Pain & Gain

*(This workout is not for beginners)*

Chest/Triceps



Tip: Make sure whatever you do for cardio, make it light and quick. You don’t want to be too tired to do the rest of the workouts.

Cardio- 5 mins.

* Jog around a track
* Ride a bike
* Shoot around in the gym

Incline



Tip: On the warm-up set focus on doing the motions right and not so much on the weight.

1.1 Warm up set- 12 reps

* 60 sec rest

2. 3 sets- 8-12

* increase weight after each set
* 60 sec rest after each set

3. 1 mixed-grip set- 21 reps

* 3 different grips (wide, chest-width, close grip)



Tip: Make sure to really open up your chest and stretch it while you lift.

Incline Dumbbell Fly’s

1. 3 sets- 8-12 reps

* increase weight after each set
* 60 sec rest after each set

2. 1 Drop set- until failure





Tip: We are using dumbbells here to try and make your weak arm as strong as your strong arm.

Tip: These sets are *superset*s. That means there is no rest between these exercises.

Dumbbell Bench Press

1. 4 sets- 6-10 reps

* increase weight after set
* 60-90 rest after each set

Dips/Push-ups

1. 3 sets- until failure

* 60-90 sec rest after each set

Skull Crushers/Close-Grip Bench



Tip: Slow down and make sure to work out your triceps and not your shoulders. Also these are supersets as well. No rest between exercises.

1. 1 warm up set- 12 reps

* 60-90 sec rest

2. 3 sets- 12-16 reps

* increase weight after each set
* 60-90 sec rest

Triceps Pushdown





Tip: Focus on flexing your triceps when pull the weight all the way down to your waist.

Tip: Make sure to lock your arms right over your head. A quadruple drop set is when you start off with heavy weight and go until failure. Once you do fail go a little lighter and do the same thing. Do this 4x.

1. 3 sets- 12-16 reps

* 60-90 sec rest

Overhead Dumbbell

1. 1 Quadruple Drop set- Until failure

\*Abs

* Abs are optional but recommended

after a tough workout.

* Abs are a little tough to work with because

everyone has to find their own routine that

will help them the best.

Back/Biceps



Tip: Make sure whatever you do for cardio, make it light and quick. You don’t want to be too tired to do the rest of the workouts

Cardio- 5 mins.

* Jog around the track
* Ride a bike
* Shot in the gym

Wide-Grip Pull-ups

Tip: These are to warm up your back before you lift weights. Make sure you try to hit 10 every time. Even if you need some assistants to do so.



1. 4 sets- 10 reps

* 60 sec rest after each set

Bent T-Bar Row

1. 3 sets- 10-15 reps

Tip: Try to pause at the top just to make sure you squeeze your back. The last set make sure to quickly take some weight off and begin your drop set.



* increase weight after each set
* 60 sec rest after each set

2. 1 Drop set- until failure

Close-Grip Front Lat Pull-down



Tip: Try to keep your body still and only move your arms. *Drop set*, quickly lower weight and knock out as many as you can.

1. 3 sets- 10-12 reps

* Increase weight after each set
* 60 sec rest after each set

2. 1 Drop Set- until failure

One-Arm Dumbbell Row



Tip: Focus on throwing your elbow straight back.

1. 3 sets- 8-12 reps

* increase weight after each set
* 60 sec rest after each set

Tip: Make sure to not lean forwards or backwards. Keep arms straight.



Straight-Arm Pull-down

1. 5 sets- 15 reps

* 30 sec rest after each set

EZ Bar Curl



Tip: With light weight focus on form. With heavy weight just do what you can to get it up.

1. 2 strict sets- 12-14 reps

* Little movement
* 60 sec rest after each set

2. 2 cheat sets- 4-6 reps

* Lift heavy
* 60 sec rest after each set

Tips: Focus on bending your elbow squeeze when you get to the top.



Incline Dumbbell Curl

1. 4 sets- 10-12 reps

* 30-60 rest after each set

Spider Curls/Hammer Curls

Tip: *Superset,* no break between exercises.



1. 2 sets- until failure

* 60 sec rest after each set

\*Calves

* Calves are optional at the end of this

workout.

* The routine is completely up to you

Tyrone Thompson

Styles

I have all of the workouts on the left side of the paper and all of the pictures and tips on the right. I have margins set at .5 inch on all sides. The whole paper is single spaced and 0pt spaced.

I have a title, sub-title, name of the exercise, steps of the exercise, and details of those steps. I also have tips next to each picture of the exercise.

The title is in Font Arial, size 24. The Sub-title is in Font Arial, size 16. The name of each exercise is in font Arial, size 14. The steps within the exercise are Cambria; size 12 same as the details of those steps. The pictures and tips are aligned on the right side of the paper. The tips are all Font Times New Roman, size 8. The pictures are also in a text box and are Justify within those boxes.

These workouts are meant for athletes that have an understanding of the workouts I put down. This is not a workout for beginners that are just trying to get in shape or lose weight. This is for the people that go to the gym to workout out a specific body part, whether it’s for a sport or even a body building competition. Athletes will use my workouts to gain strength and power for any sport they participate in.