

THE WAREHOUSE GYM 3-DAY TRAINING PROGRAM

Workout 1	Workout 2	Workout 3
Watson Hack Squat 2 Sets - 12 Reps	Assisted Pull Ups 2 Sets - Failure	Barbell Curls 2 Sets - 12 Reps
Glute Kickback Machine 2 Sets - 12 Reps	Deadlifts 2 Sets - 12 Reps	Hammer Curls 2 Sets - 12 Reps
Monster Leg Press 2 Sets - 12 Reps	Lat Pull Down 2 Sets - 12 Reps	Seated Bicep Machine 2 Sets - 12 Reps
Lying Hamstring Raise 2 Sets - 12 Reps	Watson Seated Row 2 Sets - 12 Reps	Assisted Dips 2 Sets - Failure
Standing Calf Raise 2 Sets - 12 Reps	Flat Dumbbell Chest Press 2 Sets - 12 Reps	Tricep Rope Pull Downs 2 Sets - 12 Reps
Watson Reverse Pec Dec 2 Sets - 12 Reps	Incline Cable Flies 2 Sets - 12 Reps	Watson Seated Tricep Dips 2 Sets - 12 Reps
Lateral Dumbbell Raises 2 Sets - 12 Reps	Seated Shoulder Press 2 Sets - 12 Reps	
Dumbbell Front Raise 2 Sets - 12 Reps		

Training Notes:

1. This plan is a very basic beginners training program. There are no magic exercises nor magic sets/reps here. This is simply about getting you in the gym, familiar with the equipment and having a solid foundation to progress on from.
2. Please make sure that you have done 1-2 warm up sets before performing your working sets. To work out the correct weight on a working set a good aim is for you to begin to slightly struggle with the weight by the time you are 75% way through the set. I.e If you are performing 12 reps, by the time you have completed 7-8 reps you should be starting to struggle.
3. Try to keep a record of the weight, reps and sets you perform as you train in a small notebook. This helps you at a later date as you are then able to look back and see if there is progression from the training plan in terms of weight lifted, more reps completed, or amount of sets.
4. Once you have followed this 3-day basic training plan for 6-8 weeks, or you feel you that you are ready to progress, move on to the 4-day training program. Try to increase the weight lifted each week, but only if you complete the previous weeks sets and reps.
5. Try to not train more than 2 days back to back. This will help with muscle recovery for your next session. I.e if you train Monday & Tuesday, try having Wednesday off, and then train again Thursday.

THE WAREHOUSE GYM 4-DAY TRAINING PROGRAM

Workout 1	Workout 2	Workout 3	Workout 4
Watson Pin Loaded Chest Press 3 Sets - 10 Reps	Assisted Pull Ups 2 Sets - Failure	Leg Extension 2 Set - 20 Reps	Barbell Curls 3 Sets - 10 Reps
Seated Pec Dec Flies 3 Sets - 10 Reps	Barbell Row 3 Sets - 10 Reps	Watson Tru Squat 2 Sets - 25 Reps	Ez Skull Crushers 3 Sets - 10 Reps
Flat Plate Loaded Chest Press 3 Sets - 10 Reps	Iso Lateral Lat Pull Down 3 Sets - 10 Reps	Standing Hamstring Curl 3 Sets - 10 Reps	Seated Bicep Curl Machine 3 Sets - 10 Reps
Dumbbell Incline Flies 3 Sets - 10 Reps	Plate Loaded Seated Row 3 Sets - 10 Reps	Watson Hack Squat 3 Sets - 10 Reps	Watson Seated Tricep Dips 3 Sets - 10 Reps
Seated Shoulder Press 3 Sets - 10 Reps	Barbell/Dumbbell Shrugs 3 Sets - 10 Reps	Lying Hamstring Curl 3 Sets - 10 Reps	Tricep Rope Pull Downs 3 Sets - 10 Reps
Singel Arm Tricep Ext 3 Sets - 10 Reps	Barbell Curls 3 Sets - 10 Reps	Seated Calf 3 Sets - 10 Reps	Dumbbell Curls 3 Sets - 10 Reps
Assisted Dips 3 Sets - 10 Reps		Watson Lateral Shoulder Raise 3 Sets - 10 Reps	Standing Cable Bicep Curls 3 Sets - 10 Reps
		Reverse Pec Dec 3 Sets - 10 Reps	Assisted Tricep Dips 2 Sets - Failure
		Dumbbell Front Raise 3 Sets - 10 Reps	

Training Note:

1. This plan has a little more volume in total sets than the 3-day training program. It also incorporates some new exercises.
2. Please make sure that you have done 1-2 warm up sets before performing your working sets. To work out the correct weight on a working set a good aim is for you to start to slightly struggle with weight by the time you are 75% way through the set. I.e If you are performing 10 reps, by the time you have completed 6-7 reps, you should be starting to struggle.
3. Try to keep a record of the weight, reps and sets as you train in a small notebook. This helps you at a later date as you are able to look back and see if there is progression from the plan in terms of weight lifted, more reps completed or amount of sets. Try to increase the weight lifted each week, but only if you complete the previous weeks sets and reps.
4. Once you have followed this 4-day training plan for 6-8 weeks or you feel you that you are ready to progress, move on to the 5-day training program.

THE WAREHOUSE GYM 5-DAY TRAINING PROGRAM

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
High Incline Cable Flies 3 Set - 12 Reps	Pull Ups 3 Sets - Failure	Barbell Squats 3 Sets - 12 Reps	Viking Press 3 Sets - 12 Reps	Ez Bicep Curls 3 Sets - 12 Reps
Decline Bench Press 3 Sets - 12 Reps	Hex Bar Deadlifts 3 Sets - 12 Reps	Straight Leg Deadlift 3 Sets - 12 Reps	Watson Lateral Shoulder Raise 3 Sets - 12 Reps	Close Grip Bench Press 3 Sets - 12 Reps
Watson Pin Loaded Chest Press 3 Sets - 12 Reps	Fixed Bar Lat Pull Down 3 Sets - 12 Reps	Watson Power Squat 3 Sets - 12 Reps	Dumbbell Shoulder Press 3 Sets - 12 Reps	Hammer Curls 3 Sets - 12 Reps
Watson Seated Pec Dec 3 Sets - 12 Reps	Watson Seated Row 3 Sets - 12 Reps	Watson Lunge Machine 3 Sets - 12 Reps	Reverse Pec Dec 3 Sets - 12 Reps	Overhead Tricep Ext 3 Sets - 12 Reps
Hammer Strength Chest Press 3 Sets - 12 Reps	Bent Over Barbell Row Machine 3 Sets - 12 Reps	Leg Ext 3 Sets - 12 Reps	Dumbbell Front Raises 3 Sets - 12 Reps	Dumbbell Curl 3 Sets - 12 Reps
Seated Tricep Press Down 3 Sets - 12 Reps	Barbell Curls 3 Sets - 12 Reps	Donkey Calf Raises 3 Sets - 12 Reps	Face Pulls 3 Sets - 12 Reps	Weighted Dips 3 Sets - 12 Reps
Rope Pull Downs 3 Sets - 12 Reps				

Training Notes:

1. This plan has some more advanced exercises in than the previous two training plans as well as incorporating an additional training day. Again this plan is simple a guide to help you produce a solid foundation with your training.
2. Please make sure that you have done 1-2 warm up sets before performing your working sets. To work out the correct weight on a working set a good aim is for you to start to slightly struggle with the weight by the time you are 75% way through the set. I.e If you are performing 12 reps, by the time you have completed 7-8 reps, you should be starting to struggle.
3. Try to keep a record of the weight, reps and sets as you train in small notebook. This helps you at a later date as you are able to look back and see if there is progression from the plan. Try to increase the weight lifted each week, but only if you complete the previous weeks sets and reps.
4. By the time you have gone through these 3 plans you should now have a good understanding of the gym, nutrition, and the kind of workouts you should be doing. The main thing to remember is to not take this too serious, have some fun.