The Ultimate Full Body Training Routine

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The Ultimate Full Body Training Routine

In this Module, we will be giving you "The Ultimate Full Body Training Routine". This includes a weekly workout plan/guide and some discussions for the whole training routine.

For every workout day, you will be always starting of by doing warm-ups.

What are warm ups and why do we need warm-ups before an exercise? A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more susceptible to injury.

A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm up, any injury or illness you have can often be recognized, and further injury prevented.

Other benefits of a proper warm up include:
- Increased movement of blood through your tissues, making the muscles more pliable.
- Increased delivery of oxygen and nutrients to your muscles. This prevents you from getting out of breath early or too easily.
- Prepares your muscles for stretching
- Prepares your heart for an increase in activity, preventing a rapid increase in blood pressure
- Prepares you mentally for the upcoming exercise
- Primes your nerve-to-muscle pathways to be ready for exercise.
- Improved coordination and reaction times.

Why are there Rest Days? What are the benefits of it?

Rest days are critical to sports performance for a variety of reasons. Some are physiological and some are psychological. Rest is physically necessary so that the muscles can repair, rebuild and strengthen. For recreational athletes, building in rest days can help maintain a better balance between home, work and fitness goals.

Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Exercise or any other physical work causes changes in the body such as muscle tissue breakdown and the depletion of energy stores (muscle glycogen) as well as fluid loss.
Here is the Weekly Plan of "The Ultimate Full Body Training Routine"

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest day</td>
<td>Rest day</td>
<td>Warm Up</td>
<td>Back</td>
<td>Abs</td>
<td>Legs</td>
<td>Rest day</td>
</tr>
<tr>
<td>Warm Up</td>
<td>Warm Up</td>
<td>Warm Up</td>
<td>Warm Up</td>
<td>Legs</td>
<td>Legs</td>
<td></td>
</tr>
<tr>
<td>Chest</td>
<td>Triceps</td>
<td>Shoulders</td>
<td>Traps</td>
<td></td>
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</tbody>
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-WARM UPS-
2-3 minutes of Jump Rope
20 Jumping Jacks

10-20 Push-ups
10 minutes Thread Mill
PUSH-UPS
Number of sets: 1
Number of reps: 75 -100 depending on fitness level

FLAT BENCH PRESS
Number of sets: 4 sets
Number of reps: 10-12 reps / SET

CABLE FLYES
Number of sets: 3 sets
Number of reps per set: 10-15 reps / SET

INCLINED DUMBBELL PRESS
Number of sets: 4 sets
Number of reps per set: 10 reps / SET

FLAT DUMBBELL FLYES
Number of sets: 4 sets
Number of reps per set: 10-12 reps / SET

CHEST PRESS MACHINE
Number of sets: 4 sets
Number of reps per set: 10 reps / SET
CABLE CURLS

Number of sets: 4 sets
Number of reps per set: 10 reps

• 21’s - three different types of Bicep Curls
Number of sets: 1 set
Number of reps: 7 reps per bicep curl type

BACKWARD INCLINED EZ BAR CURL

Number of sets: 4 sets
Number of reps: 12 reps

STANDING HAMMER CURLS

Number of sets: 4 sets
Number of reps: 10 reps

PULL-UPS

Number of sets: 1
Number of reps: 50-100 depending on fitness level

BICEP ROWS

Number of sets: 3 sets
Number of reps: 12 reps
PULL OVERS
Number of sets: 4 sets
Number of reps: 10 reps/set

CLOSED GRIP PULL OUTS
Number of sets: 1
Number of reps: 50-100 depending on fitness level

UPRIGHT ROWS
Number of sets: 3 sets
Number of reps: 12 reps/set

BENT OVER ROWS
Number of sets: 4 sets
Number of reps: 10 reps/set

SEATED CLOSE GRIP ROWS
Number of sets: 4 sets
Number of reps: 12 reps/set
DIPS
Number of sets: 1
Number of reps: 50-100 depending on fitness level

TRICEP EXTENSION EZ BAR
Number of sets: 3 Sets
Number of reps: 12 reps / set

TRICEP EXTENSION DUMBBELL
Number of sets: 3 Sets
Number of reps: 12 reps / set

TRICEP OVERHEAD ROPE EXTENSIONS
Number of sets: 3 Sets
Number of reps: 10 reps / set

TRICEP ROPE PULLDOWNS
Number of sets: 5 Sets
Number of reps: 10 reps / set
PLANKS
Number of sets: 4 Sets
Number of reps: 1-2 Minutes

SIDE PLANK DIPS
Number of sets: 4 Sets
Number of reps: 1-2 Minutes

CROSS BODY CRUNCHES
Number of sets: 4 Sets
Number of reps: 30 reps / set

ROMAN CHAIR KNEE RAISES
Number of sets: 3 Sets
Number of reps: 20 reps / set

MOUNTAIN CLIMBERS
Number of sets: 3 Sets
Number of reps: 50 reps / set

WEIGHTED ROPE CRUNCHES
Number of sets: 3 Sets
Number of reps: 10 reps / set
SHOULDER PRESS
Number of sets: 4 Sets
Number of reps: 10 reps / set

SEATED REVERSE FLYES
Number of sets: 3 Sets
Number of reps: 12 reps / set

STRAIGHT ARM PULL-DOWNS
Number of sets: 3 Sets
Number of reps: 15 reps / set

BENT OVER CABLE FLYES
Number of sets: 4 Sets
Number of reps: 10 reps / set

FRONT/LATERAL RAISES
Number of sets: 4 Sets
Number of reps: 10 reps / set
DEADLIFTS
Number of sets: 6 Sets
Number of reps: 12 reps / set

HAMSTRING CURLS
Number of sets: 3 Sets
Number of reps: 12 reps / set

SQUATS
Number of sets: 4 Sets
Number of reps: 10 reps / set

WALKING LUNGES
Number of sets: 3 Sets
Number of reps: 12 reps / set

LEG EXTENSION
Number of sets: 4 Sets
Number of reps: 10 reps / set
The Ultimate Full Body Training Routine

SATURDAY ROUTINE

TRAPS

DUMBBELL SHRUGS
Number of sets: 5 Sets
Number of reps: 15 reps / set

UP ROWS
Number of sets: 4 Sets
Number of reps: 12 reps / set

BENT OVER ROWS
Number of sets: 4 Sets
Number of reps: 12 reps / set

Thank You and good luck!
If you need any help feel free to email us at support@clothes4gym.com