

# MUSCLE GROWTH AND WEIGHT LOSS

## WITH AARON MANIO

### DISCLAIMER

Not all exercise programs are suitable for everyone, if unsure please consult your physician before beginning this program. Any action in response to the instructions provided in this program is at the users discretion. Never exercise beyond the level at which you feel comfortable. The user assumes all risk of injury in the use of this program and the equipment used to perform its workouts.



# WARM UP

Before exercising, perform a full body stretch focusing on the:

**Chest, back, quadriceps, hamstrings and calves**

Dynamic stretches include:

- Arm circles (10 reps forward and backwards)
- Hip circles (10 left and right)
- Body weight squats (10 reps)
- Star jumps (1 minute)

# SESSION NOTES

Some of the exercises in this programme require a weight. If you do not have weights at home, feel free to use a backpack, some luggage or a shopping bag filled with clothes and household items as a substitute. You can load the bags as heavy or as light as you wish.

**Throughout the programme, focus on the quality of the rep over the quantity.**

# TEMPO

## Easy

No tempo, go at your own pace.

## Medium

1 second down, 1 second up with each rep.

## Hard

Increase load or 2 second down, 2 second up with each rep.

# DAY 1

Rest time: 60-90 seconds each set

	Hypertrophy		Weight loss	
Day 1: Upper body	Sets	Reps	Sets	Reps
Press ups	3	10 to 12	2	12 to 15
Tricep dips	3	10 to 12	2	12 to 15
Close grip press ups	3	10 to 12	2	12 to 15
Luggage rows	3	10 to 12	2	12 to 15
Shopping bag curls	3	10 to 12	2	12 to 15
Luggage shoulder press	3	10 to 12	2	12 to 15
Backpack front raises	3	10 to 12	2	12 to 15

# DAY 2

Rest time: 60-90 seconds each set

	Hypertrophy		Weight loss	
Day 2: Lower body and core	Sets	Reps	Sets	Reps
Backpack squats	3	10 to 12	2	12 to 15
Backpack lunges (alternating)	3	10 to 12	2	12 to 15
Luggage RDLs	3	10 to 12	2	12 to 15
V-sits	3	10 to 12	2	12 to 15
Arm plank taps	3	10 to 12	2	12 to 15
Laying down toe touches	3	10 to 12	2	12 to 15
Bicycle kicks	3	10 each side	2	12 to 15 each side

# DAY 3

Rest time: 60-90 seconds each set

	Hypertrophy		Weight loss	
Day 3: Upper body	Sets	Reps	Sets	Reps
Burpees with press up	3	10 to 12	2	12 to 15
Spiderman press up	3	10 to 12	2	12 to 15
Pike press up	3	10 to 12	2	12 to 15
Wide grip press up	3	10 to 12	2	12 to 15
Luggage rows	3	10 to 12	2	12 to 15
Shopping bag bicep curls	3	10 to 12	2	12 to 15

# DAY 4

Rest time: 60 seconds each set

Complete as a medium tempo circuit, only rest after doing all 4 exercises.

Day 4: 10 x 10 volume blitz	Sets	Reps
Deep squats	10	10
Burpees	10	10
Press ups	10	10
Luggage rows	10	10

# CARDIO 1

Feel free to perform your cardio sessions either on the same day as lifting workouts or as a separate day session.

Cardio 1	Time — easy	Time — medium	Time — hard
Walking up and down the stairs	10 minutes	20 minutes	30 minutes

# CARDIO 2

Feel free to perform your cardio sessions either on the same day as lifting workouts or as a separate day session.

Complete as a Tabata workout, doing the exercises for 60 seconds before resting for 10 seconds and moving on to the next exercise.

For weight loss, complete this circuit 4 or 5 times.

Cardio 2: Tabata	Time
Mountain climbers	60 seconds
Rest for 10 seconds	
Squat thrust	60 seconds
Rest for 10 seconds	
Lunge	60 seconds
Rest for 10 seconds	
Deep squats	60 seconds



# EXERCISE LIBRARY

## PRESS UP

Start with hands shoulder with apart. Keep core tight. Pinch your shoulder blades together and control the movement as you go down and up.



## CLOSE GRIP PRESS UP

Start with hands closer together - make a triangle shape with your hands. Keep torso straight and core tight. Pinch shoulder blades back and elbows tuck in.



## LUGGAGE BENT OVER ROW

Keep core tight and hinge from your hips. Pinch your shoulders back and keep your chest up. Row the luggage towards your ribs and squeeze at the top of the movement.



## SHOPPING BAG CURLS

Stand tall, keeping your torso straight and core engaged. Start by having your arms straight at the bottom, keeping a strong grip and your wrist straight. Curl the weight upwards until your hands are close to your shoulder at the top



## LUGGAGE SHOULDER PRESS

Stand tall, keeping your core tight. Keep chest up and facing forward. Keeping your wrists straight, push up and extend your arms like reaching towards the ceiling.



## ARM PLANK SHOULDER TAPS

Get into a press up position. With you hand, reach for your opposite shoulder whilst maintaining your hip position (don't let them rock side to side).





## BAG FRONT SHOULDER RAISES

Stand tall with bag in front of you. Keep arms straight - you won't need much weight with this exercise so focus on movement. Raise the bag up in front of you until it reaches shoulder height, keeping your back straight and prevent rocking your hips and leaning back wards.



## BACKPACK SQUATS

Stand with your feet shoulder-width apart. Keep your stomach tight and your chest forward. Begin with pushing your hips back and bending your knees (as if you're about to sit down). Push your knees out as you go down whilst keeping your centre of gravity around your mid-foot/heels. Keep your feet flat on the floor and push the ground away from you and finish at the top.



## BACKPACK LUNGES

Stand with your feet shoulder-width apart, keeping your torso straight and core tight. Take a big step forward and bend your knees to allow your hips to sink down. Keep your back knee off the floor and push up with the heel of your lead foot back to standing position.



## LUGGAGE RDLS

Stand nice and tall with your torso straight and with a straight back. Pinch your shoulder blades together and hinge from your hips. Push your bum back whilst keeping a straight back (maintain those shoulder blades pinched together). Lower the weight until you can feel the stretch in your hamstring and then come back up.





## V-SITS

Lay down with your back flat, feet and arms out. Whilst keeping your legs and arms straight, bring them up and at the same time bring your arms in. Reach for your toes as far as you but far enough where you can feel the contraction in your abdomen. As you go back down, keep your core engaged and keep your lower back flat on the floor/mat.



## BICYCLE KICKS

Lying on your back, fully extend the legs. The entire body should be parallel to the ground. Place arms above the head or off to the side for added stability. Slowly bring the right elbow to meet the left knee, bringing it toward the chest. When the left leg is at the chest, bring the left elbow to meet the right knee, while extending the left leg back to its straight position.



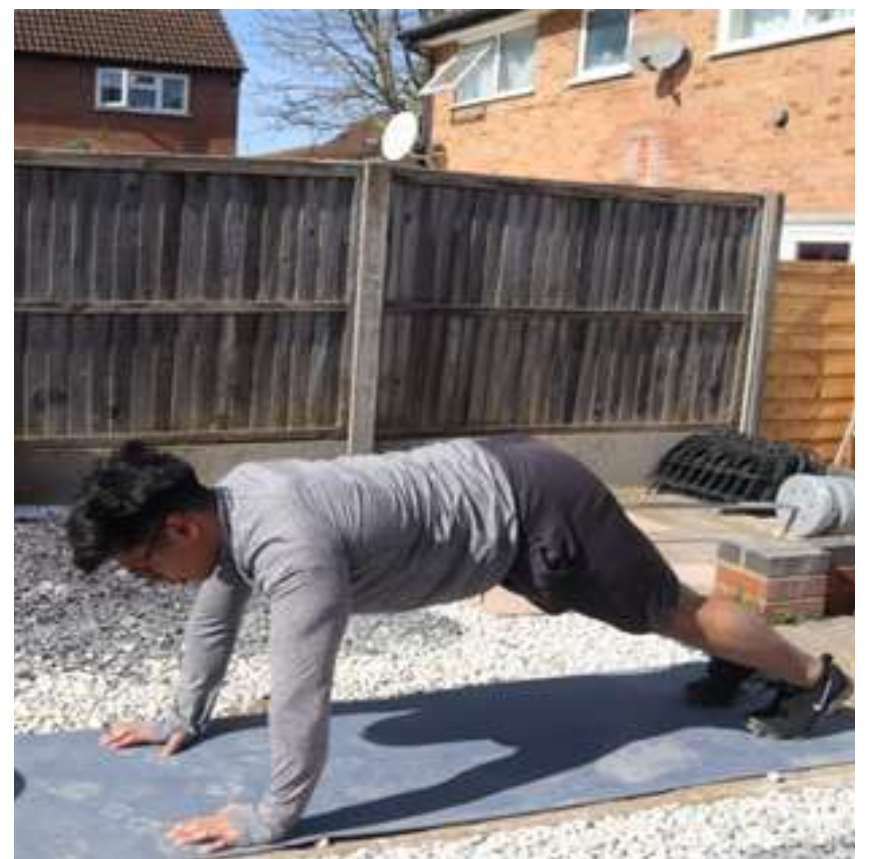
## TOE TOUCHES

Lay back with your legs straight and raised, and your arms straight in front of you. Reach towards your toes whilst keeping your legs still. Reach as far as you can until you feel contraction in your core.



## SQUAT THRUST

Get into a crouch position with your hands on the floor, just outside your knee width. Softly kick your legs back on to the balls of your feet into a plank position. Your body should form a straight line from head to heels. Jump your feet back so they land just inside of your hands.





## BURPEES WITH PUSH UP

Stand with your feet shoulder-width apart, weight in your heels and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Now perform 1 press up and jump your feet back in so that they land inside of your hands. Reach your arms over head and explosively jump up. Land softly and immediately lower back into a squat for your next rep. The jump can be removed to make this exercise easier.



## PIKE PUSH UP

Assume a push up position on the floor. Your arms should be straight and your hands should be shoulder-width apart. Now lift up your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible. Bend your elbows and lower your upper body until the top of your head nearly touches the floor. Pause, and then push yourself back up until your arms are straight.





## BURPEES

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back in so that they land just inside of your hands. Reach your arms up and jump explosively into the air and softly and immediately lower back into a squat for your next rep. The jump can be removed to make this exercise easier.



## TRICEP DIPS WITH BENT KNEES

Place your hands on a bench or chair behind you with your feet together and flat on the floor with knees bent. Lower your hips slowly as far as you can, then press back up powerfully. Keeping your core tight, pinch your shoulder blades back and push your chest out to protect your shoulders. Go down as far you can feel the contraction in your shoulders and triceps.



## SPIDERMAN PRESS UP

Get into a traditional press-up position. Lower yourself toward the floor and bring your right knee to your right elbow, keeping it off the ground. Press back up and return your leg to the starting position. Repeat with the alternate leg.

