

# Tempo (TUT) Training Workout Plan

## Day 1 – CHEST AND ABS

Exercise	Sets	Reps	Rest Period Between Sets	Tempo
Incline Dumbbell Bench Press	4	10, 8, 8, 6	1 – 2 minutes	3-1-1-0
Incline Dumbbell Flies	3	10, 8, 8	1 – 2 minutes	4-0-1-0
Flat Barbell Bench Press	4	8, 8, 6, 6	1 – 2 minutes	3-1-1-0
Push Ups	3	Do each set to failure	1 – 2 minutes	*
Hanging Knee Raises	4	10-15	1 minute	*

\*No specific tempo, do the exercise as you normally would.

## Day 2 – LEGS

Exercise	Sets	Reps	Rest Period Between Sets	Tempo
Barbell Squat	4	10, 8, 8, 6	2 – 3 minutes	3-1-1-0
Leg Extensions	4	10, 10, 8, 8	1 – 2 minutes	4-0-1-0
Leg Press	3	10, 8, 8	2 – 3 minutes	3-1-1-0
Dumbbell Lunges	4	15, 12, 12, 10	1 – 2 minutes	*
Seated or Standing Calf Raises	4	12, 12, 10, 10	1 – 2 minutes	At the top of the moment hold for 5 seconds on each rep

\*No specific tempo, do the exercise as you normally would.

## Day 3 – BICEPS AND TRICEPS

Exercise	Sets	Reps	Rest Period Between Sets	Tempo
EZ Bar Skullcrushes	4	10, 10, 8, 8	1 – 2 minutes	3-0-1-0
Tricep Pushdowns	4	10, 10, 8, 8	1 – 2 minutes	3-0-1-0
Incline Dumbbell Curls	4	10, 10, 8, 8	1 – 2 minutes	3-0-1-0
Barbell Curls	4	10, 10, 8, 8	1 – 2 minutes	3-0-1-0

## Day 4 – BACK

Exercise	Sets	Reps	Rest Period Between Sets	
Deadlifts	3	12, 10, 8	2 – 3 minutes	*
One Arm Dumbbell Rows	4	10, 8, 8, 6	1 - 2 minutes	3-0-0-1
Pull Ups/or Lat Pulldown	4	10, 8, 8, 6	1 - 2 minutes	4-0-0-1
Straight Arm Pulldown	3	12, 10, 8	1 - 2 minutes	*
Barbell Shrugs	4	15, 15, 15, 15	1 - 2 minutes	*

\*No specific tempo, do the exercise as you normally would.

#### Day 5 – SHOULDERS

Exercise	Sets	Reps	Rest Period Between Sets	
Smith Machine Shoulder Press	5	10, 10, 8, 8, 6	1 – 2 minutes	4-0-1-0
Dumbbell Lateral Raises	4	10, 10, 8, 8	1 – 2 minutes	3-0-3-0
Dumbbell Front Raises	4	10, 10, 8, 8	1 – 2 minutes	3-0-3-0
Rear Delt Cable Flyes	5	15, 12, 10, 8, 8	1 – 2 minutes	*

\*No specific tempo, do the exercise as you normally would.

#### Important Notes:

Before starting a workout, always stretch and also warm up first by doing a few light sets before each exercise.

If you are new to any of these exercises or haven't trained in a while, make sure to take it easy for the first few weeks. Otherwise you may find yourself extremely sore and stiff for a while.

Make sure you use proper form with each exercise. If you use bad form you risk serious injury. Use youtube or consult a fitness professional to see exactly how to perform the exercise's listed in this workout.

#### Disclaimer:

Before starting any exercise program, consult a qualified healthcare professional. Genteclabs.co.za and the author of this workout, without limitations, are not responsible for any injuries which may occur.