

MUSCLE GAINS PROGRAM

WARM-UP



INTRODUCTION

Properly warming up and cooling down is essential for preventing injuries and enhancing workout performance. The Muscle Gains program includes four different warm-ups and cool-downs tailored to match your workout. Warming up prepares your muscles and joints for the workout ahead. Cool-downs help relax the muscles, reduce soreness, and promote recovery.

UPPER BODY PUSH DAY

TIME	EXERCISE	DESCRIPTION	
10 Min	Walk, Bike, Bicycle	A light cardio activity to warm up the lower body	
2 ROUNDS			
SUPERSET	EXERCISE	DESCRIPTION	LENGTH
A1	Banded Shoulder Passes (Light)	A shoulder mobility exercise where you hold a resistance band with both hands and move it over your head and back down, keeping your arms straight	30 Seconds
A2	Scapular Push-Ups	A push-up variation focusing on the movement of the shoulder blades. Keep your arms straight and move your shoulder blades together (retraction) and apart (protraction)	30 Seconds
A3	Banded Triceps Over Head (Light)	An exercise where you hold a resistance band overhead and extend your arms to work the triceps	30 Seconds
A4	Incline Bench Push-Ups	A push-up variation performed with your hands on an elevated surface, reducing the load on your arms and making it easier than a standard push-up	30 Seconds

LOWER BODY DAY

TIME	EXERCISE	DESCRIPTION	
10 Min	Walk, Bike, Bicycle	A light cardio activity to warm up the lower body	
2 ROUNDS			
SUPERSET	EXERCISE	DESCRIPTION	LENGTH
B1	Toy Soldier	A dynamic stretch where you kick one leg straight up in front of you while reaching for your toes with the opposite hand, mimicking a toy soldier's march	30 Seconds
B2	Groin Stretch	A stretch targeting the inner thigh muscles, often performed by sitting with your feet together and knees apart, then gently pressing your knees towards the floor	30 Seconds
B3	Dynamic Quadriceps Stretch	A moving stretch where you pull your heel toward your glutes while walking to stretch the front of your thighs	30 Seconds
B4	Bodyweight Squats	A basic squat using only your body weight, focusing on lowering your hips from a standing position and then standing back up	30 Seconds

UPPER BODY PULL DAY

TIME	EXERCISE	DESCRIPTION	
10 Min	Walk, Bike, Bicycle	A light cardio activity to warm up the lower body	
2 ROUNDS			
SUPERSET	EXERCISE	DESCRIPTION	LENGTH
C1	Scapular Pull-Ups	A pull-up variation focusing on the movement of the shoulder blades. Hang from a bar and move your shoulder blades down and together without bending your elbows	30 Seconds
C2	Front Raises (3-5lb Dumbbell)	An exercise where you lift dumbbells in front of you to shoulder height, targeting the front deltoids	30 Seconds
C3	Lateral Raises (3-5lb Dumbbell)	An exercise where you lift dumbbells out to the sides to shoulder height, targeting the side deltoids	30 Seconds
C4	Rear Delt Raises (3-5lb Dumbbell)	An exercise where you bend over and lift dumbbells out to the sides, targeting the rear deltoids	30 Seconds

CARDIO RECOVERY DAY

TIME	EXERCISE	DESCRIPTION	
10 Min	Walk, Bike, Bicycle	A light cardio activity to warm up the lower body	
2 ROUNDS			
SUPERSET	EXERCISE	DESCRIPTION	LENGTH
D1	Ankle Flexion & Extension	Moving the ankle up and down to improve mobility and flexibility	30 Seconds
D2	Hamstring Sweeps	A dynamic stretch where you sweep your hands towards your toes while keeping one leg straight and the other bent	30 Seconds
D3	Hops	Place your feet together and hop for 30 seconds	30 Seconds
D4	High Knee	A cardio exercise where you run in place, lifting your knees as high as possible	30 Seconds
D5	Quads Dynamic Stretch	A moving stretch where you pull your heel toward your glutes while walking to stretch the front of your thighs	30 Seconds