



# MUSCLE BUILDING

Exercise Manual

- ✓ Build lean muscle mass
- ✓ Exercise Guide With Pictures



# WARM UP & COOL DOWN

When it comes to warm up, we have 2 main goals:

1. Reduce the risk of injury

2. Increase performance

Perform some dynamic warm up of your choice, be it shoulder rotations, elbow rotations, horse kicks (back & forth, side to side).

More importantly, do exercise specific warm ups. If you are doing a squat, make sure to start with a lighter weight and gradually working your way up to your working sets. Warm up sets are not counted in the workout. They should be about 50% of effort. Depending on how heavy you are going, the number of warm up sets will vary.

## warming up using RAMP

**R**

Increase muscle temperature, core temperature, blood flow, muscle elasticity and neural activation. 55-65% of max heart rate (which is about 100-120 bpm for most young adults) 5-10 minutes.

**A**

Engage key muscles groups in preparation for the upcoming exercises. Usually hips and shoulders. Common movements are rotator cuff exercises and hip band drills.

**M**

Focus on taking the joints through the full range of motion. This typically involves your dynamic stretches like squat and reach (lower body) and wall slides (shoulders).

**P**

Progressively pyramid the weight to working sets to psychologically and physically prepare your body for the working sets. You should not be fatiguing your muscles on these warm up sets. A good guideline is going no more than 50% intensity/max effort on your warm up sets. Typically, 3-4 pyramid sets should be sufficient to build your way up to your working sets (this may differ between individuals).

**Cooling Down** – Stretch the muscle groups that were trained that session, and hold each stretch for ~30s. You can find many forms of stretches online; just remember to feel the correct muscle group.

# STRETCHES

Performing some stretches during the day and in between long hours at the desk can help relief some muscle tightness. It is easy for muscle groups such as the chest, and lower body (hip flexors especially) to develop tightness, which results in some form of over-compensation in posture.

Over time, the poor posture can lead to muscular imbalances and pain eventually. On top of strengthening the weaker muscle groups, it is also a good idea to stretch out muscle groups which are tight. Here are 4 stretches that are largely beneficial for long hours at the desk.

**CHEST STRETCH**



**LOWER BACK STRETCH**



**QUAD / HIP FLEXOR STRETCH**



**HAMSTRING STRETCH**



# EXERCISE MANUAL

## PUSH

### (DUMBBELL) FLAT BENCH PRESS



Primary Target Muscle Group: Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### (DUMBBELL) INCLINE BENCH PRESS



Primary Target Muscle Group: Upper Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### DUMBBELL FLAT FLYS



Primary Target Muscle Group: Chest

### DUMBBELL INCLINE FLYS



Primary Target Muscle Group: Upper Chest

### SEATED (DUMBBELL) SHOULDER PRESS



Primary Target Muscle Group: Shoulders  
Secondary Target Muscle Group: Upper Chest, Triceps, Traps

### DUMBBELL SIDE RAISES



Primary Target Muscle Group: Side Shoulders  
Secondary Target Muscle Group: Traps

# EXERCISE MANUAL

## PUSH

### DUMBBELL FRONT RAISE



Primary Target Muscle Group: Front Shoulders  
Secondary Target Muscle Group: Upper Chest

### DUMBBELL REAR FLYS



Primary Target Muscle Group: Rear Shoulders  
Secondary Target Muscle Group: Traps, Upper Back

### DUMBBELL ARNOLD PRESS



Primary Target Muscle Group: Front Shoulders  
Secondary Target Muscle Group: Upper Chest, Triceps, Traps

### CABLE CROSSOVERS



Primary Target Muscle Group: Chest

### PUSHUPS



Primary Target Muscle Group: Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### DIPS



Primary Target Muscle Group: Chest, Triceps  
Secondary Target Muscle Group: Front Shoulders, Core

# EXERCISE MANUAL

## PUSH

### INCLINE PUSHUPS



Primary Target Muscle Group: Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### DECLINE PUSHUPS



Primary Target Muscle Group: Upper Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### PIKE PUSHUPS



Primary Target Muscle Group: Shoulders  
Secondary Target Muscle Group: Chest, Triceps

### BUDDHA CLAPS



Primary Target Muscle Group: Side Shoulders  
Secondary Target Muscle Group: Upper Back

### LANDMIND PRESS



Primary Target Muscle Group: Upper Chest  
Secondary Target Muscle Group: Front Shoulders, Triceps

### SMITH MACHINE CHEST PRESS



Primary Target Muscle Group: Triceps  
Secondary Target Muscle Group: Chest, Front Shoulders

# EXERCISE MANUAL

## PUSH

### BENCH DIPS



Primary Target Muscle Group: Triceps  
Secondary Target Muscle Group: Chest, Front Shoulders

### (ROPE) TRICEP PUSHDOWN



Primary Target Muscle Group: Triceps

### DUMBBELL KICKBACK



Primary Target Muscle Group: Triceps  
Secondary Target Muscle Group: Back

### (DUMBBELL) SKULLCRUSHERS



Primary Target Muscle Group: Triceps

### DUMBBELL OVERHEAD EXTENSION



Primary Target Muscle Group: Triceps  
Secondary Target Muscle Group: Shoulders

### (BARBELL) CLOSE GRIP BENCH PRESS



Primary Target Muscle Group: Triceps  
Secondary Target Muscle Group: Chest, Front Shoulders

# EXERCISE MANUAL

## PULL

### LAT PULLDOWN



Primary Target Muscle Group: Back (Upper Lats)  
Secondary Target Muscle Group: Biceps

### V GRIP PULLDOWN



Primary Target Muscle Group: Back (Lower Lats)  
Secondary Target Muscle Group: Biceps

### PULL UPS



Primary Target Muscle Group: Back (Upper Lats)  
Secondary Target Muscle Group: Biceps, Core

### INCLINE PULL UPS



Primary Target Muscle Group: Mid-Back (Lats, Rhomboids)  
Secondary Target Muscle Group: Biceps

### DUMBBELL PULLOVERS



Primary Target Muscle Group: Back (Lats), Chest  
Secondary Target Muscle Group: Muscles of Ribcage (Serratus)

### STRAIGHT ARM PULLDOWN



Primary Target Muscle Group: Back (Lats)  
Secondary Target Muscle Group: Triceps



# EXERCISE MANUAL

## PULL

### (BARBELL) BENT OVER ROWS



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps

### SINGLE ARM DUMBBELL ROWS



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps, Core

### CABLE ROWS



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps

### FACEPULLS



Primary Target Muscle Group: Rear Shoulders, Upper Back  
Secondary Target Muscle Group: Biceps

### UPRIGHT ROWS



Primary Target Muscle Group: Shoulders, Upper Back (Traps)  
Secondary Target Muscle Group: Biceps

### CHEST SUPPORTED DUMBBELL ROW



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps

# EXERCISE MANUAL

## PULL

### CHIN UPS



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps

### REVERSE SNOW ANGELS



Primary Target Muscle Group: Back

### BACK WIDOWS



Primary Target Muscle Group: Back

### T-BAR ROWS



Primary Target Muscle Group: Back  
Secondary Target Muscle Group: Biceps

### SHRUGS



Primary Target Muscle Group: Upper Back (Traps)

### BACK EXTENSIONS



Primary Target Muscle Group: Lower Back  
Secondary Target Muscle Group: Hamstrings, Glutes

# EXERCISE MANUAL

## PULL

### STANDING BARBELL CURL



Primary Target Muscle Group: Biceps

### DUMBBELL HAMMER CURL



Primary Target Muscle Group: Biceps, Brachi  
Secondary Target Muscle Group: Forearm

### (EZ-BAR) PREACHER CURL



Primary Target Muscle Group: Biceps (Peak)

### DUMBBELL INCLINE CURL



Primary Target Muscle Group: Biceps (Stretch)

### DUMBBELL SPIDER CURL



Primary Target Muscle Group: Biceps (Peak)

### CABLE CURL



Primary Target Muscle Group: Biceps

# EXERCISE MANUAL

## LEGS

### (BARBELL) SQUATS



Primary Target Muscle Group: Quads  
Secondary Target Muscle Group: Hamstrings, Glutes, Core

### DUMBBELL GOBLET SQUATS



Primary Target Muscle Group: Quads  
Secondary Target Muscle Group: Hamstrings, Glutes, Core

### (BARBELL) DEADLIFT



Primary Target Muscle Group: Hamstrings, Lower Back  
Secondary Target Muscle Group: Quads, Glutes, Core

### BULGARIAN SPLIT SQUAT



Primary Target Muscle Group: Quads, Glutes  
Secondary Target Muscle Group: Hamstrings

### (DUMBBELL) LUNGES



Primary Target Muscle Group: Quads, Hamstrings  
Secondary Target Muscle Group: Glutes

### MACHINE LEG PRESS



Primary Target Muscle Group: Quads / Hamstrings  
Secondary Target Muscle Group: Hamstrings / Quads, Glutes

# EXERCISE MANUAL

## LEGS

### (BARBELL) HIP THRUSTS



Primary Target Muscle Group: Glutes, Core  
Secondary Target Muscle Group: Quads, Hamstrings,

### GLUTE HAM RAISE



Primary Target Muscle Group: Glutes, Hamstrings  
Secondary Target Muscle Group: Lower Back

### SEATED LEG EXTENSION



Primary Target Muscle Group: Quads

### SEATED LEG CURL



Primary Target Muscle Group: Hamstrings

### LYING LEG CURL



Primary Target Muscle Group: Hamstrings

### ABDUCTION / ADDUCTION MACHINE



Primary Target Muscle Group: Abductor, Glutes/ Adductors

# EXERCISE MANUAL

## LEGS

### SEATED CALF RAISE



Primary Target Muscle Group: Calves, Soleus

### STANDING CALF RAISE



Primary Target Muscle Group: Calves

### GLUTE KICKBACK



Primary Target Muscle Group: Glutes  
Secondary Target Muscle Group: Hamstrings

### STEP UPS



Primary Target Muscle Group: Quads, Glutes  
Secondary Target Muscle Group: Hamstrings

### GLUTE BRIDGE



Primary Target Muscle Group: Glutes  
Secondary Target Muscle Group: Hamstrings, Core

### KETTLEBELL SWINGS



Primary Target Muscle Group: Glutes, Hamstrings  
Secondary Target Muscle Group: Quads

# EXERCISE MANUAL

## LEGS

### SINGLE LEG HIP THRUST



Primary Target Muscle Group: Glutes, Core  
Secondary Target Muscle Group: Quads, Hamstrings,

### SINGLE LEG DEADLIFT



Primary Target Muscle Group: Hamstrings, Glutes  
Secondary Target Muscle Group: Core

### SIDE TO SIDE CRAB WALK



Primary Target Muscle Group: Glutes

### EXPLOSIVE JUMPS



Primary Target Muscle Group: Lower Body  
Secondary Target Muscle Group: Core

### JUMPING JACKS



Primary Target Muscle Group: Lower Body  
Secondary Target Muscle Group: Core

### BOX JUMPS



Primary Target Muscle Group: Lower Body  
Secondary Target Muscle Group: Core

# EXERCISE MANUAL

## CORE

### CRUNCHES



Primary Target Muscle Group: Abdominals (Upper)

### REVERSE CRUNCHES



Primary Target Muscle Group: Abdominals (Lower)

### FLUTTER KICKS



Primary Target Muscle Group: Abdominals, Obliques

### RUSSIAN TWISTS



Primary Target Muscle Group: Obliques, Abdominals

### LYING LEG RAISE



Primary Target Muscle Group: Abdominals (Lower)

### MOUNTAIN CLIMBERS



Primary Target Muscle Group: Obliques, Abdominals



# EXERCISE MANUAL

## CORE / OTHERS

### PLANKS



Primary Target Muscle Group: Abdominals

### SHOULDER TAPS



Primary Target Muscle Group: Abdominals

### CABLE CRUNCH DOWN



Primary Target Muscle Group: Abdominals (Upper)

### THRUSTERS



Primary Target Muscle Group: Full Body

### BURPEES



Primary Target Muscle Group: Full Body

### AB ROLLER



Primary Target Muscle Group: Abdominals