

THE MECCA METHOD
4 WEEK TRAINING PLAN
WEEK 3

BUILD MUSCLE



Purpose: Now that we have worked on our baseline fitness for two weeks, the program will transition from full body workouts and low intensity cardio to targeting specific muscle groups on specific days and moderate intensity cardio. This will result in three days of muscle group specific strength training and one day that's "cardio only".

DAY 1: PUSH MUSCLES DAY 2: PULL MUSCLES DAY 3: REST DAY 4: CARDIO DAY 5: LOWER BODY DAY 6 & 7: REST

PUSH MUSCLES WORKOUT					PULL MUSCLES WORKOUT					LOWER BODY WORKOUT				
CLOSE GRIP BENCH PRESS ▷ The grip should be close enough that your arms are parallel to one another at the starting position ▷ Slowly lower the weight down while keeping your elbows close to your sides ▷ Allow the bar to lightly touch your sternum and then press the weight back to starting position ▷ Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction					EZ BAR PREACHER CURLS ▷ Make sure the arm pad is adjusted so that it's positioned at your armpits while you are sitting up straight ▷ Slowly lower the weight down to near full elbow extension then lift the weight back to the starting position ▷ Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction					PROPER FORM FOR HAMSTRING CURL Don't arch your back off the back pad during the hamstring curl. ▷ To execute proper form, make sure to sit up straight in the seat ▷ Keep your lower back against the pad at all times ▷ Keep your toes pointed up (ankles flexed) and pull the weight down and back towards your butt ▷ Once you have completed a full range of motion (ROM), slowly return the weight to the starting position				
DAY 1					DAY 2					DAY 5				
WARM-UP		10 MINS: ELLIPTICAL												
EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	EXERCISES	SETS	REST	REPS	WEIGHT DAY 2	EXERCISES	SETS	REST	REPS	WEIGHT DAY 5
Chest Press	Set 1	1 min	15		Lat Pulldown	Set 1	1 min	15		Leg Press	Set 1	1 min	15	
	Set 2		15			Set 2		15			Set 2		15	
	Set 3		15			Set 3		15			Set 3		15	
Overhead Press	Set 1	1 min	15		Seated Row	Set 1	1 min	15		Seated Hamstring Curl	Set 1	1 min	15	
	Set 2		15			Set 2		15			Set 2		15	
	Set 3		15			Set 3		15			Set 3		15	
Close Grip Bench Press	Set 1	1 min	15		EZ Bar Preacher Curl	Set 1	1 min	15		Leg Extension	Set 1	1 min	15	
	Set 2		15			Set 2		15			Set 2		15	
	Set 3		15			Set 3		15			Set 3		15	
Crunches	Set 1	1 min	15		Crunches	Set 1	1 min	15		Crunches	Set 1	1 min	15	
	Set 2		15			Set 2		15			Set 2		15	
	Set 1		15			Set 1		15			Set 1		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 4

EXERCISES

- Cardio Machine
- Group Fitness Class

TIME

BUILT BY GOLD'S X POWERED BY PANDA