Design your own weight training programme
Workout 1
Chest, Shoulders, & Triceps (pushing movements)

Chest  
choose 3 from the following and 
perform 8 to 12 reps x 2 sets:

• Cable fly  
• Cable cross over  
• Barbell bench press (flat/incline/decline)  
• Vertical chest machine  
• Incline chest machine  
• Dumbbell press (flat/incline/decline)  
• Dumbbell fly (flat/incline/decline)

Shoulders  
choose 3 from the following and 
perform 8 to 12 rep x 2 sets:

• Shoulder press machine  
• Barbell shoulder press  
• Dumbbell shoulder press  
• Dumbbell lateral raise  
• Dumbbell front raise  
• Cable lateral raise  
• Cable front raise

Triceps  
choose 3 from the following and 
perform 8 to 12 reps x 2 sets:

• Lying dumbbell/barbell extension  
• Cable push downs  
• Cable push outs  
• Dumbbell kick backs  
• Dips  
• Assisted dips
Workout 2
Back & Biceps (pulling movements)

Back
choose 2 from the following and perform 8 to 12 reps x 2 sets:

• Chin ups
• Assisted chin ups
• Lat pull down
• Single arm pull down
• Straight arm pull down
• Dumbbell pullovers

Back cont’d
choose 2 from the following and perform 8 to 12 reps x 2 sets:

• Compound row machine
• Bent over barbell/dumbbell row
• Bent over dumbbell flys
• Cable reverse flys
• Seated cable rows

Plus one of the following for 8 to 12 reps x 2 sets:

• Smith machine shrugs
• Barbell/dumbbell shrugs

Biceps
choose 3 from the following and perform 8 to 12 reps x 2 sets:

• Barbell/dumbbell standing curls
• EZ bar curls
• Preacher curls
• Seated dumbbell screw curls
• Low cable curls
• High cable curls
• Preacher machine curls
• Hammer curls
• Reverse grip curls
Workout 3
Legs
Choose 2 from the following and perform 8 to 12 reps x 3 to 5 sets:

- Leg press
- Barbell Deadlifts
- Smith squats
- Barbell Squats
- Barbell or dumbbell lunges

Then complete 8 to 12 reps x 1 to 2 sets of each of the following exercises:

- Leg extension
- Leg curl
- Hip adductor
- Hip abductor

Plus 8 to 12 reps x 2 sets of each of the following:

- Standing Calf raise on smith machine
- Seated calf raise
Design your own weight training programme

Have you been training your whole body each time you come to the gym and are now ready to try a split routine?

Want to get more focused on each body part to develop more muscle tone, definition, mass, and strength?

If the answer is YES then try the following basic split routine…

**Monday:**  Chest shoulders and triceps  
(pushing movements)

**Wednesday:**  Back and biceps  
(pulling movements)

**Friday:**  Legs (legs and full body lifts)

On each day do some core exercises at the end of your session

On alternate days focus on Cardiovascular training 
(20 to 60 mins at a moderate to high intensity)

Have one total rest day per week

Always warm up for 5 minutes before each session

Always stretch after each session

For more detailed advice on anything included in this programme card, please seek advice from our Fitness Professionals at the Health and Exercise Advice Centre or visit our website: www.glasgow.ac.uk/sport.

Further information and booking induction times are available at reception