

MUSGLE BULDING

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).

D

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).

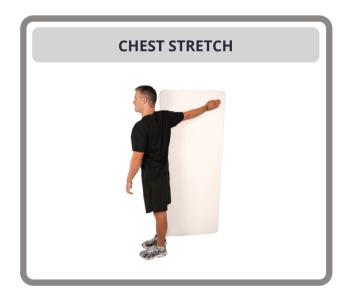
Cooling Down – Stretch the muscle groups that were trained that session, and hold each stretch for ~30s. You can find many forms of stretches online; just remember to feel the correct muscle group.



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 overcompensation 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.















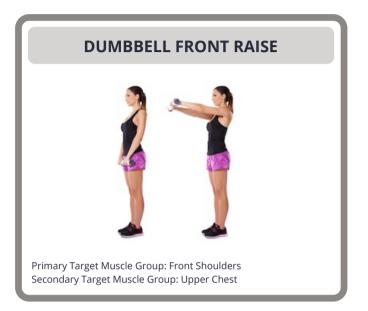




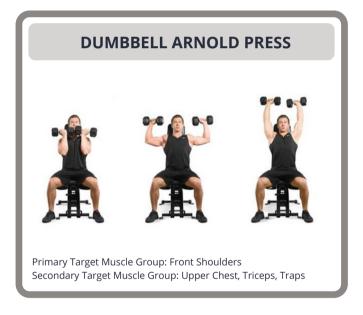


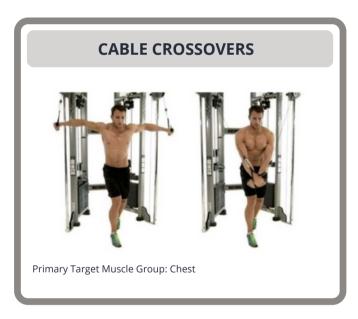


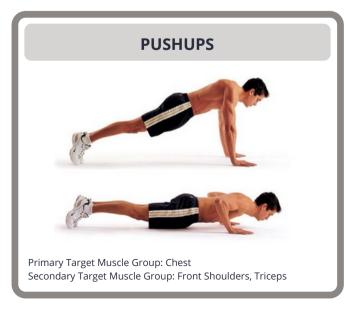


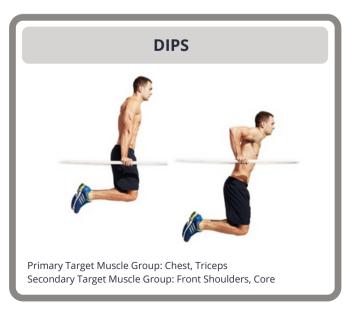




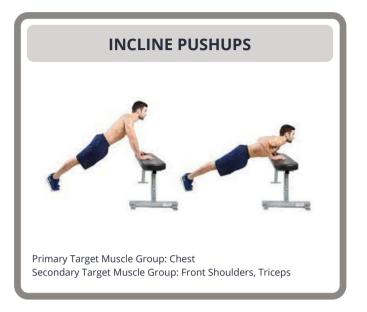


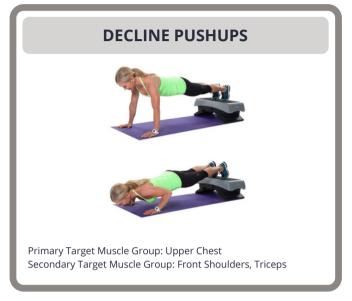














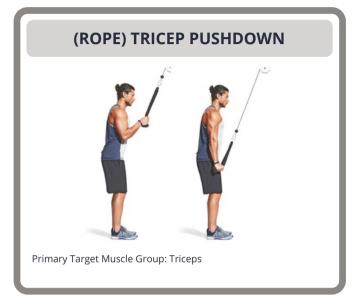


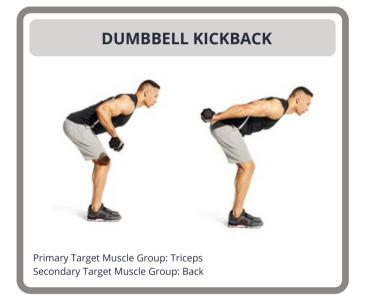






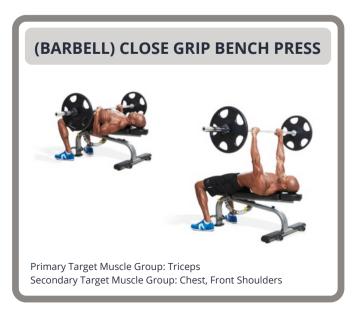






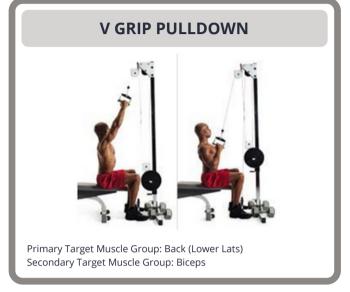


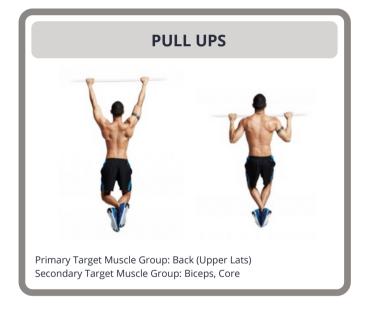


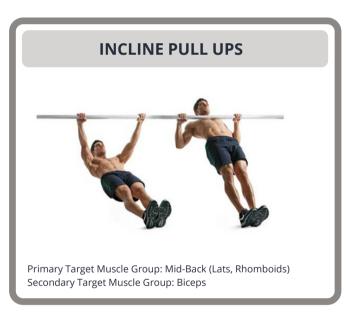


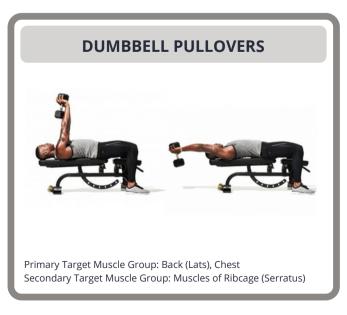


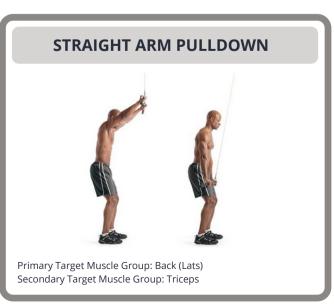








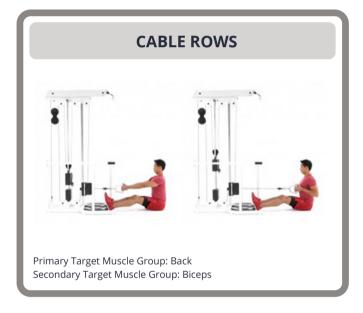


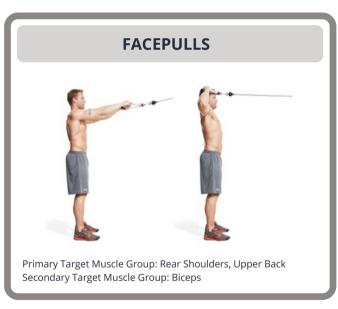


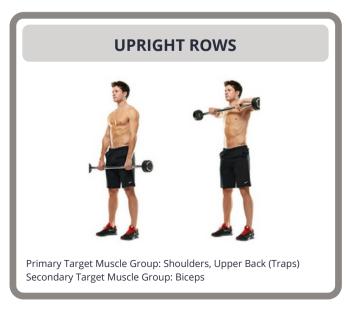


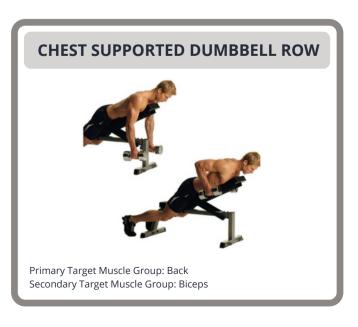




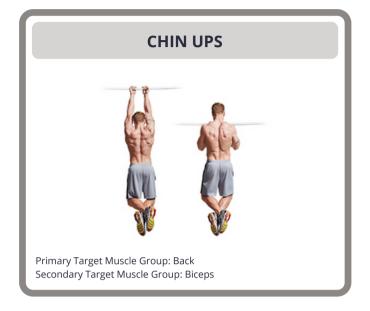








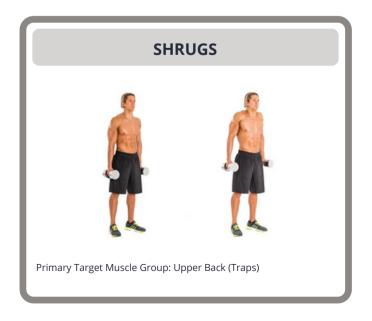








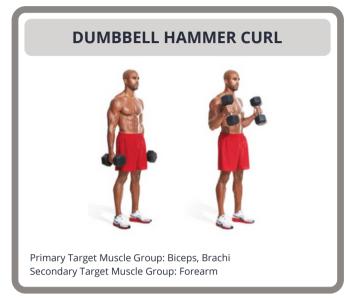


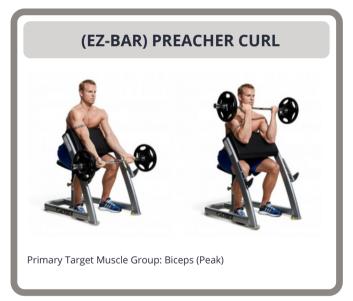


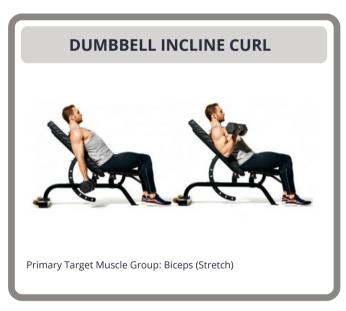




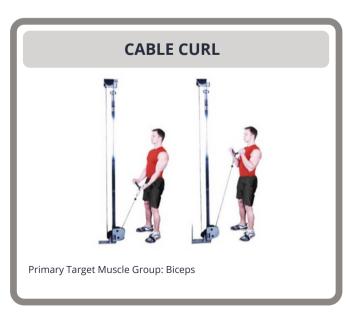












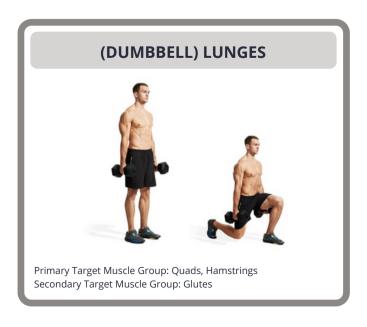




















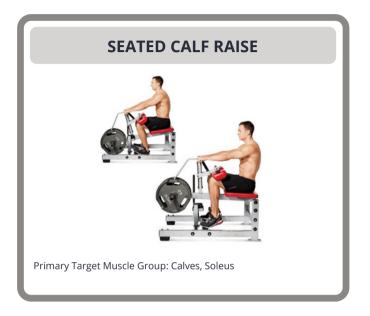














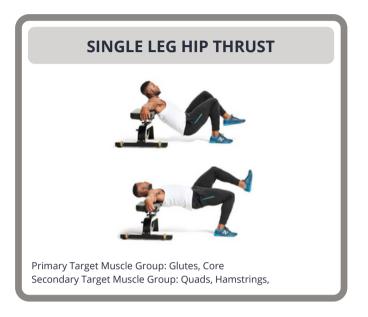




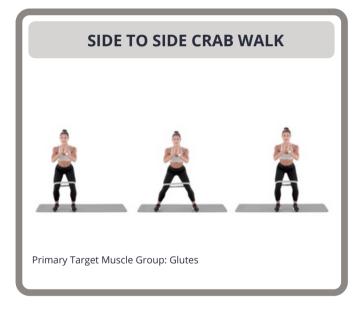


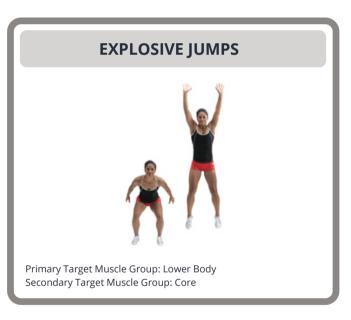


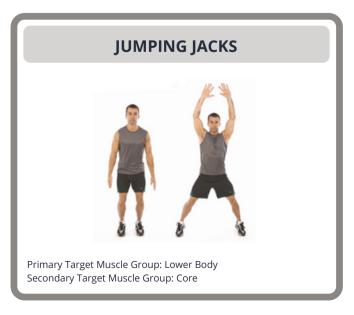








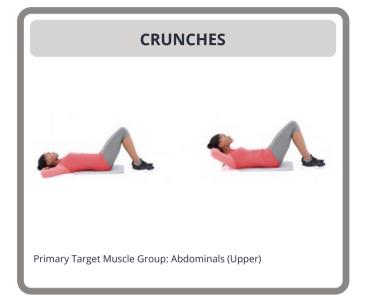


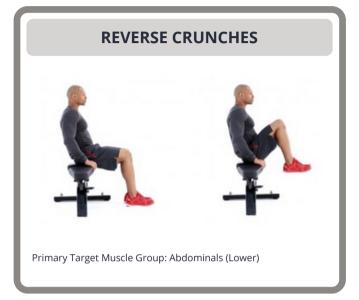


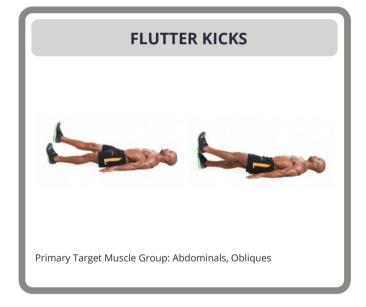




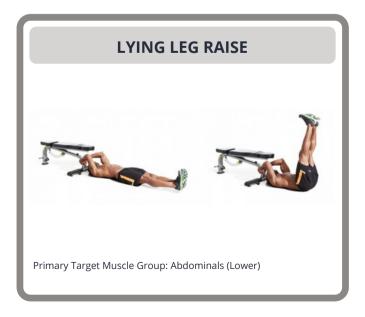
CORE















CORE / OTHERS

