

GERT LOUW – TRAINING PROGRAM

DAY 1

PRIMARY: pecs & biceps. SECONDARY: abs & calves [total of 21 sets]

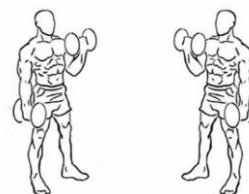
So let's assume Monday is your day 1.

- Three sets of 26 STANDING KNEE RAISES (warmup). Try and raise nipple high and squeeze the abs at the top position during every rep.
- Three sets of 30 (15 per arm) ALTERNATING DUMBBELL CURL.
- UPPER PECS. Three sets of 15 INCLINE BENCH DUMBBELL PRESS. Use various incline angle settings and do not always just stick to the one.
- Three sets of 25 SEATED CALVE RAISES. Here I use a bench to sit on with two bricks under the front part of my foot and a EZ bar on the upper leg.
- Three sets of 30 (15 each arm) DUMBBELL BICEP CONCENTRATION CURL. You must really squeeze the muscle at the top of the exercise. This is a great bicep peak builder, especially if you put a lot of effort in the get that squeeze at the top of the movement.
- Three sets of 15 FLAT BENCH PRESS. I use the suicide grip to relief strain on the wrists.
- Three sets of 26 STANDING KNEE RAISES (cooldown). Try and raise nipple high and squeeze the abs at the top position during every rep. This is a great exercise for the whole core.

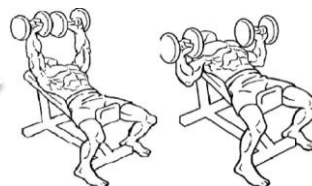
1. Standing knee raises - 3 Sets of 26 Reps (Warm Up)



2. Alternating dumbbell curl - 3 sets of 30 Reps



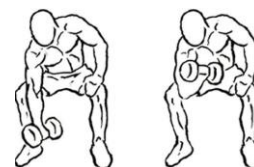
3. Incline bench dumbbell press - 3 sets of 25 Reps



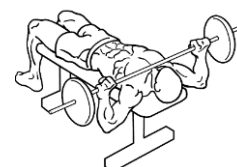
4. Seated calves raises - 3 sets of 25 Reps



5. Dumbbell bicep concentration curl - 3 sets of 15 Reps



6. Flat bench press - 3 sets of 15 Reps



7. Standing knee raises - 3 Sets of 26 (Cool Down)



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DAY 2

PRIMARY: shoulders & traps SECONDARY: abs & upper legs [total of 21 sets]

This will be typically Tuesday.

- Three sets of 26 AIR CYCLING ON MAT (warmup). Try and raise the knee to touch the opposite elbow while slightly arching back and squeeze the ab muscles at the at point of touching opposite elbow with knee.
- Three sets of 30 (15 per arm) SIDE LATERAL DUMBBELL RAISES. Do not raise higher than head. Shoulder height is perfect.
- Three sets of 15 SHRUGS. I use two barbells but that is simply because of my weight requirement. You can use dumbbells as well.
- UPPER LEGS. Three sets of 20 SQUATS.
- Three sets of 20 DUMBBELL MILITARY PRESSES. I keep my adjustable bench in upright position to support my back during the presses.
- Three sets of 15 SHRUGS. I use two barbells but that is simply because of my weight requirement. You can use dumbbells as well.
- Three sets of 26 AIR CYCLING ON MAT (cooldown). Try and raise the knee to touch the opposite elbow while slightly arching back and squeeze the ab muscles at the at point of touching opposite elbow with knee.

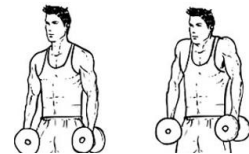
1. Air cycle - 3 Sets of 26 Reps (Warm up)



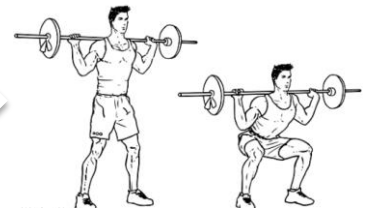
2. Side lateral dumbbell raises - 3 Sets of 30 Reps



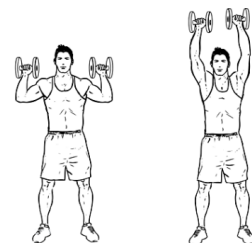
3. Shrugs - 3 Sets of 15 Reps



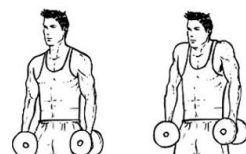
4. Squats - 3 Sets of 20 Reps



5. Dumbbell Military Press - 3 Sets of 20 Reps



6. Shrugs - 3 Sets of 15 Reps



7. Air cycle - 3 Sets of 26 Reps (Cool down)



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DAY 3

PRIMARY: back & triceps SECONDARY: upper legs & abs [total of 21 sets]

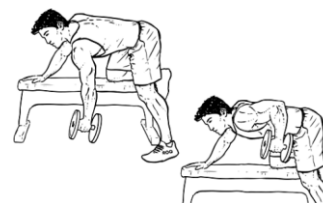
Wednesday is typically rest day, so this will be Thursday.

- UPPER LEGS. Three sets of 20 BODYWEIGHT SQUATS (warmup).
- Three sets of 30 (15 per arm) DUMBBELL ROWS. Squeeze the back muscle at top point of exercise.
- Three sets of 15 TRICEP DUMBBELL KICKBACKS. Squeeze the tricep at top point of exercise.
- Three sets of 20 STANDING OBLIQUE TWIST WITH BROOM.
- Three sets of 15 DEADLIFTS.
- Three sets of 15 SKULL CRUSHERS with EZ bar.
- UPPER LEGS. Three sets of 20 BODYWEIGHT SQUATS (cooldown).

1. Bodyweight squats - 3 Sets of 20 Reps (Warm up)



2. Dumbbell rows - 3 Sets of 15 Reps (per arm)



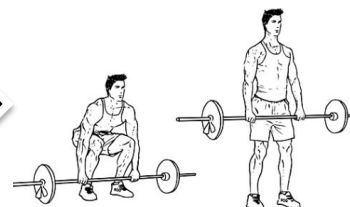
3. Triceps dumbbell kickbacks - 3 Sets of 15 Reps (per arm)



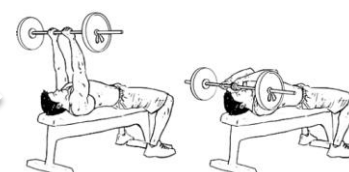
4. Standing Oblique twist with broom stick - 3 Sets of 20 Reps



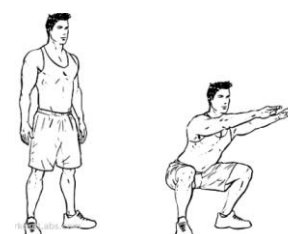
5. Deadlifts - 3 Sets of 15 Reps



6. Skull crusher - 3 Sets of 15 Reps



7. Bodyweight squats - 3 Sets of 20 Reps (Cool down)



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DAY 4

PRIMARY: upper legs and calves SECONDARY: abs [total of 21 sets]

This is typically Friday.

- Three sets of 26 STANDING KNEE RAISES (warmup). Try and raise nipple high and squeeze the abs at the top position during every rep.
- Three sets of 25 SEATED CALVE RAISES.
- UPPER LEGS. Three sets of 15 SQUATS.
- Three sets of 20 STANDING OBLIQUE TWIST WITH BROOM.
- Three sets of 25 SEATED CALVE RAISES again.
- UPPER LEGS. Three sets of 15 SQUATS again.
- Three sets of 26 STANDING KNEE RAISES (cooldown). Try and raise nipple high and squeeze the abs at the top position during every rep.

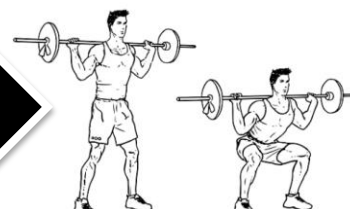
1. Standing knee raises - 3 Sets of 26 Reps (Warm Up)



2. Seated calves raises - 3 sets of 25 Reps



3. Squats - 3 Sets of 15 Reps



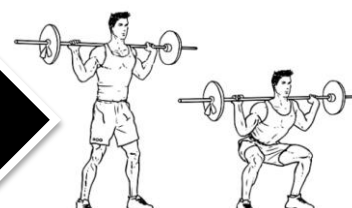
4. Standing Oblique twist with broom stick - 3 Sets of 20 Reps



5. Seated calves raises - 3 sets of 25 Reps



6. Squats - 3 Sets of 15 Reps



7. Standing knee raises - 3 Sets of 26 Reps (Cool down)



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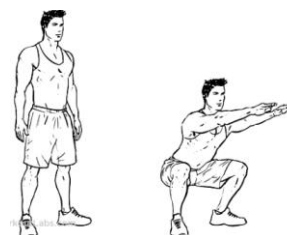
DAY 5

Lagging muscle groups [total of 15 sets]

This is typically Saturday.

- Identify your 3 weakest muscle groups.
- Start with either an ABS exercise or BODYWEIGHT SQUATS as a warmup and cooldown exercise at beginning and end of the training
 - 3 sets of 20 at start and
 - 3 sets of 20 at end.
- Do one exercise for each of the 3 identified “weak” muscle groups. Each exercise must be 3 sets with rep range between 12 -25 reps per set.

2. Bodyweight squats - 3 Sets of 20 Reps (Warm up)



1. Weakest muscle - 1 set of 12-25 reps



3. Weakest muscle - 1 set of 12-25 reps



4. Weakest muscle - 1 set of 12-25 reps



5. Bodyweight squats - 3 Sets of 20 Reps (Cool down)

