

**TORQUE** BARBELL

# INTRO TO STRENGTH TRAINING

BASIC EXERCISES  MUSCLE BUILDING PROGRAM



**TBC**

## TRAINING PROGRAM

*This is our "Intro to Proper Lifting" program which is a 3 day program incorporating the most "bang for your buck" exercises.*

### DAY 1 – Upper Body

**Warmup** – 3 sets of 15-20 reps each exercise – light to moderate weight, focus on muscle contractions.

1. Tricep Pushdown (rope, straight bar, or v-handle)
2. Curl Machine or Cable Curl
3. Lat Pulldown Machine
4. Standing Shoulder Raise Machine or DB Shoulder Raise



**Superset 1** – 3 sets of 10 reps each exercise – increase weight each set.

1. Seated Cable Row
2. Seated Shoulder Press Machine

*\* Superset means two or more exercises back to back with no rest between exercises*



**Superset 2** – 3 sets of 10 reps each exercise – increase weight each set.

1. Tricep Pushdown (use a different handle than warmup)
2. Cable Curl (or dumbbell curl if used in warmup)



**Superset 3 – 3 sets 15 reps each exercise** – increase weight each set and drop to 8-10 reps if needed.

1. Incline DB Press
2. Standing DB Shoulder Press
3. 1 Arm DB Row



The above circuit should be completed within 30-40 minutes and followed with 20-30 minutes of steady state cardio with heart rate around 130bpm (download “Heart Rate App” on your phone and monitor every 5 minutes).

1. Walking on treadmill @ level 3.6 and incline of 1-2%.
2. Riding an upright bike on level 3-4.
3. Stairmaster on level 3-4.

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## DAY 2 - Legs

**Warmup – 3 sets of 15-20 reps each exercise** – light to moderate weight, focus on muscle contractions.

1. Seated Leg Extension Machine
2. Laying Leg Curl Machine
3. Leg Press Machine



**Exercise 1 – 3 sets of 8 reps** – Continue from your warmup, but now increase the weight each set.

1. Leg Press

*\*This means you will be doing 3 sets on your warmup, and 3 sets on Exercise 1. Six sets of leg press total.*

**Exercise 2 – 3 sets of 8 reps – increase weight each set**

1. Barbell Squat (picture 1) or Smith Machine Squat (picture 2) or Box Squat (picture 3)

When performing Barbell Squat, if you can't get all the way down, start with box squats or bench squats (picture 3).



**Superset 1 – 3 sets of 10 reps each exercise – Use moderate weight, focus on good technique**

1. Dumbbell Squat
2. Dumbbell Stiff Leg Deadlift



**Superset 2 – 3 sets of 15 reps each exercise – Use moderate weight, focus on good technique**

1. Seated Leg Extension
2. Bodyweight Sissy Squat Machine
3. Seated Hamstring Curl



## DAY 3 – Full Body

**Warmup** – 3 sets of 15-20 reps each exercise – light to moderate weight, focus on muscle contractions.

1. Tricep Pushdown (rope, straight bar, or v-handle)
2. Curl Machine or Cable Curl
3. Lat Pulldown Machine
4. Standing Shoulder Raise Machine or DB Shoulder Raise



**Superset 1** – 3 sets of 15 reps each exercise – focus on good, fast repetitions. No rest between exercises.

1. Dumbbell Row
2. Dumbbell Incline Press
3. Dumbbell Curl
4. Laying Tricep Extension



**Superset 2** – 3 sets of 15 reps each exercise – focus on good, fast repetitions. No rest between exercises.

1. Cable Row
2. Shoulder Press Machine
3. Dumbbell Shoulder Raise
4. Chest Fly Machine



**Superset 3 – 3 sets of 15 reps each exercise** – Use moderate weight, focus on good technique

1. Seated Leg Extension
2. Bodyweight Sissy Squat Machine
3. Seated Hamstring Curl



**Superset 4 – 3 sets of 10 reps each exercise** – Use moderate weight, focus on good technique

1. Barbell Conventional Deadlift
2. Barbell Sumo Deadlift
3. Power Squat Machine
4. Walking Lunge (15 per leg)



**Core & Cardio Conditioning** – Perform these with a fast tempo and short rest periods after each round

**3 Rounds**

- 10 Med Ball Slams
- 10 Situps
- 15 Leg Raises (*hands under glutes*)
- 100 Skips or 50 Mountain climbers

**2 Rounds**

- 20 V-sits
- 20 Up Downs
- 50 Battle Ropes (*both arms same time*)

\* If you still have some fuel in the tank, finish 10 minutes on the bike, treadmill, or stair climber

\*\* For more conditioning circuit and exercise ideas – visit our website and download our free e-book. You can also download our sample meal plans and nutrition guides. [www.torquebarbell.com/downloads](http://www.torquebarbell.com/downloads)