
BUILD A WORKOUT

HNS Fitness

of training days

BEGINNER: 2-3 DAYS
INTERMEDIATE: 4-5 DAYS
ADVANCED: 5- 6 DAYS

Rep Ranges

1-5 =Strength
5-8= Strength and muscle building
8-12= Hypotrophy/muscle building
12-15= muscle building/endorance
15-20=endurance

The number of sets depends on your rep range that you choose. Along with if you are a beginner, Intermediate, or advanced. 3-5 sets is good for most people. The lower the reps, the more sets and vice versa.

How Much weight to choose

HOWEVER MANY REPS YOU CHOOSE, MAKE SURE ITS DIFFICULT ENOUGH YET WITHOUT LOSING PROPER FORM. THE LAST FEW REPS SHOULD ALWAYS BE THE HARDEST.

How Many days?

CHOOSE A SPLIT THAT WORKS WITH YOUR SCHEDULE. HOW MANY DAYS DETERMINES HOW YOU SPLIT UP THE WORKOUTS. FOR EX: YOU CANT SPLIT ALL MUSCLES ON SINGLE DAYS (LEGS, SHOULDERS, ABS, ARMS, BACK ECT) IF YOU ONLY CAN WORKOUT 3 DAYS A WEEK.

YOU SHOULD ALSO CHOOSE DAYS BASED ON EXPERIENCE LEVEL. YOU CAN REALLY GET CREATIVE WITH SUPERSETS, CIRCUIT STYLE, AMRAP ECT.

Cardio?

DEPENDS ON YOUR GOALS. IF YOU ARE LOOKING TO BUILD MUSCLE, I WOULD LIMIT CARDIO. IF YOU HAVE A TON OF FAT TO LOSE, I WOULD RECOMMEND STARTING WITH 3X A WEEK FOR 20-40MNS SESSIONS. ALWAYS AFTER LIFTING.