

**THE MECCA METHOD**  
**4 WEEK TRAINING PLAN**  
**WEEK 2**



# BUILD MUSCLE

**Purpose:** To continue building your baseline muscular strength and cardiovascular fitness with two full body strength training workouts, four cardio sessions. While you train the same number of days this week you will begin to add more volume through an increase in sets. Additionally, the program will begin to introduce you to free-weight movements for your ancillary muscle groups. The final progression will be to add an additional ten minutes of cardio on your "cardio only" days.

**DAY 1: FULL BODY**

**DAY 2: CARDIO**

**DAY 3: REST**

**DAY 4: FULL BODY**

**DAY 5: CARDIO**

**DAY 6 & 7: REST**

FULL BODY: STRENGTH TRAINING									
<p>EZ BAR PREACHER CURLS</p> <ul style="list-style-type: none"> <li>▷ Make sure the arm pad is adjusted so that it's positioned at your armpits while you are sitting up straight</li> <li>▷ Slowly lower the weight down to near full elbow extension then lift the weight back to the starting position</li> <li>▷ Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction</li> </ul>					<p>CLOSE GRIP BENCH PRESS</p> <ul style="list-style-type: none"> <li>▷ The grip should be close enough that your arms are parallel to one another at the starting position</li> <li>▷ Slowly lower the weight down while keeping your elbows close to your sides</li> <li>▷ Allow the bar to lightly touch your sternum and then press the weight back to starting position</li> <li>▷ Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction</li> </ul>				
DAY 1					DAY 4				
WARM-UP	10 MINS: ELLIPTICAL								
EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	EXERCISES	SETS	REST	REPS	WEIGHT DAY 4
Leg Press	Set 1	1 min	15		Leg Press	Set 1	1 min	15	
	Set 2		15			Set 2		15	
	Set 3		15			Set 3		15	
Incline Chest Press	Set 1	1 min	15		Incline Chest Press	Set 1	1 min	15	
	Set 2		15			Set 2		15	
	Set 3		15			Set 3		15	
LAT Pulldown	Set 1	1 min	15		LAT Pulldown	Set 1	1 min	15	
	Set 2		15			Set 2		15	
	Set 3		15			Set 3		15	
Ez Bar Preacher Curls	Set 1	1 min	15		Close Grip Bench Press	Set 1	1 min	15	
	Set 2		15			Set 2		15	
Crunches	Set 1	1 min	15		Crunches	Set 1	1 min	15	
	Set 2		15			Set 2		15	
CARDIO	20 MINS CARDIO EQUIPMENT								

### CARDIO: CARDIO SESSION

On Cardio Session days you either can do a 45 - 60 min. Cardio Workout on a cardio machine or you can take a Group Fitness Class.

Check out your local GGX schedule for details.

### DAY 2

EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	

### DAY 5

EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	

**BUILT BY GOLD'S X POWERED BY PANDA**