



***BASIC  
MUSCLE GAIN  
PROGRAM***



**2 levels of difficulty**



**Focus on improving overall health**



**Resistance training focused**

# ***WHAT IS THE PROGRAM...***

Welcome to the TJA Basic Muscle Gain Program!

This program is for general use and you should always seek a medical professional such as a doctor before starting new exercise/fitness regimes.

This is a great starting program to prepare you for online personal training or 8 week challenges or if you are brand new to the gym!

Please don't hesitate to reach out for any help or assistance through @thejungleacademy social media.

Good luck,  
Cobes

Green = Beginner

Orange = Intermediate/Advance

# ***DISCLAIMER...***

Please ensure you seek approval and advice from your local GP/Doctor before starting any exercise or health program.

This challenge and the programs and information provided are general and not specific to the individual.

Mobility, injuries, experience and abilities should all be taken into account before starting any exercise or health program, this is why it is suggested to seek medical advice.

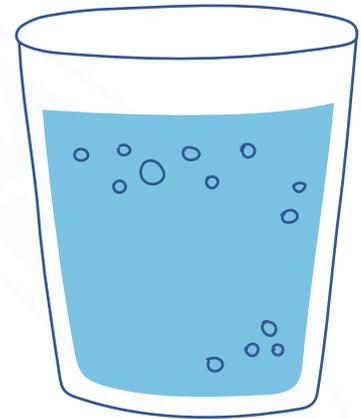
The suggestions given throughout this document regarding nutrition is from over 8 years experience working with real life clients, getting real life results. Everything in this document is suggestions based off results from prior clients. Again, please seek medical advice from a doctor before starting any health program.

# ***WHERE DO WE START...***

Before you look at what you eat and what exercises to do, there are two things you **MUST** make sure you improve on:

- 1) Water intake
- 2) Sleep

If these two are not a focus, everything else will be affected to various degrees.



## **1) Water intake:**

The most simple way to think about it is 3.0L per day is minimum. This means no exercise, simply going about your day as usual, you need to consume minimum 3.0L per day.

*Hot tip: Carry a large 1.0L water bottle with you.*

*1st bottle started as soon as you wake up and finished by morning tea*

*2nd bottle finished between lunch and end of work*

*3rd bottle finished by bed time*

## **2) Sleep:**

Don't get me wrong, I understand what a busy life has to sacrifice, being a uni student who works full time and has a beautiful relationship, sleep is usually sacrificed.

8 hours per night is optimum, try your absolute hardest to get this sleep in. Muscles don't grow in the gym, it is when you sleep they re-build and grow bigger. While trying to lose weight, lack of sleep can increase appetite and can even increase how much energy your body is burning (we discuss later. how burning fat = weight loss). Your body will go into survival mode without enough sleep and try to limit how much energy is being burnt.

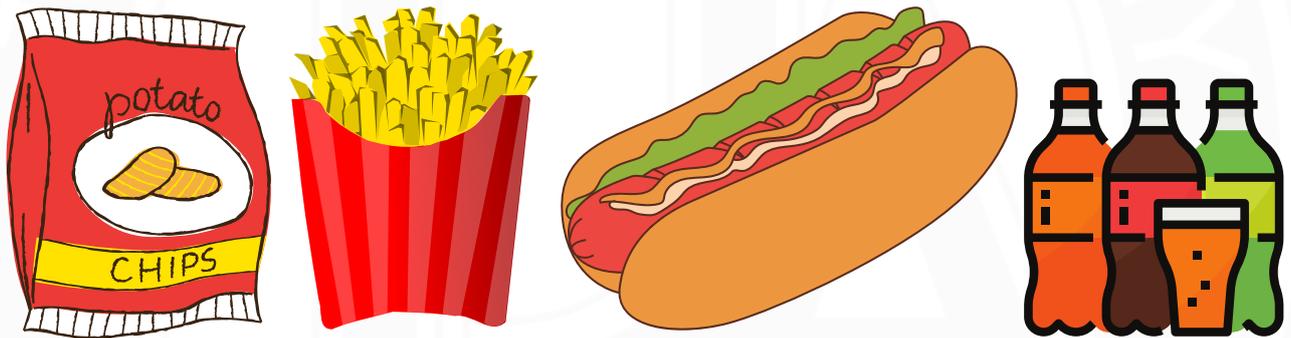
# ***KEEP THE EATING SIMPLE...***

If you are new to focusing on nutrition and working on your diet, keep it simple.

*If the food you want to eat has come straight from the ground or has had as little contact with humans as possible, it's good!*

*If the food has been processed and altered and had things added to it, reduce how much you have!*

## ***Eat less of:***



## ***Eat more of:***



By following this simple rule when you are shopping you will soon notice improvements in your health (and probably your budget) as the food you are eating is more organic and nutritious and less sugary.



***THE PROGRAM***  
***MUSCLE/STRENGTH GAIN***

# WARM-UP...

Warm-ups are super important to making sure you prevent injuring yourself and maximising your results.

The best way to warm up is to start with some cardio; increase your heart rate, starting off slowly and making sure you finish off at a point where you are puffing and panting, or slightly out of breath.

Then moving through some very basic movements with resistance exercises; that allow your muscles and joints to be put under minimal stress.

Some cardio examples include;

- 5 minutes on the treadmill - starting with a walk and each minute increasing the level until you are finishing off on a fast jog
- 300m row - First 100m slow and cruising, next 100m a fast pace to finish with a 100m sprint
- Cycling for 5 minutes - 2.5 minutes on a light cycle (level 1-5 resistance) to then finish off with fast pace (level 5-10 resistance)

Some resistance examples include;

- x10 body weight squats, x10 incline push ups, x10 Aus Pulls (repeat twice)
- Using resistant bands to go through each exercise, 10 reps of each exercise

# ***PROGRAM 1***

## ***SESSION 1***

- 1) Machine chest press (10x2)
- 2) Machine seated row (10x2)
- 3) Leg press (10x2)
- 4) Incline push ups (10x2)
- 5) Aus pulls (15x2)
- 6) Crunches (15x2)
- 7) Plank (30 seconds x 2)
- 8) Cycle - 1km sprint

LVL 5-8

RPM 50-70

# ***PROGRAM 1***

## ***SESSION 2***

- 1) Machine shoulder press (10x2)
- 2) Lat pull down (10x2)
- 3) Leg press (10x2)
- 4) Bicep curls (15x2)
- 5) Tricep rope pull downs (15x2)
- 6) Leg curls (15x2)
- 7) Crunches (15x2)
- 8) Plank (30 seconds x 2)
- 9) Row - 200m "sprint"

# ***PROGRAM 2***

## ***SESSION 1***

- 1) Machine/DB chest press (12x3)
- 2) Lat pull down (12x3)
- 3) Goblet squats (12x3)
- 4) Machine/DB shoulder press (12x3)
- 5) Seated row (12x3)
- 6) Crunches (20x2)
- 7) Plank (30 seconds x 2)
- 8) Leg raises (15x2)

# ***PROGRAM 2***

## ***SESSION 2***

- 1) Machine/DB chest press (12x3)
- 2) Lat pull down (12x3)
- 3) Leg press (12x3)
- 4) Machine pec flys (12x3)
- 5) Seated row (12x3)
- 6) Rear delt flys (12x3)
- 7) Plank (30 seconds x 2)
- 8) Leg raises (15x2)

# ***PROGRAM 3***

## ***SESSION 1***

- 1) DB chest press (15x3)
- 2) Lat pull down (15x3)
- 3) Body weight squats (10x3)
- 4) DB shoulder press (15x3)
- 5) Seated row (15x3)
- 6) Leg press (15x3)
- 7) Plank (30 seconds x 2)
- 8) Row - 500m "sprint"

# ***PROGRAM 3***

## ***SESSION 2***

- 1) Machine/DB chest press (12x3)
- 2) Lat pull down (12x3)
- 3) Leg press (12x3)
- 4) Machine pec flys (12x3)
- 5) Seated row (12x3)
- 6) Leg extensions (12x3)
- 7) Leg curls (12x3)
- 8) Plank (30 seconds x 2)

# ***PROGRAM 1***

## ***SESSION 1 - CHEST & TRICEPS***

- 1) DB chest press (12x3)
- 2) DB incline press (12x3)
- 3) Machine pec flys (12x3)
- 4) DB shoulder press (12x3)
- 5) Superset (12x3)
  - DB skull crushers
  - Rope pull downs
- 6) Crunches (15x3)
- 7) Plank (60 seconds x 3)

# ***PROGRAM 1***

## ***SESSION 2 - BACK, BICEPS AND SHOULDERS***

- 1) Lat pull down (12x3)
- 2) Seated row (12x3)
- 3) Bent over rows (12x3)
- 4) Horizontal shoulder raisers (12x3)
- 5) Superset (12x3)
  - DB curls
  - Rope bicep curls
- 6) Bicycle crunches (15x3)
- 7) Leg raisers (15x3)

# ***PROGRAM 1***

## ***SESSION 3 - LEG DAY***

- 1) BB Squats (12x3)
- 2) Deadlifts (12x3)
- 3) Leg extensions (12x3)
- 4) Leg curls (12x3)
- 5) Lunges (50x1)
- 6) Bicycle crunches (15x3)
- 7) Leg raisers (15x3)

# **PROGRAM 1**

## **SESSION 4 - UPPER**

- 1) Bench press (12x3)
- 2) Single arm DB row (12eax3)
- 3) DB shoulder press (12x3)
- 4) Banded pull-ups (12x3)
- 5) Back extensions (12x3)
- 6) Superset (12x3)
  - BB curls (21's x 3)
  - Dips (20x3)
- 7) Leg raisers (15x3)

# ***PROGRAM 1***

## ***SESSION 5 - LOWER***

- 1) Leg press (12x3)
- 2) Goblet squats (20x3)
- 3) Leg extensions (12x3)
- 4) Leg curls (12x3)
- 5) Smith machine lunges (12x3)
- 6) Bicycle crunches (15x3)
- 7) Leg raisers (15x3)

# ***PROGRAM 2***

## ***SESSION 1 - CHEST & TRICEPS***

### **1) Superset (12x3)**

- DB chest press (80% weight)
- DB chest press (60% weight)
- DB chest press (50% weight)

### **2) DB incline press (12x3)**

### **3) Cable pec flys (12x3)**

### **4) DB shoulder press (12x3)**

### **5) Superset (12x3)**

- BB skull crushers
- Single arm rope pull downs

### **6) Crunches (15x3)**

### **7) Plank (60 seconds x 3)**

# **PROGRAM 2**

## **SESSION 2 - BACK, BICEPS AND SHOULDERS**

- 1) Superset (12x3)
  - Lat pull down (80% weight)
  - Lat pull down (60% weight)
  - Lat pull down (50% weight)
- 2) Seated row - ram head (12x3)
- 3) Bent over rows (12x3)
- 4) Lateral shoulder raises (12x3)
- 5) Superset (12x3)
  - BB curls
  - DB hammer bicep curls
- 6) Bicycle crunches (15x3)
- 7) Leg raises (15x3)

# ***PROGRAM 2***

## ***SESSION 3 - LEG DAY***

### 1) Superset

- Leg Press (12x3)
- Walking lunges (20x3)
- Wall Squat (60sec x 3)

### 2) Deadlifts (12x3)

### 3) Superset

- Leg extensions (12x3)
- Leg curls (12x3)

### 4) Crunches (15x3)

### 5) Bicycle crunches (30x3)

### 6) Leg raises (15x3)

# **PROGRAM 2**

## **SESSION 4 - UPPER**

- 1) Bench press (12x3)
- 2) Single arm DB row (12eachx3)
- 3) DB shoulder press (12x3)
- 4) Superset (12x3)
  - Shoulder shrugs
  - Lateral raises
- 5) Superset
  - BB curls (21's x 3)
  - Dips (20x3)
- 6) Leg raises (15x3)
- 7) Push-ups (50x1)
- 8) Pull-ups (50x1)