

TESTO FUEL

WEIGHT TRAINING 101

This 28 day workout guide provides a good accessible range of exercises suitable for anyone starting in the weight room. Don't be fooled though, whilst this is designed for beginners, there is more than enough to provide a challenge for more seasoned lifters.



PRO TIP

Nutrition is key. For breakfast, aim for something with slow releasing energy like oats or whole grain toast. For lunch you want a calorie packed meal with a good amount of protein. Brown rice, salmon and broccoli is a healthy option. Alternatively, turkey or chicken wraps with salad are easy to prepare and eat on the go. Dinner should be nutrient dense, high fibre carbs, protein and vegetables. We'd recommend getting a personalised diet plan drawn up by a personal trainer to ensure you get the best results.



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4 WEEK WORKOUT PLAN



A tried and tested 28 day plan, that will not only help you get to grips with major exercises in the gym and make you some pretty big gains. Remember, form is crucial, focus on controlled movement not just big weight.

KEY: DB* = Dumbbell

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>DB* Press x 3 (8,10,12)</p> <p>Lat Pulldown x 3 (8,10,12)</p> <p>Overhead DB Press x 3 (8,10,12)</p> <p>Leg Press x 3 (8,10,12)</p> <p>Crunch x 3 (15)</p>	<p><u>Recovery Day:</u></p> <p>Deep stretches help:</p> <ul style="list-style-type: none"> - Relieve muscle tension - Improve circulation - Increase energy - Speed up recovery 	<p>DB Press x 3 (8,10,12)</p> <p>Lat Pulldown x 3 (8,10,12)</p> <p>Leg Press x 3 (8,10,12)</p> <p>Barbell Biceps Curl x 3 (8,10,12)</p> <p>Rope Pressdown x 3 (8,10,12)</p>	<p><u>Recovery Day:</u></p> <p>Light cardio helps:</p> <ul style="list-style-type: none"> - Increase circulation - Improve nutrient flow - Make a stronger heart and lungs 	<p>Overhead DB Press x 3 (8,10,12)</p> <p>Lying Leg Curl x 3 (8,10,12)</p> <p>Standing Calf Raise x 3 (8,10,12)</p> <p>Leg Press x 3 (8,10,12)</p> <p>Crunches x 3 (15)</p>	<p><u>Recovery Day:</u></p> <p>Good quality sleep promotes:</p> <ul style="list-style-type: none"> - Improved recovery - Better Mood - Increased levels of testosterone 	<p><u>Cardio Day:</u></p> <p>Slow jog 20 Minutes.</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>Barbell Bench Press x 3(10,12,15)</p> <p>DB Flye x 3 (10,12,15)</p> <p>Barbell Bent Over Row x 3 (10,12,15)</p> <p>DB Lat Raise x 3 (10,12,15)</p> <p>Machine Preacher Curl x 3 (10,12,15)</p>	<p>Leg Press x 3 (10,12,15)</p> <p>Leg Extension x 3 (10,12,15)</p> <p>Lying Leg Curl x 3 (10,12,15)</p> <p>Seated Leg Curl x 3 (10,12,15)</p> <p>Standing Calf Raise x3 (10,12,15)</p>	<p><u>Recovery Day:</u></p> <p>Foam rolling helps:</p> <ul style="list-style-type: none"> - Decrease muscle tension - Loosen up joints - Speed up recovery - Work out knots in muscles 	<p>Barbell Bench Press x3 (10,12,15)</p> <p>Lat Pull Down x 3 (10,12,15)</p> <p>Overhead DB Press x3 (10,12,15)</p> <p>Barbell Biceps Curl x 3 (10,12,15)</p> <p>Rope Pressdown x3 (10,12,15)</p>	<p>Leg Press x 3 (10,12,15)</p> <p>Leg Extension x 3 (10,12,15)</p> <p>Seated Leg Curl x 3 (10,12,15)</p> <p>Standing Calf Raise x3 (10,12,15)</p> <p>Seated Calf Raise x 3 (10,12,15)</p>	<p><u>Recovery Day:</u></p> <p>Make sure your diet is still on track, healthy fats help:</p> <ul style="list-style-type: none"> - Increase recovery - Boost sex drive - Ramp up testosterone levels 	<p><u>Cardio Day:</u></p> <p>Slow jog 20 Minutes.</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>Incline Bar Bench Press x 4 (10,10,12,5)</p> <p>DB Fly x 4 (10,12,15,10)</p> <p>Overhead DB Press x 4 (10,12,15,10)</p> <p>DB Kickback x 3 (10,12,15)</p>	<p>Barbell Upright Row x 4 (8,10,12,12)</p> <p>Incline DB Biceps Curl x 4 (8,8,10,12)</p> <p>Machine Preacher Curl x4(8,10,10,12)</p> <p>Crunch x 3 (10-15)</p> <p>Reverse Crunch x 3 (10-15)</p>	<p>Back Squat x 4 (8,10,10,12)</p> <p>Leg Press x 4 (8,10,10,12)</p> <p>Seated Leg Curl x 4 (8,10,10,12)</p> <p>Standing Calf Raise x 3 (15,15,15)</p>	<p>Incline Bar Bench Press x 4 (10,10,12,5)</p> <p>DB Fly x 4 (10,12,15,10)</p> <p>Overhead DB Press x 4 (10,12,15,10)</p> <p>Smith Machine Upright Row x 3 (10,12,12,15)</p>	<p>Barbell Upright Row x 4 (8,10,12,12)</p> <p>Incline DB Biceps Curl x 4 (8,8,10,12)</p> <p>Single Arm DB Row x 3 (10,12,12)</p> <p>Machine Preacher Curl x4(8,10,10,12)</p> <p>Crunch x 3 (15,20,20)</p>	<p>Back Squat x 4 (8,8,10,12)</p> <p>Leg Press x 4 (8,8,10,12)</p> <p>Romanian Deadlift x 3 (8,8,10,12)</p> <p>Seated Calf Raise x 4 (8,10,12,10)</p> <p>Reverse Crunch x 3 (10,10,10)</p>	<p><u>Recovery Day:</u></p> <p>Yoga and Meditation have been seen to:</p> <ul style="list-style-type: none"> - Lower Stress - Prevent Overtraining - Increase Focus
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>DB Bench Press x 5 (10,10,10,10,10)</p> <p>DB Flye x 5 (10,10,10,10,10)</p> <p>DB Kickback x 4 (10,10,10,10)</p> <p>Rope Pressdown x 4 (10,10,10,10)</p> <p>Machine Lat Raise x 3 (10,12,12)</p>	<p>Back Squat x 4 (8,8,10,12)</p> <p>Leg Press x 4 (8,8,10,12)</p> <p>Seated Leg Curl x 4 (8,8,10,10)</p> <p>Seated Calf Raise x 4 (8,10,12,10)</p> <p>Crunch x 3 (12,12,12)</p>	<p><u>Recovery Day:</u></p> <p>Shower/Bathing with cold water can help:</p> <ul style="list-style-type: none"> - Reduces soreness - Flushes out toxins - Reduces swelling and inflammation 	<p>Overhead DB Press x 4 (12,12,12,12)</p> <p>Upright Row x 4 (10,10,10,10)</p> <p>DB Lateral Raise x 4 (8,10,10,10)</p> <p>Seated Calf Raise x 3 (10,10,10)</p> <p>Crunches x 10 (10 per set)</p>	<p>Bent Over Row x 4 (8,10,12,12)</p> <p>Lat Pull Down x 4 (8,10,12,12)</p> <p>Barbell Bicep Curl x 4 (10,10,10,12)</p> <p>Incline DB Biceps Curl x 3 (8,10,12)</p> <p>Machine Preacher Curl x 3 (8,10,12)</p>	<p><u>Recovery Day:</u></p> <p>Stay hydrated, plenty of water helps:</p> <ul style="list-style-type: none"> - Speed up recovery - Flushes out impurities - Prevents headaches 	<p>Back Squat x 5 (8,10,12,12,12)</p> <p>Leg Press x 5 (10,10,12,12,12)</p> <p>Romanian Deadlift x 5 (8,8,10,10,12)</p> <p>Crunches x 1 (100)</p>