

# **A Beginners Guide To Bodybuilding**

**By Lee Hayward**



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Lee Hayward is a Physique Transformation Specialist who is committed to helping aspiring bodybuilding and fitness enthusiasts gain muscle, burn bodyfat, and develop the lean muscular body that they desire. Make sure to visit Lee's website and sign up for his FREE "Bodybuilding & Fitness Tips Newsletter" at: <http://www.LeeHayward.com>

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**"Lee, I'm new to working out and I'd like to build muscle and get in shape as fast as possible. But everyone that I talk to keeps telling me different ways to go about it. Please help me, I need advice on what I should do."**

This is one of the most common questions that floods my e-mail inbox on a daily basis. For people who are just getting started with a bodybuilding workout program the whole process can be a mind boggling experience. There is so much conflicting advice out there about weight training and exercise that you really don't know who or what to believe anymore.

I understand what you are going through because I went through the same thing when I began bodybuilding over 17 years ago. People always have a tendency to make things more complicated than they really are. But when you put aside all of the hype and get down to the basics you can see that building muscle and getting in shape is not very complex.

Don't get hung up on having the perfect training routine, with the precise number of sets and reps, or following the perfect eating plan, etc. Just get started and do it. You can figure out the details and find ways to improve as you go.

I am going to outline a good beginners bodybuilding weight training program that you can follow. You do not need to have any fancy exercise equipment. In fact you could follow this routine with a basic home gym set up. But if you have the option, I would recommend that you join a commercial gym. In addition to having higher quality exercise equipment to choose from, there is a lot more energy in a commercial gym. And this will help motivate you to stick to your workouts and make improvements.

Start off by working out every second day. This will give your body plenty of time for recuperation and muscle growth. Lifting weights will cause minor damage to the muscles and then the body reacts by building the muscles bigger and stronger in order to handle the demands that are being placed upon them. Muscles do not grow while you are working out; they grow while you are resting. Once you workout you have to give your body time to repair and build the muscles. Then you repeat the process of working out and rest.

A common mistake that a lot of novice bodybuilders make is thinking that the more they workout, the better results they will get. This is not true because what happens is the muscles get broken down, but they never get a chance to build back up. This is what is referred to in bodybuilding as "over training". When you over train your body can't build new muscle and you may even lose some of the muscle mass that you have now.

Here is a good solid workout routine that you can follow. With this routine you split up your workouts by exercising your upper body during the first workout, and then exercising your lower body during the second workout.

## **WORKOUT 1: (upper body)**

- Bench Press 3 sets of 10 reps (for the chest)
- Lat Pull Downs 3 sets of 10 reps (for the back)
- Seated Shoulder Press 3 sets of 10 reps (for the shoulders)
- Bicep Barbell Curls 3 sets of 10 reps (for the biceps)
- Triceps Push Downs 3 sets of 10 reps (for the triceps)

## **WORKOUT 2: (lower body)**

- Leg Press 3 sets of 10 reps (for the quadriceps)
- Leg Curls 3 sets of 10 reps (for the hamstrings)
- Leg Extensions 3 sets of 10 reps (for the quadriceps)
- Standing Calve Raises 3 sets of 15 reps (for the calves)
- Abdominal Crunches 3 sets of 25-50 reps (for the abdominals)

With this routine you workout every-other-day and alternate the two workout routines. So for example: Perform Workout 1, Take a day of rest, Perform Workout 2, Take a day of rest, and then repeat the cycle with Workout 1.

Prior to each exercise do 1 or 2 light warm up sets using about half of the weight that you would normally use for your working sets. The weight that you lift for the first couple of weeks should be light enough so you can complete the repetitions with ease. Then gradually, over time increase the amount of weight that you are lifting.

A good goal would be to add 5 lbs. to each exercise each week. For bigger exercises like bench presses, pull downs, leg presses, etc. this will be fairly easy to do, but for smaller exercises like bicep curls and tricep push downs you may not always be able to make those 5 lb. jumps in weight. There is a big difference between adding 5 lbs. to a 250 lb. leg press compared to adding 5 lbs. to a 25 lb. bicep curl. So just keep that in mind and do your best to increase your strength whenever possible.

At the beginning stages of your bodybuilding training it is best not to complicate things. Keep your workout routine simple and just focus on being consistent. The biggest factor with success in bodybuilding is to just stick with it and focus on making small frequent improvements overtime.

*"inch by inch life is a synch... yard by yard life is hard"*

## Workout Exercise Pictures

These workout exercise pictures were taken from the Lee Hayward's **Total Fitness Bodybuilding DVD Training System**.



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## Flat Barbell Bench Press



This is a great upper body exercise. It works the entire pectoral area, deltoids, and triceps. The lats, biceps, and forearms also come into play to help stabilize and balance the barbell.

Lie down on the flat bench press. Place your feet flat on the floor on each side of the bench. Grab the bar with a wider than shoulder width. Straighten your arms to lift the barbell off the rack. Position the bar so it is at arms length over your chest.

Lower the barbell until it touches your chest then press the bar back up until it is locked out at the starting position. As you lower the bar keep your elbows tucked so that your upper arms are at a 45-degree angles to the sides of your body. Do not let your upper arms go straight out to the sides as this will place excess strain on the shoulder joints.

*Tip - you should always have a training partner spot you when doing the bench press, just in case you need help lifting the barbell off your chest.*

## Lat Pull Downs



The lat pulldown works the lats, rear deltoids, biceps, and forearms.

Attach a bar to a high pulley. Grab the bar a bit wider than shoulder width. Sit down at the machine and place your knees under the knee pad.

Straighten your arms and let your lats stretch. Hold this position for a second. Arch your back and pull the bar down in front, try to touch the bar to your chest. Hold this position for a second to maximize the peak contraction, then straighten your arms to the starting position.

*Tips - you can vary your grip to work your back from different angles. (i.e. wide grip, narrow grip, overhand, underhand, etc.).*



## Seated Barbell Shoulder Press (aka "Military Press")



This is a basic shoulder exercise that works the front and side delts and the triceps. It also works the upper chest and upper back as secondary muscles.

Sitting on an upright bench. Grab the barbell with a wider than shoulder width grip. Push the barbell directly upward until it is at arms length above your shoulders. Lower the barbell down to the front of your shoulders, then press it back to starting position.

This exercise can also be done lowering the barbell to back of the head. But some people find that the behind the head version places more stress on the shoulder joints.

*Tip - you should always have a training partner spot you when doing the barbell shoulder press, just in case you need help lifting the barbell.*

## Standing Barbell Curls



This exercise is a basic movement that works the biceps and forearms.

Grab a barbell with an underhand grip. Stand with your feet shoulder width apart. Let the barbell hang in front of you at arms length. Keep your elbows close to your torso at all times.

Moving only your forearms, use your bicep strength to curl the barbell up to shoulder level. Hold this position for a second to maximize the peak contraction in the biceps, then slowly lower the barbell to the starting position.

*Tip – Grabbing the barbell with a wider grip will work more of the inner head of the biceps, helping to develop more muscle fullness. Grasping the barbell with a closer grip will work more of the outer head of the biceps, helping to develop more bicep peak.*

## Tricep Cable Push Downs



This exercise targets the outer head of the triceps.

Attach a bar to an overhead pulley. Stand in front of the pulley with your feet shoulder width apart. Grab the bar with a narrow overhand grip. Bend your arms fully and tuck your elbows close to your sides at all times during the exercise.

Moving just your forearms push the bar down in an arc motion until your arms are straight. Hold this position and squeeze your triceps for a second to maximize the peak contraction. Then slowly lower to the starting position.

*Tips - do not let the weight plates touch during the exercise, keep the tension on the tricep muscles. For variety you can use different bars attached to the overhead pulley (i.e. rope, ez bar, V bar, etc.) to work the muscles at different angles.*

## Leg Press



This movement works the quads, hamstrings, and glutes. The leg press allows you to work your legs hard without putting extra stress on your back.

Sit in the leg press machine with your back on the angled seat and your feet on the footplate about shoulder width apart with your toes pointed forward or just slightly out to the sides. Straighten your legs and release the bars at the sides of the machine. There is usually a handle on each side for you to hold on to and stabilize yourself.

Bend your legs and slowly lower the weight until your knees are at a 90-degree angle. Straighten your legs and lift the weight back up to the starting position.

## Lying Leg Curls



This movement isolates the hamstrings. This exercise is good for developing muscle detail in the backs of your legs.

Lie face down on the padded bench with your knees just over the edge of the bench. Hook your feet beneath the roller pads and grasp the handles at the sides of the machine for support.

Curl your legs and lift the weight up. Pause at the top for a second or two to enhance the peak contraction in the hamstrings, then lower the weight slowly to the starting position.

## Leg Extension



This movement isolates the quadriceps. This exercise is good for developing muscle detail between the individual segments of your quadriceps muscles.

Sit on the leg extension machine (adjust the seat according to your body). Hook your feet beneath the roller pads and grasp the handles at the sides of the machine for support.

Straighten your legs and lift the weight up. Pause at the top for a second or two to enhance the peak contraction in the quads, then lower the weight slowly to the starting position.

## Standing Calf Raise



This is a basic calf movement that works the gastrocnemius muscles.

Position yourself on a standing calf raise machine. Space your feet a bit closer than shoulder width apart. Keep your knees straight. Stand up on your tippy toes and hold this position for a second to enhance the peak contraction in the calves, then lower your heels as far down as you can getting a good stretch throughout the calves.

## Abdominal Crunches



This basic abdominal exercise isolates the upper half of the frontal abdominal wall.

Lie on your back on the floor. Your feet should be flat on the floor shoulder width apart with your knees bent at a 90-degree angle. Place your hands behind your head for support.

Without pulling on your neck, slowly lift your shoulders off the floor using your abdominal strength. Breathe out as you contract your abs. Hold this position for a couple of seconds to maximize the peak contraction in the abs. Then slowly lower yourself to the starting position.





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