

I AM FOREVER FIT

TRAINING & NUTRITION GUIDE

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Let's get started

**If you're looking
to get stronger
and build muscle,
you've come to
the right place.**

Building muscle can really boost your confidence, but it takes time, consistency, and a good plan. That's why we've broken everything you need down into nutrition, supplements, and training — so you know exactly where to start.

There are no shortcuts to building muscle, just hard work and commitment. So, if you're ready to get started, let's go...

Back to basics

How do you build muscle?

To build bigger muscles you have to train, eat, and rest. But, what's the most important?

01 Training

Building muscle, on the face of it, is really quite simple. You need to create a stimulus for your muscles to grow.

When you lift weights, you're breaking your muscle fibres down, so they can grow back bigger and stronger.

By challenging your muscles to deal with greater levels of resistance and weight, your muscles will increase in size, also known as muscle hypertrophy.

02 Nutrition

When you're trying to build muscle, your diet is just as important as when you want to lose weight. Eat the right amounts of carbs, fats, and in particular protein — which helps repair damaged muscle fibres.

If you don't provide your body with the food it needs to perform, you won't see the gains you're looking for — it's that simple...

03 Rest and recovery

Sometimes less is more. When you lift weights, you're essentially tearing muscle fibres in order to make way for new muscle growth. And, this muscle tissue actually grows back when you're not training!

So, although you might be tempted to train a muscle group more often, you might not see the results you want. Turn those rest days into growth days.

04 The final word

The only way to build muscle is with proper training, good nutrition, and not forgetting rest. You must apply equal attention to all three to maximise muscle growth.

And, remember...

You can't out-train a bad diet.



Food for thought

We caught up with qualified nutritionist Jennifer Blow to get the lowdown on how to feed your body for sustainable, long-lasting results.

In this section we'll show you:

How to calculate how many calories your body needs to achieve your goal.

The major food groups and what percentage of your diet they should make up.

Super-simple recipes and a meal plan so your journey doesn't equal bland food or complicated kitchen routines.

Now get a calculator and a pen and paper handy for your personalised nutrition plan...

MAKE CALORIES COUNT



The amount you eat directly affects your body composition, so why do most of us use the generalised population guidelines (or none at all)?

In reality, calorie requirements are as unique as you are — your age, gender, body composition, physical activity all affect how many you need per day, AKA your ‘total daily energy expenditure’.

Let’s take a look at some general calorie recommendations...

AGE ↓	SEDENTARY		MODERATELY ACTIVE		ACTIVE	
	You’re not doing much exercise — just daily living activities (kcal)		A couple of gym sessions or long walks per week (kcal)		3+ gym sessions per week (kcal)	
	M	F	M	F	M	F
18	2,400	1,800	2,800	2,000	3,200	2,400
19-20	2,600	2,000	2,800	2,200	3,000	2,400
21-25	2,400	2,000	2,800	2,200	3,000	2,400
26-30	2,400	1,800	2,600	2,000	3,000	2,400
31-35	2,400	1,800	2,600	2,000	3,000	2,200
36-40	2,400	1,800	2,600	2,000	2,800	2,200
41-45	2,200	1,800	2,600	2,000	2,800	2,200
46-50	2,200	1,800	2,400	2,000	2,800	2,200
51-55	2,200	1,600	2,400	1,800	2,800	2,200
56-60	2,200	1,600	2,400	1,800	2,600	2,200
61-65	2,000	1,600	2,400	1,800	2,600	2,000
66-70	2,000	1,600	2,200	1,800	2,600	2,000
71-75	2,000	1,600	2,200	1,800	2,600	2,000
76+	2,000	1,600	2,200	1,800	2,400	2,000

Work out your calorie requirements: the science


Now it's time to get personal. Follow these steps to work out how many calories your body needs to maintain your current body composition. After that, you'll be able to work out how many calories you need to build muscle.

STEP 1 ————— Work out your BMR

Your BMR is your 'basal metabolic rate'. It's the amount of energy (calories) your body burns if you do nothing but rest for 24 hours.

To calculate your BMR, you should know your weight in kilograms and your height in centimetres, and you should have a calculator.

Use one of the following equations to calculate your BMR:

	WOMEN	MEN
WEIGHT	10 X WEIGHT IN KG	10 X WEIGHT IN KG
	+	+
HEIGHT	6.25 X HEIGHT IN CM	6.25 X HEIGHT IN CM
	-	-
AGE	5 X AGE IN YEARS - 161	5 X AGE IN YEARS + 5
	=	=
BMR		

STEP 2

Work out your TDEE

Your 'TDEE' is your total daily energy expenditure. That's the amount of calories your body needs daily — including physical activity.

To work out how many calories you need per day, use a calculator to multiply your BMR (you've just worked this out in step 1) by your physical activity level or 'PAL', which is represented by the numbers below:

SEDENTARY

1.4

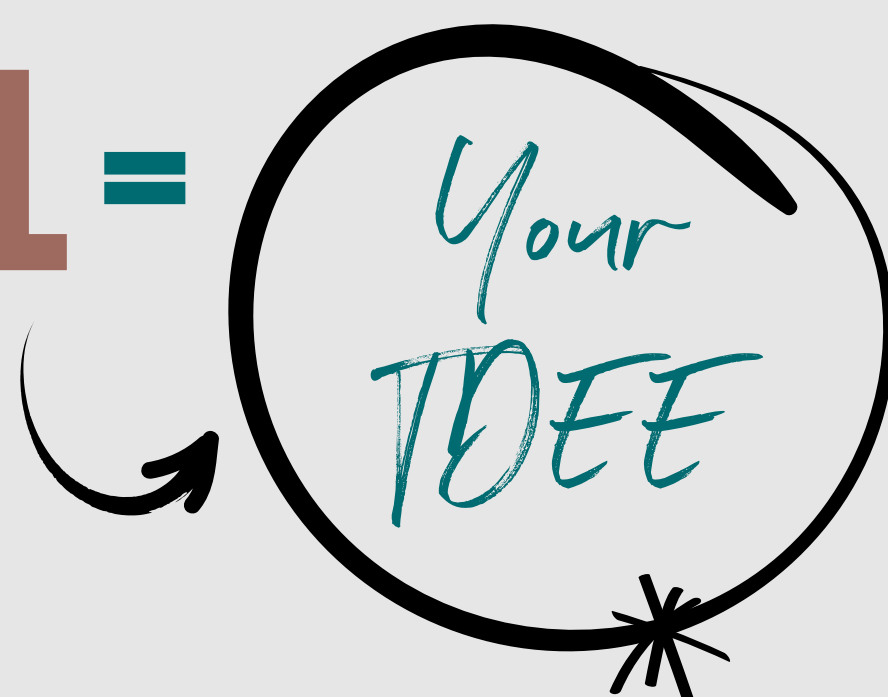
**MODERATELY
ACTIVE**

1.6

**HIGHLY
ACTIVE**

1.8

YOUR BMR X YOUR PAL =



STEP 3

Work out your 'goal TDEE' for muscle gain

Muscle gain: The amount of calories you'll need per day to build muscle depends on your overall goal — whether you'd like to lose fat as well as gaining muscle, or just gain muscle without losing any fat.

To lose fat while gaining muscle mass, subtract approximately 500kcal from your TDEE — your body will use up the remaining calories from your energy stores. This energy can be taken from both fat and muscle tissue. To minimise muscle tissue loss, it's important to keep on top of weight training and eat enough protein (we'll get to this later).

If you'd only like to gain muscle, studies suggest you should add around 500kcal to your TDEE. Take body measurements every few weeks. You can either increase your intake in increments of around 250kcal if you're not gaining muscle, or if you find you're gaining too much weight in the wrong places, decrease your intake slightly.

Lose fat and build muscle:

YOUR TDEE - 500KCAL =

Build muscle:

YOUR TDEE + 500KCAL =



MASTER MACROS

It's important to work out your macronutrient requirements, which means how much protein, carbohydrates, and fat your body needs. Follow these steps to work out what you need — grab a pen and paper and write the numbers down as you go.

*Follow
these steps*

STEP 1

How much protein?

Calculate your protein requirements first, and the rest (carbohydrates and fat) should be taken from your remaining calorie requirements.

Protein is the body's bricks and mortar for rebuilding muscle, replicating DNA, and catalysing metabolic reactions. High amounts are found in meat, fish, animal products, and also plant-based sources like legumes, nuts and seeds. Eating enough of the stuff combined with weight training promotes muscle growth (AKA muscle protein synthesis) and maintenance.

Build muscle: Research spanning the last 30 years recommends that to gain muscle mass, you'll need approximately 1.6g of protein per kilogram of bodyweight per day.

Simply multiply your weight in kg by 1.6 to work out how many grams of protein you need every day.

Once you've worked out how many grams of protein you need per day, multiply the amount of grams by 4 to get the amount of calories it represents. Subtract this from your goal TDEE, and you'll have your remaining calories to work out your fat and carbohydrates. Write down these numbers.

WEIGHT IN KG X 1.6 = DAILY GRAMS PROTEIN

DAILY GRAMS PROTEIN X 4 = CALORIES

YOUR GOAL TDEE - CALORIES =

*Your remaining
calories*

STEP 2

How much fat?

Research shows that around 35% of your diet should be made up of fats.

To work this out, divide your goal TDEE by 100 and multiply that number by 35.

To get the amount of fat in grams you need, divide that number by 9. Write these numbers down.

There are a few different types of fats — some of which are healthy and some that have no health benefits at all.

Monounsaturated and polyunsaturated fats are found in foods like avocados, nuts, olive oil, and oily fish, and boast big health benefits. Saturated fats found in things like coconut oil, meat, egg yolk and dairy are beneficial in smaller amounts. Finally, you have trans fats, which are found in fast foods, ready meals, and confectionary. Avoid these as they're harmful to health and will slow progress.

YOUR GOAL TDEE ÷ 100

THEN X 35

THEN ÷ 9 =



STEP 3

How many carbohydrates?

Now you've worked out your protein and fat requirements, the remaining calories from your goal TDEE should be made up of carbohydrates.

To work out your remaining calories, simply subtract your protein and fat calories from your goal TDEE.

Next, divide your remaining calories by 4 to get the amount of carbohydrates in grams you need.

There are two main food groups that contain carbs:

Starchy foods: Starchy foods are the main source of carbs and play a key role in energy metabolism. These include foods such as bread, pasta, potatoes, rice and cereal. Try to eat these as wholegrain varieties (or leaving the skin

on for potatoes), as that's where lots of the goodness is found.

Fruit and vegetables: Boasting a huge range of vitamins and minerals and absolutely essential for health, fruit and vegetables are a must.

Vegetables help you feel full due to their fibre content, plus they're often low in carbs (not including starchy veg like potatoes). Try to get at least 3–4 portions of vegetables into your daily diet.

Fruits are higher in carbs in the form of simple sugars, but are still an important food for health. Try to get 1–2 portions of fruit into your daily diet (dried fruits and fruit juices have a higher sugar content so try to steer clear of having these too often).

YOUR GOAL TDEE – YOUR PROTEIN AND FAT CALORIES

THEN / 4 = CARBOHYDRATES IN GRAMS

FOOL-PROOF MUSCLE-BUILDING MEAL PLAN

This well-balanced meal plan comes from expert nutritionist Alice Pearson and is designed to keep you going all day long. Mix and match your meals and snacks to suit you, and remember, your calories and macronutrient weights are personal — you can apply these to the plan.



MONDAY

BREAKFAST

Peanut butter & banana on toast

Bowl of granola with milk

Glass of fresh orange juice

LUNCH

Spanish omelette with salad

SNACKS

Dried fruit (raisins, apricots, dates, prunes)

DINNER

Spaghetti Bolognese

Wholemeal bread roll

SNACKS

Casein protein shake with milk



TUESDAY

BREAKFAST

Carrot cake baked oats (oats, egg white, banana, grated carrot, cinnamon, nutmeg, milk, baking powder)

LUNCH

Subway-style turkey meatballs and tomato sauce in bread
baguette topped with mozzarella and salad

SNACKS

Rice cakes with sliced avocado and tomato

DINNER

Teriyaki tuna steak with egg noodles, pak choi and cashew nuts

SNACKS

Greek yoghurt with frozen berries, walnuts, and Manuka honey



WEDNESDAY

BREAKFAST

Gainer shake ([Chocolate Impact Whey Protein](#), banana, peanut butter, oats, milk, chia seeds)

LUNCH

Baked potato with mixed bean chilli, cheddar cheese and salad

SNACKS

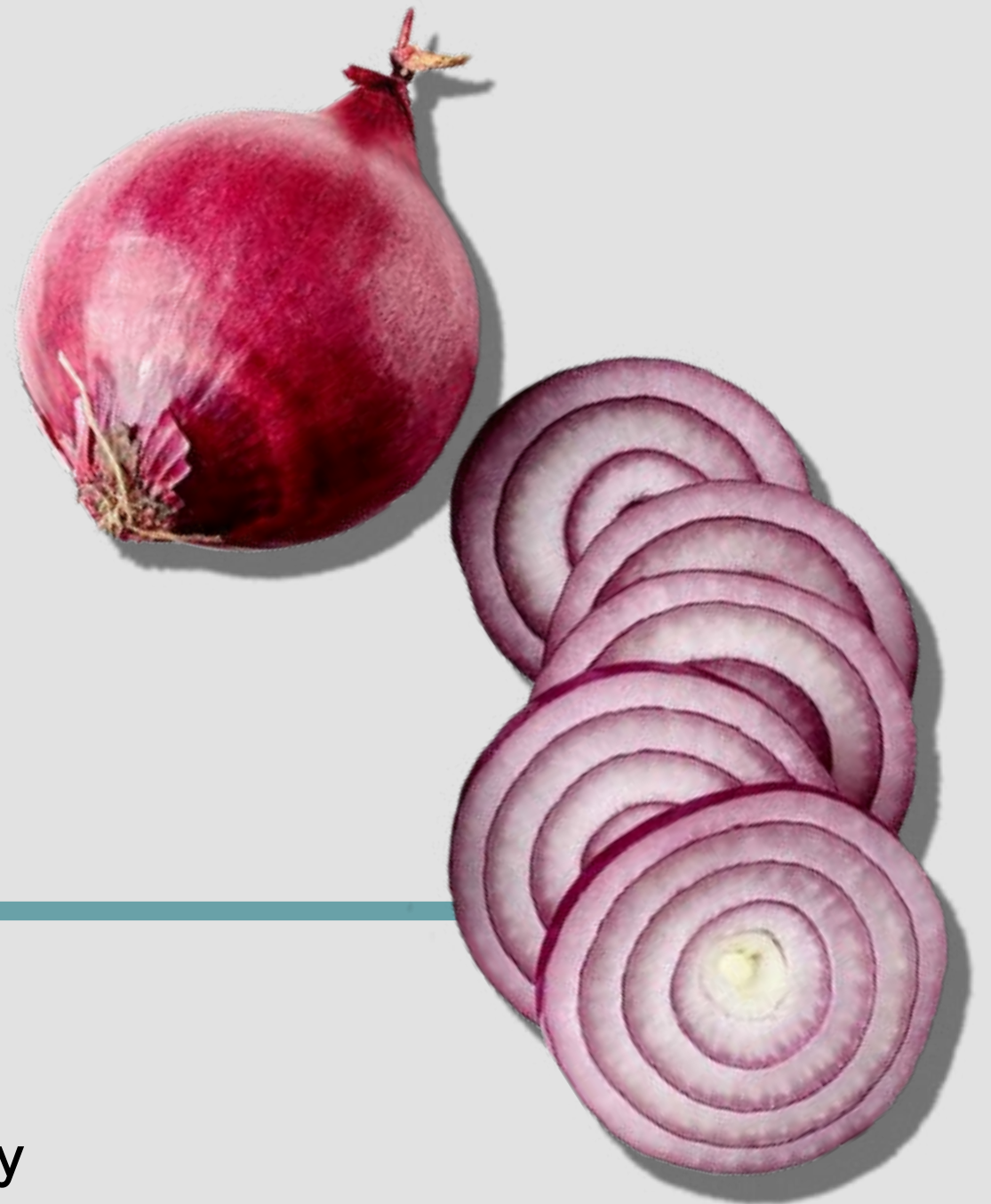
Trail mix

DINNER

Chicken fajitas packed with veg, topped with salsa and guacamole

SNACKS

Toasted wholemeal bagel with almond butter



THURSDAY

BREAKFAST

Poached eggs and sautéed spinach on wholemeal toast.

LUNCH

Greek salad with chicken breast and olive oil dressing

SNACKS

Protein bar

DINNER

Thai green fish curry with mangetout, baby corn and cashew nuts, with jasmine rice

SNACKS

Porridge with blueberries, almonds, chia seeds, and manuka honey



FRIDAY

BREAKFAST

Smoked salmon, cream cheese, and avocado on a wholemeal bagel

LUNCH

Falafel with spiced chickpea couscous and hummus

SNACKS

Rice cakes with peanut butter and sliced apple

DINNER

Turkey sausages and roasted peppers with pesto gnocchi

SNACKS

Casein protein powder blended with frozen berries and milk



SATURDAY

BREAKFAST

Bacon medallions, scrambled eggs, grilled mushrooms, and baked beans

Fruit salad

LUNCH

Asian rice salad with wilted greens and edamame beans in sesame oil and ginger

SNACKS

Peanut butter and banana sandwich

DINNER

Grilled chicken shish kebab with salad, pita bread, and yoghurt dressing

SNACKS

>70% cocoa dark chocolate with a glass of full-fat milk



SUNDAY

BREAKFAST

Porridge with sultanas and apple chunks

LUNCH

Roast beef with root vegetables and oven-roasted potatoes

DINNER

Chicken fajitas packed with veg, topped with salsa and guacamole

SNACKS

High-protein yoghurt with granola





The scoop on supplements

There are plenty of reasons to take supplements when you're trying to build muscle.

From making sure you're pumped for every session to optimising your recovery, our supplements can help you tackle any workout.

THE SCOOP ON SUPPLEMENTS

THE DAILY DOSE

Here are a few stock cupboard essentials that you should always have on hand to get your day off to a good start.



100% Rolled Oats

Perfect for a filling breakfast that will fuel your day, or for adding to shakes to boost your carb and fibre intake.

[Find out more](#)



All-Natural Peanut Butter

Life's better with peanut butter, right? Ours is free from added salt, sugar, palm oil and preservatives — a sweet and simple way to boost your intake of healthy fats.

[Find out more](#)



Protein Flapjack

Packed with 20g of protein per flapjack, this sweet snack is great to help with muscle growth and maintenance, as well as providing a hit of cabs to fuel your day.

[Find out more](#)

THE SCOOP ON SUPPLEMENTS

PRE-WORKOUTS

Tired of turning up to workouts weary and demotivated?
A pre-workout could be the answer you've been crying out for...



Pre-Workout Blend

Get the most from every session, with a unique blend of taurine, beta alanine, essential vitamins, and caffeine — pushing you beyond your limits.

[Find out more](#)



Creatine Monohydrate

Creatine has been shown to increase physical performance in successive bursts of short-term, high-intensity exercise.

[Find out more](#)



Green Tea Extract Powder

This natural extract is a great way to fire-up your workouts, with caffeine to increase alertness and improve endurance.

[Find out more](#)

THE SCOOP ON SUPPLEMENTS

INTRA-WORKOUTS

Fuel your body during exercise to maximise your performance in the gym, on the track, or the pitch.



Impact EAA

A superior blend of all nine essential amino acids, with zero calories and zero sugar, so that you can get the amino acids you need without derailing your training.

[Find out more](#)



Vegan BCAA Amino Acid

Ideal for supporting your plant-based diet, this contains a blend of 4:1:1 ratio of branched-chain amino acid leucine, isoleucine, and valine, which are the building blocks of protein.

[Find out more](#)



100% Beta Alanine Amino Acid

This naturally occurring amino acid is ideal for sports that use explosive movements.

[Find out more](#)

THE SCOOP ON SUPPLEMENTS

POST-WORKOUTS

Kick-start your recovery, so you're always ready for the next session.



ESSENTIALS

Impact Whey Protein

Providing your body with convenient, high-quality protein, which contributes to the growth and maintenance of muscle mass.

[Find out more](#)



VEGAN

Soy Protein Isolate

Completely free from artificial sweeteners, this all-natural blend is packed with protein and essential amino acids — perfect for anyone training on a plant-based diet.

[Find out more](#)



PRO

THE Whey

Made with the purest tri-blend of ultra-premium whey, this formula ignites muscle growth and optimises recovery with a leucine and glutamine boost.

[Find out more](#)

5 WAYS TO USE YOUR PROTEIN POWDER

(That aren't just shakes)

There's more to protein than shakes, you know. Here are five of our favourite whey recipes for you to make the most of this stand-up supplement.

WE ROLLIN'

These sweet & simple protein balls are an ideal post-workout snack.

120g rolled oats

2 scoops [Impact Whey Protein](#)

50g raisins

120g nut butter

2 tbsp. maple syrup

3 tbsp. milk

METHOD

In a bowl, mix all of the dry ingredients.

Add the nut butter and syrup and mix through.

Add the milk and mix until combined.

Take small handfuls and roll into balls, then repeat.

Chill for 2 hours — then enjoy!

GET STACKED

There's nothing like a plate of freshly flipped pancakes.

1 ripe banana

2 large eggs

1 scoop [Impact Whey Protein](#)

35g rolled oats

METHOD

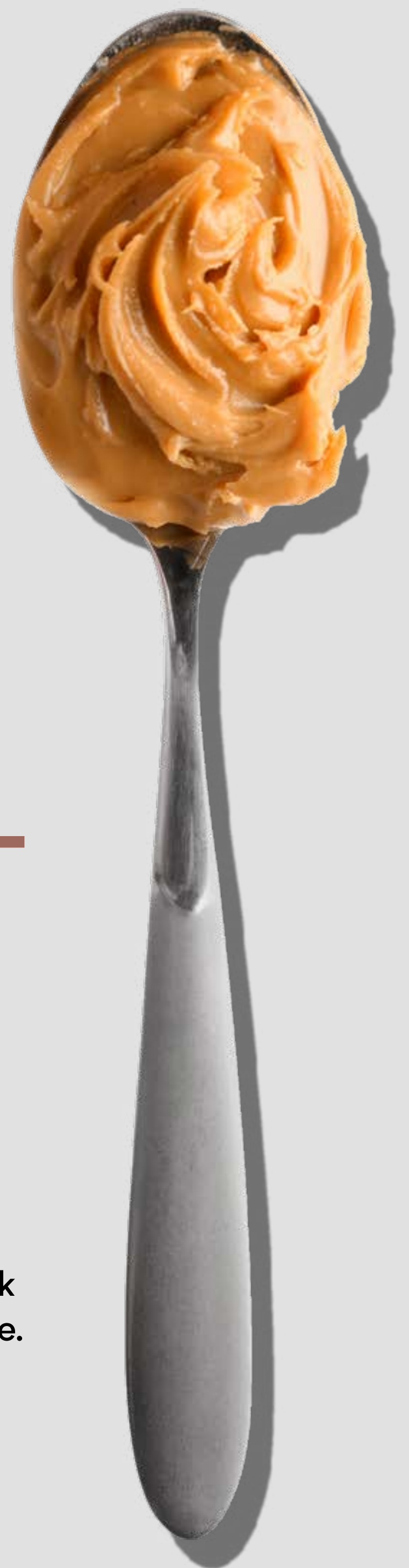
Heat a frying pan over a medium heat.

Add the banana and eggs to a blender and blend until smooth.

Then add the protein and oats and blend again for a smooth batter.

Pour quarter of the batter into the frying pan and cook for 45 seconds on each side.

Repeat until you have no batter left, then top with your favourite toppings.



FRO-YO CUPS

These frozen yoghurt cups are a tasty way to cool down after training.

500g low-fat Greek yoghurt

1 scoop [Impact Whey Protein](#)

1 tbsp. honey

100g peanut butter

50g blueberries

METHOD

Prepare a muffin tray with cake cases.

In a bowl, mix the yoghurt, protein and honey until smooth.

Divide the mixture between the cake cases, then place a teaspoon of melted peanut butter on top along with some blueberries.

Freeze for at least 2 hours, then enjoy.



STRONG START

Get ahead with this delicious overnight oats recipe.

250ml almond milk

1 scoop [Impact Whey Protein](#)

1 ripe banana

½ tsp. cocoa powder

75g rolled oats

METHOD

Blend the milk, protein, banana and cocoa powder until you have a smooth batter.

Mix the batter together with the oats, then pour into a sealable container.

Leave to soak in the fridge overnight.



KEEP IT CHILL

Made in less than a minute, this banana protein ice cream is a game changer, trust us.

500g frozen bananas

4-6 scoops of [Impact Whey Protein](#)

250ml fat-free yoghurt

50ml milk

METHOD

Blend all the ingredients together until just about smooth. Be careful not to over-process.

Scoop some of the ice cream into a bowl and enjoy straight away, placing the rest in a sealable container to freeze for more servings later.





Muscle building workouts

When it comes to building muscle, we know there's an overwhelming amount of information for you to try and get to grips with.

That's why we've enlisted the help of a Level 3 qualified personal trainer to provide you with an easy-to-follow workout guide, as well as the tools you'll need to progress.

Remember, building muscle doesn't happen overnight. It requires hard work and commitment to training and nutrition to see real results.

Meet the PT

Qualified personal trainer, Stuart Niven, uses his passion for sport and fitness to motivate his clients to achieve their goals, and in his own time trains to compete in the UKBFF Men's Physique category.

"I designed this programme with two leg days, and a push and pull day with shoulders and arms, to bring big muscle groups together. This creates the biggest hormonal response to allow the greatest build in muscle."

EXERCISES

Build
your
body

Workout One

EXERCISE	SETS	REPETITIONS
Back squat	2	20
Back squat	5	12-15
Back squat	1	Drop set to failure
Goblet squat	3	12
Dumbbell step-ups	2	12
Low walking lunges	2	12
Dumbbell Romanian deadlifts	2	12
Barbell calf raises	3	12



EXERCISE

Back squat

Sets	Reps
2	20
5	12-15
1	Drop set

METHOD

Take the bar out of the rack, resting it on your rear shoulder muscles.

Stand with your feet roughly shoulder-width apart, with your toes pointing slightly out.

Lower yourself down, bending your knees until they're parallel to the floor.

Keep your weight on your heels as you drive back up.

For the drop set, take your weight lower and perform as many reps as you can until just short of failure.



EXERCISE

Goblet squat

Sets	Reps
3	12

METHOD

Grab your dumbbell or kettlebell, and stand with your feet slightly wider than hips-width apart. Your toes should be pointing slightly out.

Keeping your arms close to your chest, bend your knees to lower yourself into a squat.

When you're in your deepest squat, pause, before driving through your heels to the starting position



EXERCISE

Dumbbell step-ups

Sets	Reps
2	12

METHOD

Hold a dumbbell in each hand.

Step up onto a bench or step with your right foot, pressing through your heel to straighten your right leg.

Bring the left foot to meet your right foot on top of the step.

Bend your right knee and step down with the left foot.

Bring the right foot down to meet the left foot on the ground.

Repeat before changing the lead leg.



EXERCISE

Low walking lunges

Sets	Reps
2	12

METHOD

Lunge forward as far as you can with your right leg, bending your left knee so it's just above the floor.

Using the heel of your right foot, push into the next lunge, leading with your left leg.



EXERCISE

Dumbbell romanian deadlifts

Sets	Reps
2	12

METHOD

Stand up straight with a dumbbell in each hand.

Keeping spine in neutral position, start pushing your hips back.

Without bending your back, lower the dumbbells in front of shins — keeping them close to the body.

At the bottom of the movement, drive through your heels to fully extend your hips and knees, squeezing your glutes at the top.



EXERCISE

Barbell calf raises

Sets	Reps
2	12

METHOD

Stand with a barbell across your upper back with your feet about shoulder-width apart.

Press onto the balls of your feet, lifting your heels off floor as far as possible.

Squeeze your calves at the top, before lowering your heels back to the start position.

EXERCISES

Build
your
body

Workout Two

EXERCISE	SETS	REPETITIONS
Bench press	2	20
Barbell bent-over rows	4	12
Chest-supported dumbbell rows	4	15-20
Dumbbell pullover	4	12
Incline dumbbell bench press	4	10
Incline dumbbell flyes	3	12



EXERCISE

Bench press

Sets	Reps
2	20

METHOD

Lie flat on your back on a bench.

Grip the bar with your hands just wider than shoulder-width apart

Lift the bar, by straightening your arms, bringing the bar slowly down to your chest

Press the bar back up until your arms are straight



EXERCISE

Barbell bent-over rows

Sets	Reps
4	12

METHOD

Stand with your feet shoulder-width apart, with the barbell on the floor in front.

Bend your knees and lean forward from the waist, keeping your back straight.

Grab the bar, your hands slightly wider than shoulder-width apart, and let it hang with your arms straight.

Brace your core and squeeze your shoulders, bringing the weight up towards your sternum.

Lower the weight back to the start.



EXERCISE

Chest-supported dumbbell row

Sets	Reps
4	15–20

METHOD

Set an incline bench at roughly 45 degrees

Grab your dumbbells, and lean onto the bench. Your feet should be on the floor and your arms hanging straight down.

Squeeze your shoulder blades together and drive your elbows towards the ceiling.

Lower the dumbbells back to the start position.



EXERCISE

Dumbbell pullover

Sets	Reps
4	12

METHOD

Start by holding a dumbbell and lie with your back flat on a bench.

With your feet planted on the ground, and core engaged, extend your arms towards the ceiling, cupping the dumbbell with both hands above your chest.

With your back pressed into the bench, lower your arms overhead until your biceps reach your ears.

Slowly bring your arms back above your chest and repeat.



EXERCISE

Incline dumbbell bench press

Sets	Reps
4	10

METHOD

Lie back on an incline bench, with a dumbbell resting on your thighs.

Using your thighs for assistance, push the dumbbells up so that your arms are directly over your shoulders.

At the top of the movement, the dumbbells should almost be touching.

Slowly lower the dumbbells back to the top of your chest.



EXERCISE

Incline dumbbell flyes

Sets	Reps
3	12

METHOD

Lie on an incline bench with your feet flat on the floor.

Hold your dumbbells directly above your chest, with your palms facing each other.

Lower the dumbbells in an arc out to the sides. Keep a slight bend in your elbows throughout the move.

aUse your pecs, reverse the movement back to the start.

EXERCISES

Build
your
body

Workout Three

EXERCISE	SETS	REPETITIONS
Front squats	6	10
Bulgarian split squats	4	8-10
Weighted sumo squat	4	8-10
Hamstring curl	3	5-10
Barbell glute bridges	4	12
Wall sits	4	45secs



EXERCISE

Front squats

Sets	Reps
6	10

METHOD

Start with the barbell resting across the front of your shoulders.

Place your fingertips under the barbell, your grip should be outside of your shoulders

Keeping your back straight and core tight, bend at your hips and knees to lower into a squat position. Your thighs should be parallel to the ground.

Straighten your hips and knees to drive up to the starting position.



EXERCISE

Bulgarian split squats

Sets
4

Reps
8–10

METHOD

Start with your back foot elevated on a bench, get into a forward lunge position. Your torso should be upright, core braced, and your hips square to your body.

With your leading leg roughly half a metre in front of bench, lower yourself down until your front thigh is almost horizontal.

Drive up through your front heel back to the starting position.

Swap legs and repeat.



EXERCISE

Weighted sumo squat

Sets	Reps
4	8–10

METHOD

Stand with feet wider than shoulder-width apart, toes turned out at about 45 degrees.

Lower into a squat, holding the kettlebell in front of your chest, keeping core engaged and back neutral.

Pause at the bottom, when hips are in line with knees.

Drive up through your front heel back to the starting position.



EXERCISE

Hamstring curl (Swiss ball)

Sets	Reps
3	5–10

METHOD

Start by lying on your back on a mat with your feet elevated on a Swiss ball, arms resting by your side.

Raise your hips off the floor to rest on your upper body.

Keeping your feet together and hips elevated, bend your knees to bring your feet in towards your glutes.

Hold, then straighten your legs again to return to the start.



EXERCISE

Barbell glute bridges

Sets

4

Reps

12

METHOD

Sit on the floor with a loaded barbell over your legs.

Roll the bar so it's directly above your hips, and lay down on the floor.

Start by driving through your heels, extending your hips vertically through the bar. Your weight will be supported by your upper back and your heels.

Extend as far as possible, before returning to the start.



EXERCISE

Wall sits (wall squat)

Sets

4

Reps

12

METHOD

Stand with your back against a wall, feet shoulder-width apart about 2ft from the wall.

Slide down the wall until your legs are bent at a 90-degree angle, with knees directly above ankles.

Pause at the bottom and return to the starting position.

EXERCISES

Build
your
body

Workout Four

EXERCISE	SETS	REPETITIONS
Seated dumbbell press	6	10
Arnold press	3	10-12
Standing overhead press	3	15
Dumbbell lateral raise	4	10
Bicep curls	4	12
Standing dumbbell tricep extension	4	12



EXERCISE

Seated dumbbell press

Sets	Reps
6	10

METHOD

Sit on an upright bench holding a dumbbell in each hand at shoulder height.

Keep your chest up and your core braced, and look straight forward throughout the move.

Press the dumbbells directly upwards, until your arms are straight and the weights touch above your head.

Slowly lower the weights back to the start position under control.



EXERCISE

Arnold press

Sets	Reps
3	10–12

METHOD

Hold a dumbbell in each hand with your arms bent, like the top of a biceps curl, with your palms facing you.

Spread your arms laterally to each side, then press your arms up and twist your hands so your palms face forwards.

Finish by pushing your head forwards and reaching as high as you can so your biceps are close to your ears.



EXERCISE

Standing overhead press

Sets	Reps
3	15

METHOD

Stand with your body upright and core muscles braced, looking straight ahead.

Hold the bar on your upper chest, gripping it with hands just wider than shoulder-width apart.

Press the bar directly overhead. Don't tilt your hips forward during the move.



EXERCISE

Dumbbell lateral raise

Sets	Reps
4	10

METHOD

Stand with a dumbbell in each hand at your sides.

Keeping your back straight, slowly lift the weights out to the side until your arms are parallel with the floor and your elbow slightly bent.

Lower them back down, keeping them under control throughout.



EXERCISE

Bicep curls

Sets	Reps
4	12

METHOD

Hold your dumbbells at your sides with your palms facing towards your body. Your hand position is the main difference to the standard bicep curl.

Bend at the elbow to curl the weights up to your chest. Keep your palms facing inwards.

Hold the contracted position at the top and squeeze your biceps.

Slowly begin to lower the dumbbells back to the starting position.



EXERCISE

Standing dumbbell tricep extension

Sets	Reps
4	12

METHOD

Start by standing up straight, holding a dumbbell with both hands up above your head.

Slowly flex your elbows and start lowering the weight behind your head, keeping your upper arms still.

Extend your arms back up to the start and repeat.

USE DROP SETS FOR MUSCLE GAIN

Could this be the secret to success?

A drop set is a training technique where you perform a normal set, but rather than heading straight into your rest, you drop the weight and perform another set until failure.

They can push your muscles beyond their normal limits, increasing the time they're under tension, as well as the training volume, which can ignite muscle growth.

It's a versatile technique that can be used during any workout — from legs to abs.

Here's how to maximise your drop sets...

01 Keep rest to a minimum

It's important to keep your rest as short as possible between sets, with only enough time to reduce the weight. The shorter the time, the more intense and effective your drop set will be, so keep it short and sweet.

02 Preparation is key

Make sure you have all your equipment ready before starting your drop set. If you're using a barbell, load it with 5kg or 10kg plates — ones that can be quickly removed.

Or, if you're using dumbbells, have them lined up ready. Just don't be that person who hoards three sets of dumbbells when the gym's crowded.

03 Use them sparingly

They're intense! If you use them too often, you'll run the risk of overtraining.

REASONS TO TAKE A REST DAY

Here's why more isn't
always better...

01

Reduce your risk of injury

When you exercise, you're placing extra stress on your body. If you continue to push it too hard without a break, you're more likely to pick up niggling strains and sprains.

Before you know it, you've over trained yourself into an injury, forcing you to take unexpected time away from the gym. So, plan those rest days!

02

Your muscles need rest

When you lift weights, you're essentially tearing muscle fibres. Without a proper period of rest to repair and grow new muscle tissue, you're not going to see the benefits of your training.

Remember, rest is essential for muscle growth.

03

You won't lose your gains

It can take almost two weeks of non-activity before you start noticing you're losing strength. So, one rest day a week won't hurt. The gym will still be there tomorrow.

04

Here are 5 warning signs your body needs a rest:

1. You're exhausted
2. You're moody
3. You're not sleeping well
4. You're not motivated
5. You're sick or injured

Don't feel guilty about taking rest days — your body will thank you later.

The final word

You've made it this far... so, don't stop now. Building strong muscles doesn't happen overnight — this is only the start of your journey. You've got this!