



ROAD TO A HEALTHIER YOU

*STRONGER EVERY DAY,
FITTER FOR LIFE!*



FULL WORKOUT GUIDE
ENGLISH VERSION

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INTRODUCTION

THIS IS YOUR GUIDE INTO LIVING A HEALTHIER LIFESTYLE THROUGH MAKING EXERCISE A CONSTANT IN YOUR DAY TO DAY LIFE.

DUE TO SEDENTARY LIFESTYLE THAT HAS EVOLVED DUE TO THE WORK CONDITION AND EVOLUTION OF THE WORK CONDITIONS OUR MUSCLES ARE GETTING USED LESS OFTEN WHICH COULD CAUSE WEAKNESS AND JOINT PAIN ON LONG TERM.

EXERCISE TYPES

AEROBIC EXERCISE / CARDIO

ADVISED 2 TIMES/WEEK

EXAMPLES: JOGGING - SWIMMING -
CYCLING - WALKING

BENEFITS:

- IMPROVES CARDIOVASCULAR HEALTH
- INCREASES ENDURANCE
- BURNS FAT



ANAEROBIC

ADVISED 3 TIMES/WEEK

EXAMPLES: SPRINTING -
WEIGHTLIFTING - HIGH-INTENSITY
INTERVAL TRAINING (HIIT)

BENEFITS:

- BUILDS MUSCLE AND STRENGTH
- INCREASES POWER AND SPEED
- IMPROVES METABOLISM

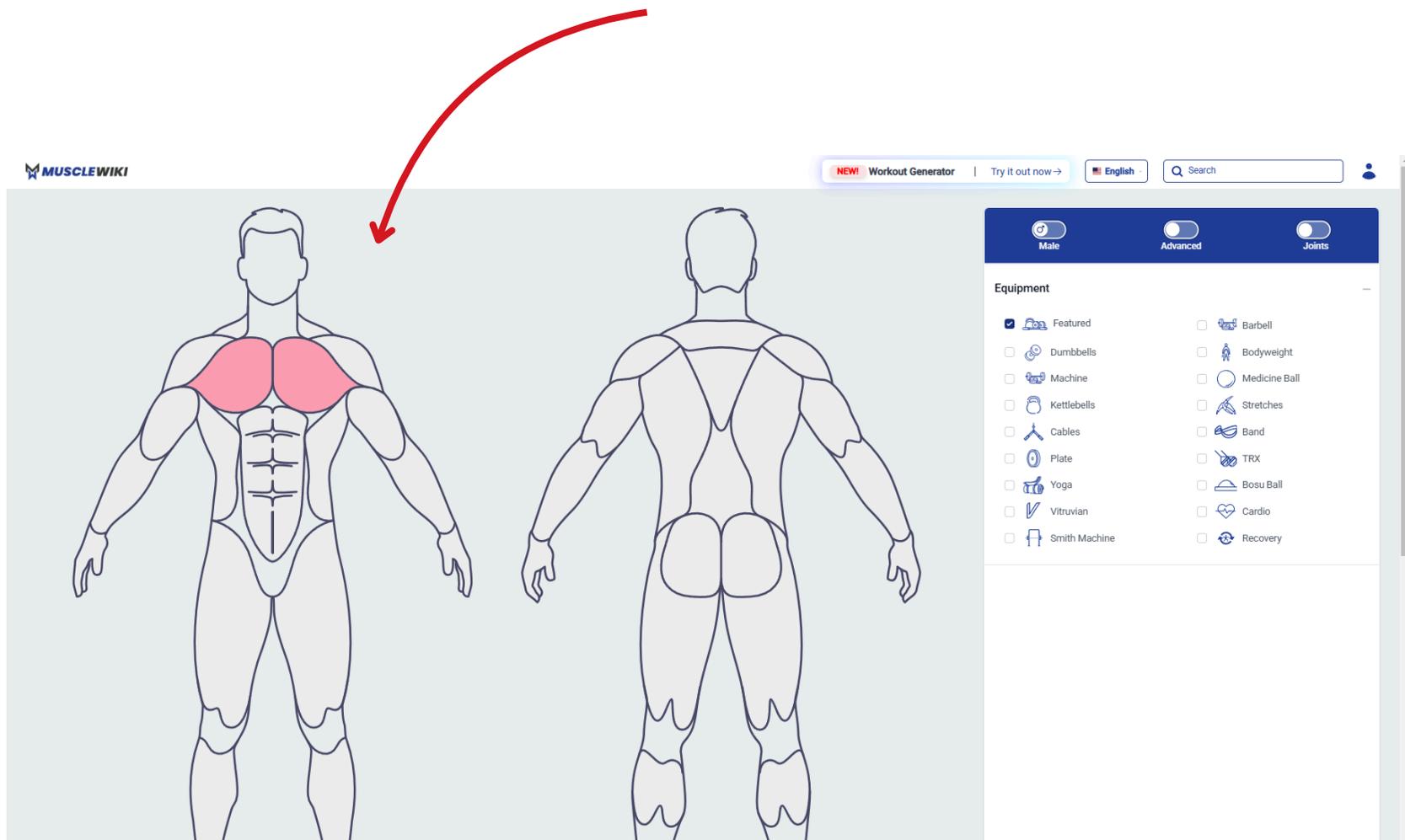


HOW TO START

GO TO WEBSITE:

[HTTPS://MUSCLEWIKI.COM/](https://musclewiki.com/)

PICK THE DESIGNATED MUSCLE



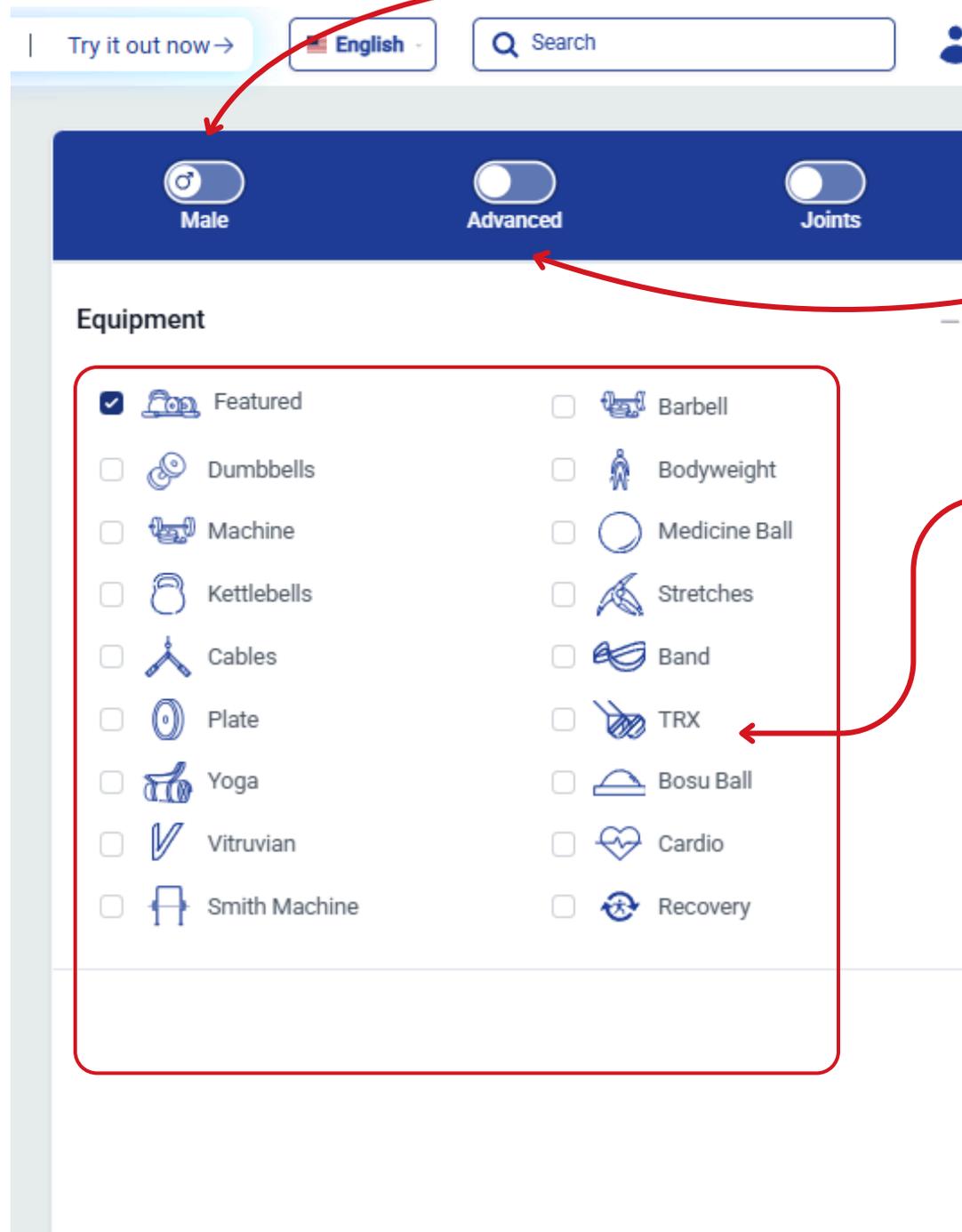
HOW TO START 2

CHOOSE GENDER

/ LEVEL: ADVANCED
BEGINNER

TYPE OF
EXERCISE

- BODYWEIGHT
- GYM EQUIPMENT
- CARDIO



HOW TO START 3

INSTRUCTION VIDEO

EXERCISE NAME

Barbell Stiff Leg Deadlifts

Intermediate



1 Stand with a barbell at your shins with your feet shoulder width apart.

2 Bend forward at your hips and keep your knees as fully extended as possible.

3 Grab the barbell and then extend your hips while maintaining a straight back.

4 From the standing position, lower the weight in a controlled manner.

5 You can either lower the weight to the floor or before you touch the floor, depending on your mobility.

STEPS

HOW TO CHOOSE THE RIGHT EXERCISE

ANAEROBIC EXERCISE:

FOR EACH MUSCLE GROUP PICK 2 EXERCISES AND FOCUS ON PERFECTING FORM

REPS: HOW MANY TIMES YOU DO THE EXERCISE MOVEMENT BEFORE TAKING A BREAK

SETS: HOW MANY ROUNDS OF A CERTAIN EXERCISE YOU DO BEFORE MOVING TO ANOTHER

GENERALLY SPEAKING TRY TO STAY WITHIN RANGE OF 6-10 REPS OF EACH EXERCISE AND 2-3 SETS

HOW TO CHOOSE THE RIGHT EXERCISE

CARDIO:

MAIN FOCUS IS HEART RATE

**MAXIMUM HEART RATE EQUATION : 220-
AGE**

**PERCENTAGE IS CALCULATED BASED ON
MAX HEART RATE**

LOW INTENSITY 40-60% EX.: WALKING

MODERATE INTENSITY 60-80% EX. :

WEIGHT LIFTING AND RUNNING

**HIGH INTENSITY 80-90% EX. : EXPLOSIVE
WORKOUTS**

**FOR GENERAL HEALTH AND WEIGHTLOSS
2-3 TIMES LOW INTENSITY CARDIO FOR
ATLEAST 30MINS**

WORKOUT SCHEDULE EXAMPLES

	full body & cardio	Upper-lower
1st day	Full Body Resistance Training	Upper Body Resistance Training
2nd day	Cardio (Anaerobic Workout)	Cardio (Anaerobic Workout)
3rd day	Full Body Resistance Training	Lower Body Resistance Training
4th day	Rest	Rest
5th day	Cardio (Anaerobic Workout)	Upper Body Resistance Training
6th day	Full Body Resistance Training	Lower Body Resistance Training
7th day	Rest	Rest

EXERCISE MANAGEMENT

YOUR MAIN GOAL IS TO PUT ENOUGH EFFORT TO CHALLENGE YOUR BODY. OVER TIME YOUR BODY GETS ACCUSTOMED TO LOAD AND THE EXERCISE BECOMES EASIER THEN YOU CAN PROCEED EITHER BY:

- INCREASE FREQUENCY I.E EXERCISE MORE**
- INCREASE INTENSITY BY INCREASING WEIGHT OR MORE CHALLENGING EXERCISES**
- INCREASE VOLUME I.E INCREASE THE NUMBER OF EXERCISES OR REPETITIONS**

EXERCISE MANAGEMENT

EXERCISE BENEFITS:

- **MUSCLES:** THE MAIN FACTOR OF HOW YOUR MUSCLE LOOKS IS GENETICS, HOWEVER TRAINING THE MUSCLE MAKES IT GAIN SIZE WHICH GIVES BETTER SHAPE TO YOUR BODY
- **TENDONS AND LIGAMENTS:** AS YOUR BODY GETS ACCUSTOMED TO LOADS, YOUR TENDONS AND LIGAMENTS GAIN STRENGTH, DURABILITY AND FLEXIBILITY
- **BONES:** YOUR BONE STRENGTH INCREASES AS YOU DO RESISTANCE TRAINING WHICH LOWERS RISKS OF ANY FRACTURES
- **IMPROVES MENTAL HEALTH:** RELEASE OF ENDORPHINES AND DOPAMINE DURING EXERCISE LEAVES YOU FEELING BETTER

MANAGING EXPECTATIONS

START SMALL SO YOU CAN BUILD OUT THE HABIT OF EXERCISING

FIRST WEEK : YOUR BODY COULD HURT A LITTLE ,ESPECIALLY WHEN YOU ARE STARTING OUT AND THAT IS NORMAL, PAIN MEANS YOU PUSHED **YOUR BODY A LITTLE PAST WHAT IT'S COMFORTABLE DOING BUT THAT'S NOT A SIGN FOR ANYTHING ELSE AS MUSCLE GROWTH**

2-4 WEEKS: YOU WILL START FEELING STRONGER, MORE ACTIVE DURING THE DAY AND CAN FINISH MORE TASKS, YOUR MOOD WILL BE BETTER AND YOU WILL NOTICE SMALL CHANGES WITH HOW YOUR BODY LOOKS YOUR APPETITE WILL BE BETTER : IF YOU WERE EATING LITTLE YOU WILL FEEL YOU WANT TO EAT A LITTLE MORE, IF YOU USED TO EAT MUCH YOU WILL FEEL THE NEED TO EAT LESS DUE TO EXERCISE HELPING REGULATE YOUR STRESS LEVELS AND HORMONES

2+ MONTH : PEOPLE AROUND YOU WILL START NOTICING AND PRAISING THE CHANGES OF YOUR BODY, YOUR CLOTHES WILL FIT BETTER.

4+ MONTH : YOU WILL BE PROUD OF THE CHANGES YOU HAVE MADE AND EVEN START PURCHASING NEW CLOTHES

6+ MONTH: YOU WILL HAVE ENOUGH EXPERIENCE AND HAVE ADOPTED A HEALTHIER LIFESTYLE, CONTINUE AND YOU'RE ON THE RIGHT PATH!

DISCLAIMER

THE CONTENT PROVIDED IN THIS GUIDE IS INTENDED SOLELY FOR GENERAL INFORMATIONAL PURPOSES AND FITNESS AND HEALTH-RELATED ADVICE. IT IS NOT A SUBSTITUTE FOR MEDICAL CONSULTATION, DIAGNOSIS, OR TREATMENT BY QUALIFIED PROFESSIONALS. IT IS RECOMMENDED TO CONSULT A DOCTOR OR HEALTHCARE SPECIALIST BEFORE STARTING ANY EXERCISE PROGRAM OR MAKING DIETARY CHANGES, ESPECIALLY IF YOU SUFFER FROM ANY CHRONIC HEALTH CONDITIONS OR INJURIES.

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