



# 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



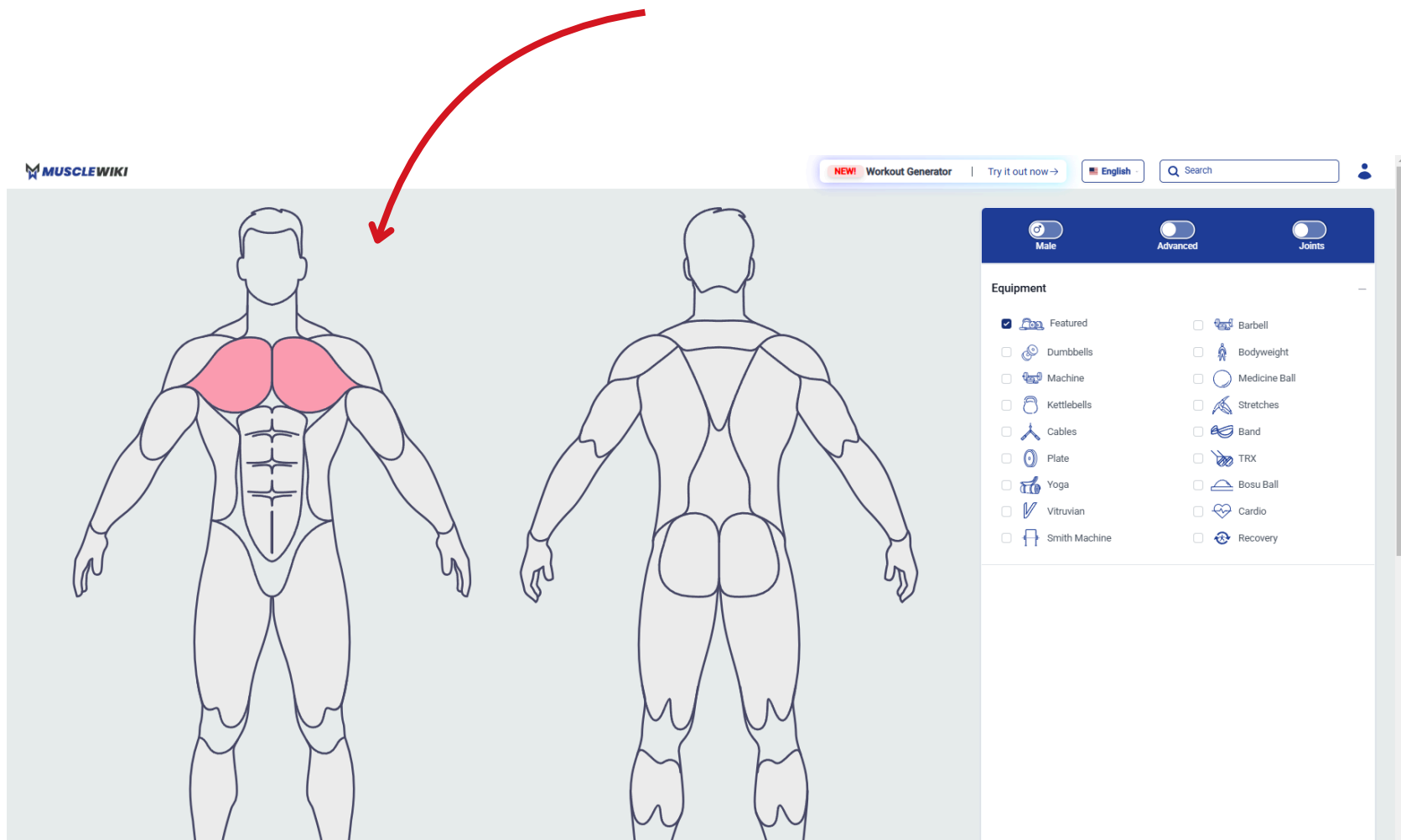


# HOW TO START

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

Try it out now →

English

Search

Male Advanced Joints

Equipment

<input checked="" type="checkbox"/> Featured	<input type="checkbox"/> Barbell
<input type="checkbox"/> Dumbbells	<input type="checkbox"/> Bodyweight
<input type="checkbox"/> Machine	<input type="checkbox"/> Medicine Ball
<input type="checkbox"/> Kettlebells	<input type="checkbox"/> Stretches
<input type="checkbox"/> Cables	<input type="checkbox"/> Band
<input type="checkbox"/> Plate	<input type="checkbox"/> TRX
<input type="checkbox"/> Yoga	<input type="checkbox"/> Bosu Ball
<input type="checkbox"/> Vitruvian	<input type="checkbox"/> Cardio
<input type="checkbox"/> Smith Machine	<input type="checkbox"/> Recovery




# HOW TO START 3

## INSTRUCTION VIDEO

EXERCISE NAME

### Barbell Stiff Leg Deadlifts

Intermediate



MUSCLEWIKI

- 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 :  $220 - \text{AGE}$**

**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

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