 3 sets 1 – 2mins rest between sets.

Day 1 - Pectorals, Anterior Delts, Medial Delts triceps

*Flat bench dumbbell chest press * Incline dumbbell chest press * dumbbell shoulder press *dumbbell frontal raises *Dumbbell lateral raises * Tricep cable press down

Day 2 – Rest

Day 3 – Quads, Hamstrings, Calves, Core

*Leg Press *Leg extensions *Lunges *Leg curls *Leg press calf raises *Bosu ball crunches *Back hyper extensions *med ball torso rotations

Day 4 - Rest

Day 5 – Back, Traps, Posterior Delts, Biceps

*Lat pulldown * Low row machine *1 arm dumbbell row * Bent over reverse fly *Dumbbell shrugs * Alternate dumbbell curls

5 min aerobic cooldown and static stretching

Neither the company, nor any employees or agents of the company shall be responsible for any death, personal injury or illness occurring upon the club premises or as a result of the use of the facilities and/or equipment and programmes either provided by or used in the club.

Intermediate / Advanced

10 min moderate cardiovascular warm up and mobilisation

Always complete at least 1 warm up set at 50% of the first working weight used. Then complete

1 set of 12 reps, 1 set of 10 reps, 1 set of 8 reps, 1 set of 6 reps. Increase the weight each set to reach muscle fatigue at given rep target. 1 – 2 mins rest between sets

Day 1 - Pectorals, Triceps

*Flat bench dumbbell press *Incline barbell press *Decline dumbbell fly's *Cable fly's *narrow grip barbell press *2 handed dumbbell overhead extension

Day 2 – Back, Biceps

*Deadlift *Bent over row *Lat pulldown *stiff arm pulldown *Barbell preacher curls *Incline hammer curls * wrist curls

Day 3 – rest

Day 4 – Quads, hams, calves

*Barbell Squats *Leg press *leg extensions * Romanian deadlift *leg curls * leg press calf raises * single leg calf raises on block

Day 5 – Delts, traps, core

*Arnold press *alternate frontal raises * L - lateral raises *Barbell shrugs *Seated bent over reverse fly's *Side plank (2 – 3 sets of 30sec) *Weighted crunches (3*20) *Swiss ball prone jack knife (3*10)

5 min aerobic cooldown and static stretching



**Ilkley Lawn Tennis & Squash
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