



# PandaprayFitness

BASIC TRAINING MANUAL

Austin Pray | Working out | [Pandaprayfitness.com](https://pandaprayfitness.com)



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## Table of Contents

CHAPTER One..... First things First

### THE BASICS OF ANATOMY AND POPULAR LIFTS

CHAPTER Two..... Chest

CHAPTER Three..... Back

CHAPTER Four..... Legs

CHAPTER Five..... Shoulders

CHAPTER Six..... Biceps

CHAPTER Seven..... Triceps

CHAPTER Eight..... Forearms

CHAPTER Nine..... Abdominals

### THE BASICS OF DIETING

#### Upgrade for specific Ch 10-12

CHAPTER Ten..... Bulk Diets and Lifting Workouts

CHAPTER Eleven..... Leaning diets and Body Weight exercises

CHAPTER Twelve..... Shredding Weight and 6 pack abs

### All Built for Beginners

#### BODY TYPE

CHAPTER Thirteen..... Body Types

#### CONCLUSION

CHAPTER Fourteen..... Conclusion



## CHAPTER One

### First things First, Learn the Basics

First things first, I designed the “Pandaprayfitness Training Manual” because I was tired of getting advice that was bull-shit and far from the truth. From lifters in the gym or the fitness media telling me this and that, I started to figure out the “True Basics” that apply to every athlete, not just a hand full. I learned, “*If you don’t know who the sucker at the table is, it’s you*”, applies to the gym as well. This was me a lot when I first started working-out and motivated me to start researching everything myself. Humans all have different metabolism rates, genetics, body types, end goals they want to achieve and one thing might work for one person, but not another. I wanted to filter through the bull-shit of most supplements, workout routines, and “*Roided Advice*” to help educate my friends and family before they started working out. “*Roided Advice*” you might ask is the advice you get that sounds too good to be true and the “*Get Rich Quick*” scheme for the fitness world. This is 100% false unless of course you do GEAR like steroids, testosterone, or HGH to name a few...which I highly recommend NOT doing these for long term disadvantages.

Now that I have made that clear, I made this training manual for my friends and family who were looking for beginning, intermediate, and advanced, workout routines and diet plans while educated them throughout the process.

When I first started working out it seemed like I was walking into a third world country, not knowing the language of the people. Gyms are just houses for people to “*pick things up and set them down*” and a place to help you, not intimidate you. Not knowing the language of gym etiquette and the lack of knowledge of what machines do and true purposes are, can be very intimidating when walking into a gym. I will help get you ready or at least re-fresh your memory by making you more knowledgeable of the “True Basics”. I mean, repetition and persistence is the best way to get good at something, so why not start TODAY.



## True Basics

Here are *Some* Basic Terms to learn or at least hear once before stepping foot into the gym:

Workouts, Routines, Methods & Machinery Knowledge: (Click on the Word if you want to see a picture)

- Abductor vs Adductor: Abductor are typically referenced as your outside muscles of your leg (push outwards) while adductors are the muscles on the inside of your leg (Squeeze Inwards)
- Bench Press: Pushing the weight upwards while laying down. Upper Body- Main= Chest, compound.
- Burpees: Squat thrusts to vertical jump which is a full body move, done with body weight.
- Branch Chain Amino Acids: Leucine, Isoleucine, and Valine are the branch chain, used for muscle growth
- Clean & Jerk: (Clean) Dead lift, bring to shoulders, (Jerk) press above shoulders
- Concentrations: A workout movement of the biceps, sitting down and resting your elbow on your knee.
- Calisthenics: Workouts done without weight and high intensity. Very minimal resting.
- Circuit Training: Combination of Strength and Stretching (High fat burn)
- Compound movements: Workouts that use multiple muscles, i.e. squats, bench press (Stability, Strength)
- Chin-Ups: Pulling yourself up with a underhand grip (palm facing towards you)
- Deadlift: Leg lift with bar on ground. Sumo dead lifts (narrow stance) & Romanian Dead lift (narrow grip)
- Drop Sets: Weight reduction mid-set.
- Decline: Bench that is upright to mainly focus on top part of your chest.
- Dips: Primary a Tri-cep workout while using chest and shoulders.
- Failure: Exercising same-workout repeatedly until exhaustion.
- Forced Reps: After Exhausted muscles, have spotter help push a couple more reps in.
- Hammer Curls: Holding the dumbbells vertical and curling for lower bicep formation.
- Incline: Bench that is downwards to mainly focus on bottom part of chest.
- Interval Training: Alternating intense energy workouts with slower energy workouts in-between sets.



- Isolation exercises: Work outs that focus on just one muscle. Like bicep curls.
- Lifting: Increasing muscular strength with weight machines, dumbbells, barbells, kettlebells, etc.
- Military Press: Pressing the barbell upward overhead, working shoulders.
- Negatives: Slow controlled movement downwards to get a good stretch in your muscles.
- Preacher Curls: Bicep workout where you rest your triceps on a bench while curling weights.
- Pec Deck: A Machine excursive that focuses on chest and shoulders.
- Power Rack: A cage where the barbell is to do squats and presses with usually pull up bars above.
- Pull- Ups: Pulling yourself up with an overhand grip using your back, arms, & shoulders.
- Planks: Resting forearms & toes on the ground and holding the pose to workout abs oblique.
- Pump: Your muscles filling up with blood while working out
- Progression: This is when you track your improvements when working out, typically in a notebook.
- Plyometrics: Different jumps and running moves to strengthen speed, explosiveness, & muscles joints.
- Plateau: When your body progression comes to a halt b/c your body gets use to the same workouts.
- Pyramid: Rep ranges in a specific workout, high to low each set. Example: 8 reps-6 reps-4 reps-2 reps
- Smith Machine: A fixed-plane barbell that helps assist sliding up and down.
- Snatch: Lifting the bar from the ground, to overhead while keeping your arms in a locked position.
- Squat Rack: Not a cage, but similar to a power rack.
- Skull Crushers: Triceps workout bringing the weight inches to your forehead.
- Squat: An important workout for leg growth. Make sure your form is sound before attempting.
- Supersets: Two exercises back to back with little rest.
- Split Routine: Splitting up different muscle groups throughout the week.
- Vasodilator: When your veins are full of blood and your muscles look bigger, pump. (Nitric oxide)
- Vasoconstriction: When your veins are narrowed with blood and your pumps not as good (Caffeine)



## CHAPTER Two

### Chest

The pectoral muscles are incredibly important to workout at least once a week and important to understand the basics on how they work before working them out.

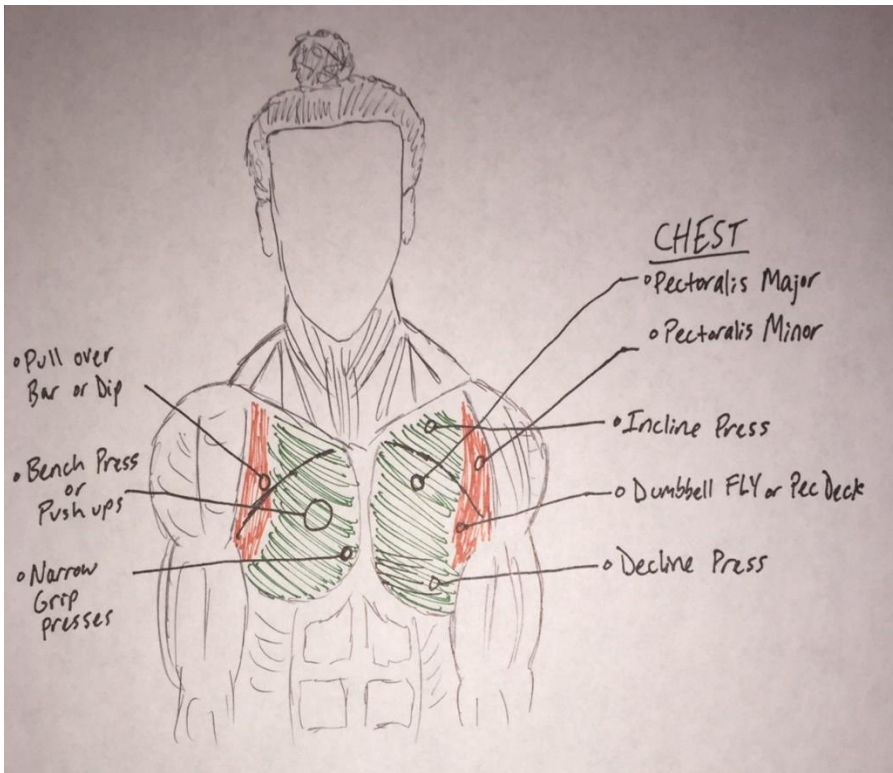


Figure 1 Two primary muscles in the chest and this figure shows specific areas worked with specific workouts

Lets go into the anatomy of the chest.

Here is a diagram that shows what specific muscles the main workouts work within the pectoralis major and pectoralis minor.

*[Some good at home workouts for chest would include dips and pushups/ different variations of pushups. For example, you can put your feet up on a bench or chair to do push ups, you can put weight on your back, wide stance, narrow stance, etc. ]*

Remember that most workouts are focused primarily on your chest, but also use secondary muscles like your shoulders, triceps, traps, forearms for the most part to support the weight being lifted.

When I work out chest I think of the following workouts primarily first:

- Bench Press (Barbell, Machines, or Dumbbell)
- Incline Press (Barbell, Machines, or Dumbbell)
- Decline Press (Barbell, Machines, or Dumbbell)



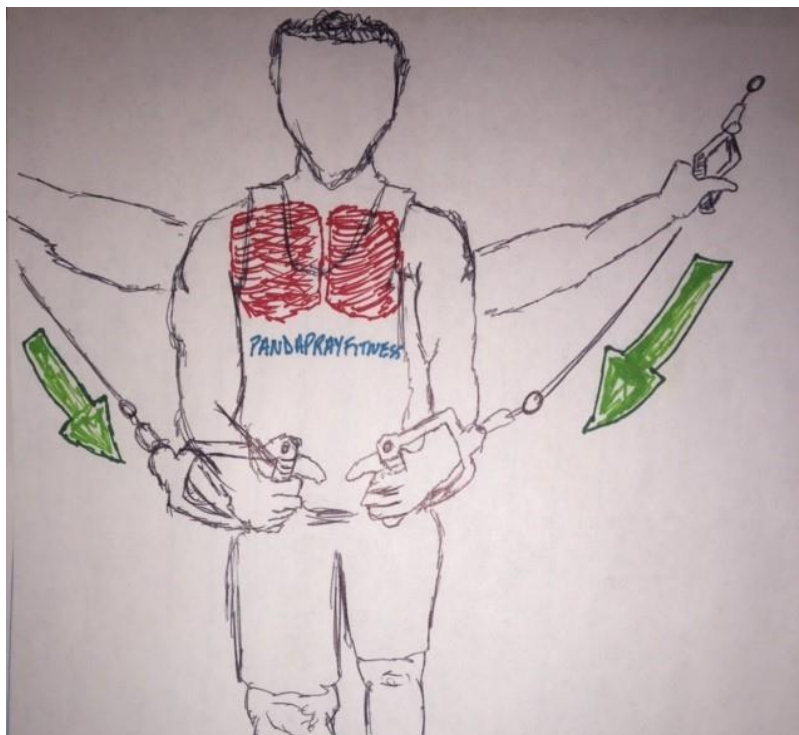


Then I would think of more isolated workouts second such as:

- Dumbbell or pec deck fly's
- Machine single arm presses with negatives and drop sets
- Cable cross overs
- Pull Over Bar
- Close grip bench presses (Preferably with dumbbells so I don't use my triceps as much)
- Wide grip bench presses (Preferably with a barbell)
- Dips

I could think of some other workouts, but these are basically what I have done for the past eight years of lifting.

You will receive different end results by different variations of sets, reps, and weight of these workouts.



*Figure 2 cable crosses can be done up high (as shown in picture) or done below. This is my favorite workout because you can focus on flexing your muscles and get the best burn in the chest*



## CHAPTER Three

### Back

The Back is exciting because there are so many muscles you can grow bigger, stronger, and more defined. If the workouts are done with great form and persistence, they can even prevent injuries in the future by having muscle growth for stability.

The anatomy of the back is quite complex and so large that it is hard to do isolated exercises. With different grip positions and surely different workouts though you can get in the regions of your back, for example your outer back, lower back, upper back, and Inner back workouts.

*[ At home workouts consist of mostly pull ups anywhere, but if you get just one dumbbell, you can do rows ]*

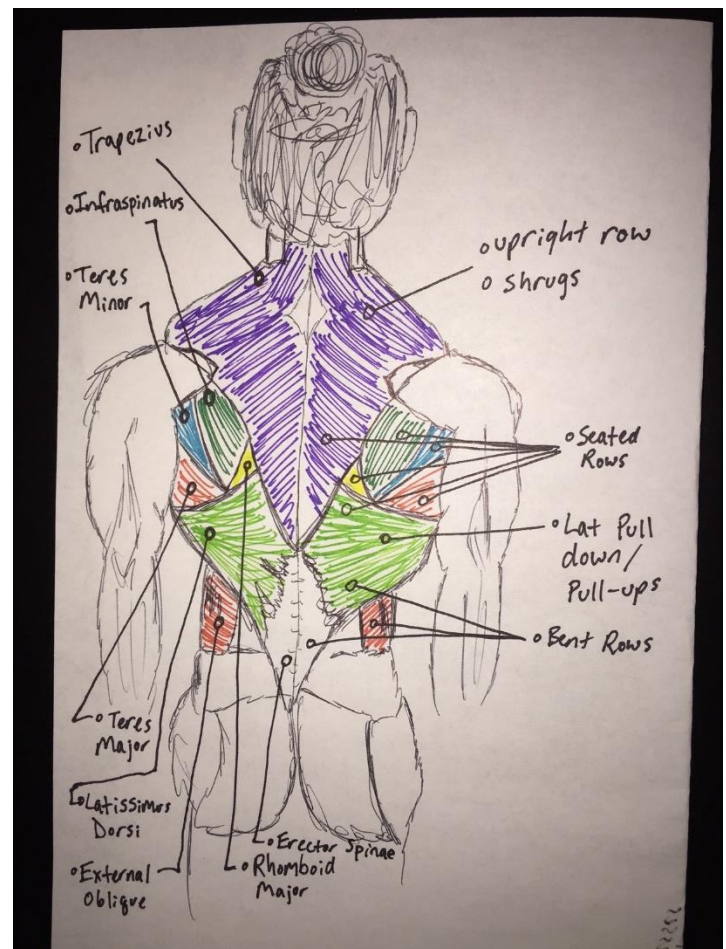


Figure 3 Back Muscles on the left and some main workouts on the right

Before performing back workouts make sure you know how much weight you can do and don't push yourself too hard when you just first starting out. I find the best way to warm up my back is to do pull-ups before workouts.





When I work out back I think of these primary workouts first:

- Lat Pull Down
- Rows
- (Dead Lifts)
- Shrugs

To workout different regions of your back, you would just workout variations of these:

- Narrow grip Lat pull down (Inner back)
- Wide grip Lat pull down (Outer Back)
- Front Lat pull down
- Behind Lat pull down
- Upright row
- Bent over row
- Dumbbell or barbell shrugs
- Seated row
- Chin-ups
- Pull-ups

I Put Dead Lifts because you can load a lot of weight and lift with your legs mainly, but the amount of weight will definitely be a very good back workout as well. That's why this lift is a compound lift.

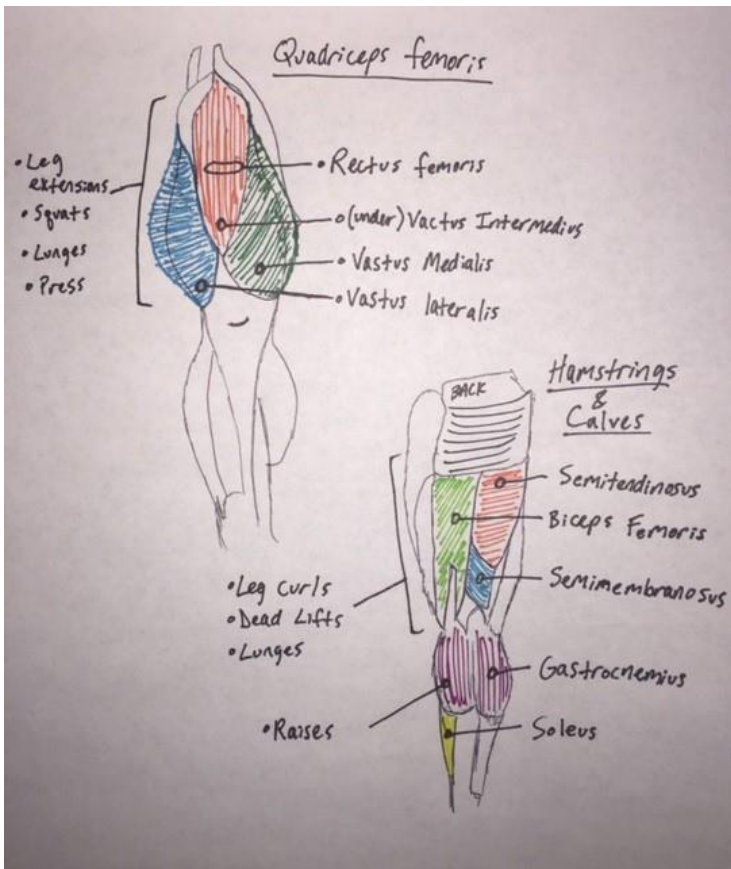
Back in general is one of your biggest muscles you have, but also one of the most fragile. So be sure you know how much weight you can do and be sure you know the best form for each exercise you do when working out your back.



## CHAPTER Four

### Legs

The Legs are a big part to your overall physique, but sometimes forgotten about by lifters in the gym. Working out legs though can have a direct affect on your abdominal growth and burning the most body fat. I mean they say when you workout legs your release the most testosterone throughout your body, which is beneficial to everybody. Don't worry ladies, if your goal is not to be "buff" you will not get buff just by going to the gym every day.



The anatomy of the leg is quite complex like the back and just as important. There are so many different workouts that you can do to fill out your legs, but the main ones would be dead lifts, squats, and leg presses.

[ At home you can do body weight lunges, wall sits, and vertical jumps ]

Some people while lifting forget to workout hamstrings and calves, so try to focus on these

Figure 4 Legs have a lot of muscle to them, so make sure you work them out at least once a week

Make sure you do more dynamic stretches before working out your legs. These stretches are more movements and warming up the muscles. At the end of your workout do static stretches which are more full workouts and long stretches to help soreness and injuries.



When I think of working out legs I think of the primary workouts:

- Barbell Squats
- Dead Lifts
- Leg Presses

The secondary workouts I think of are:

- Weighted lunges
- Leg Extensions
- Leg Curls
- Abductor
- Adductor
- Calve Raises
- Donkey Kicks
- Calve Presses

You can do different variations of these workouts, but be cautious of doing too much weight at first. Be sure you get the form down first and build stabilizer muscles in your lower back before attempting max reps.

Being that you should be doing a lot of weight or reps with these workouts.

Some of my favorite workouts with working out legs is just leg presses with super setting different foot placements to feel the burn in all parts of my leg.



## CHAPTER Five

### Shoulders

Boulder Shoulders are great complements to your arms when they are well defined and big. When working out compound workouts such as bench press and rows you will be working out your shoulders as well. But you will need to workout shoulders more isolated to build bigger growth and definition.

Shoulders are very fragile while working out, so be sure you know your limits.

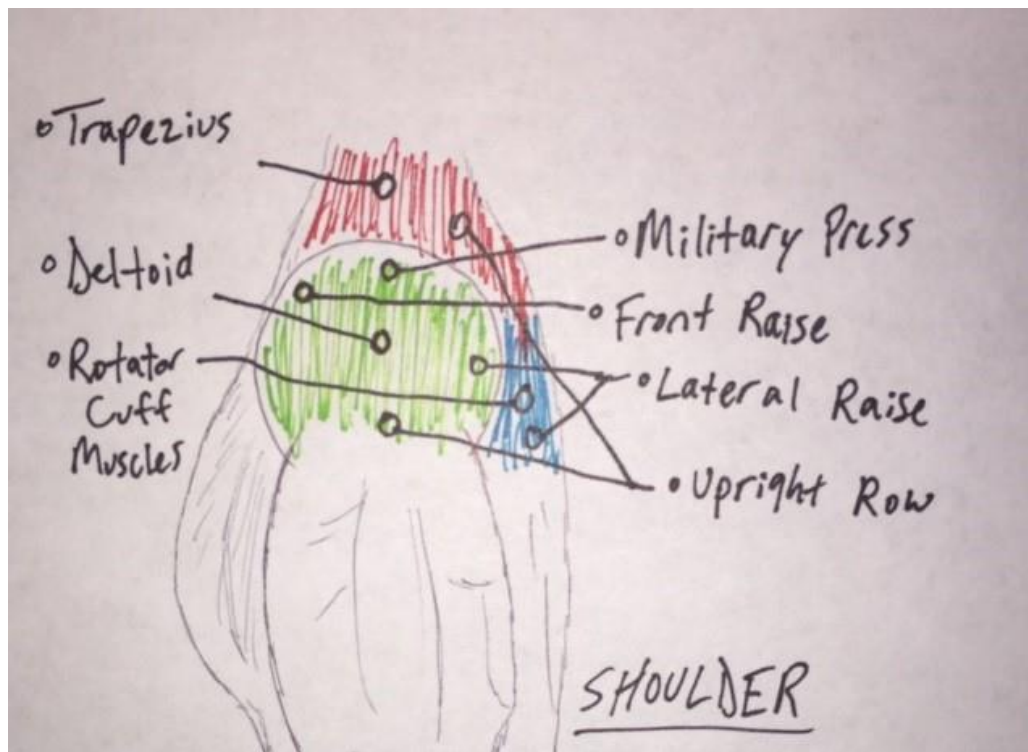


Figure 5 There are so many lifts that you can do to workout shoulders, but make sure you make each set count with great form

Primary Workouts for shoulders are:

- Military Press
- Raises

Secondary Workouts:

- Upright Rows
- Lateral Raises
- Front Raises
- Seated Press
- Pec Deck Reverse Fly

If your at home workout out, I would recommend finding a gallon of water or milk and doing lateral raises with this. This is usually around ten pounds of weight and can really help you work on your form.



## CHAPTER Six

### Biceps

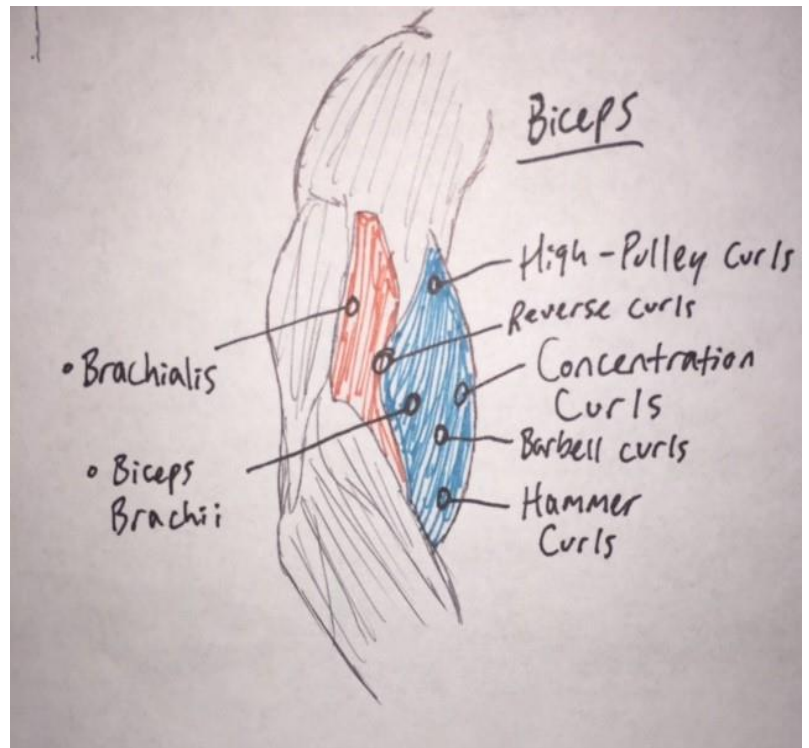
Biceps I have to admit are the most fun to work out for me because I can see instant results from getting a good pump on at the gym. Unfortunately, this pump won't be there forever after your workout so cherish it while it lasts. A tip before we go into bicep workouts, is if your looking to gain size to your biceps than best bet is usually to do heavier on back and chest workouts. This is because your biceps can start feeling the weight from the heavy back and chest and then turn it into stronger muscles. Also, you don't have to necessarily do isolated biceps every week. Remember Bi means Two.

A Primary Bicep Workout is:

- Curls

Pretty much bicep workouts are tailored to more variation curls to work different parts of your bicep muscles, for example:

- Hammer Curls
- Barbell or dumbbell curls either sitting down or standing up
- Concentration curls sitting on a bench
- Reverse Curls
- High- Pulley Curls
- Low- Pulley Curls



*Figure 6 The specific muscle type is labeled on the left of this diagram and the workouts to specific areas of your bicep muscles are labeled on the right*



## CHAPTER Seven

### Triceps

Triceps are typically worked out on the same day with biceps depending on how you are setting up your workouts, but you will see that there are not that many workouts you can do to workout your biceps and triceps so might as well do them together as arm day.

Just like biceps as well to gain more size in your triceps, I have seen more results in mainly heavier chest workouts. This is because your triceps start to feel the weight from the chest workouts and thus grow bigger. Remember Tri means Three.

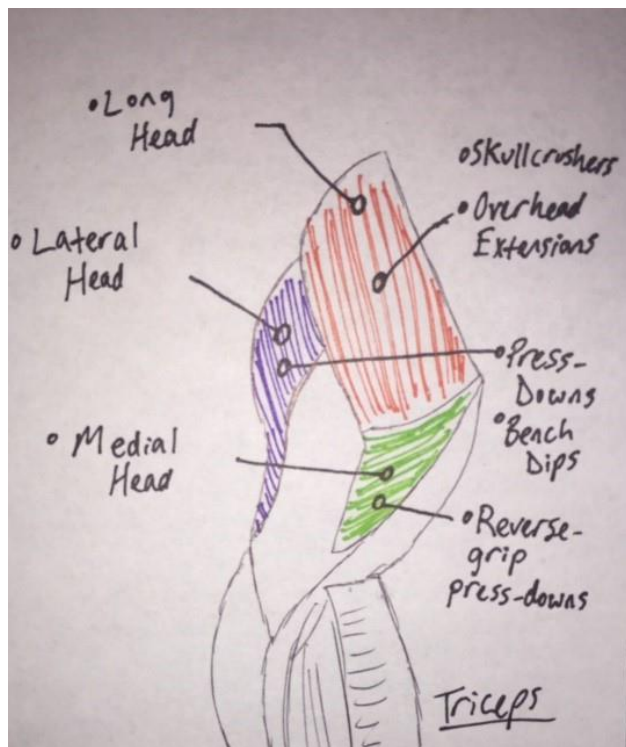


Figure 7 The muscles are labelled on the left and some workouts are labeled on the right

Primary workouts for triceps are:

- Extensions
- Press- Downs

Secondary workouts for triceps would be different variations such as:

- Skullcrushers
- Overhead Extensions
- Reverse press- downs
- Narrow grip bench press
- Dips

Triceps are more on defining your specific triceps so weight isn't always better for whatever end goal your trying to achieve.





## CHAPTER Eight

### Forearms

Forearms are highly genetically influenced on how they grow in size or shrink in size. There are a lot of workouts that you can do to grow them a stronger and more defined.

Being that there are so many tendons and muscles in your forearms, these muscles seem to recover a lot faster than most other muscles and seem to burn the most. I'd recommend working out your forearms at the end of your workout to not ruin the other works.

There are basically three specific arm workout movements that are forearm specific which are:

- Reverse wrist curls
- Normal wrist curls
- Hammer curls

You can however do variations to these such as:

- On a bench where your forearms rest on the bench.
- These can be performed on the pulleys
- Barbells
- Dumbbells

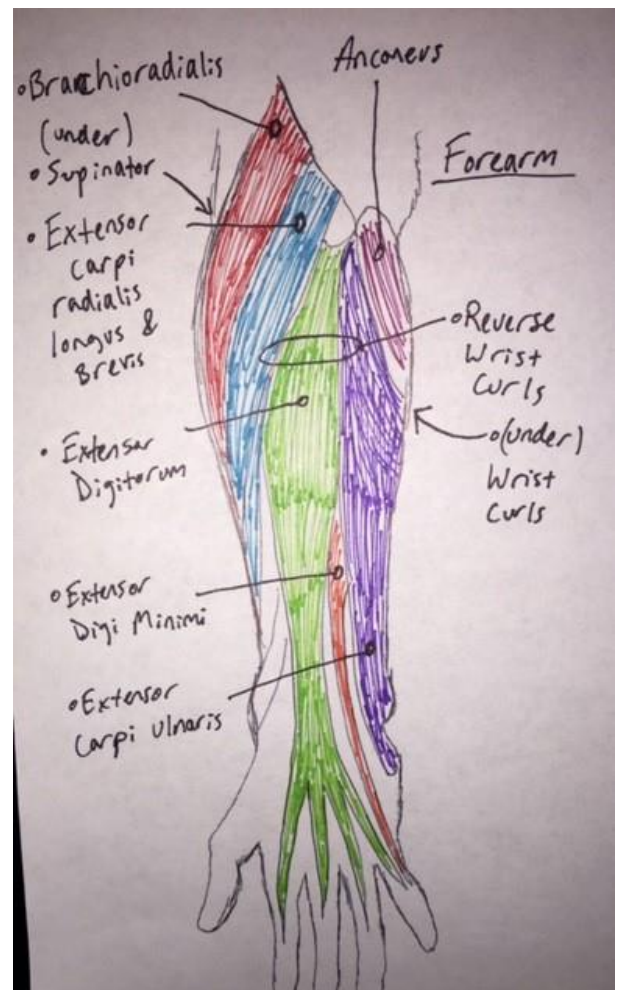


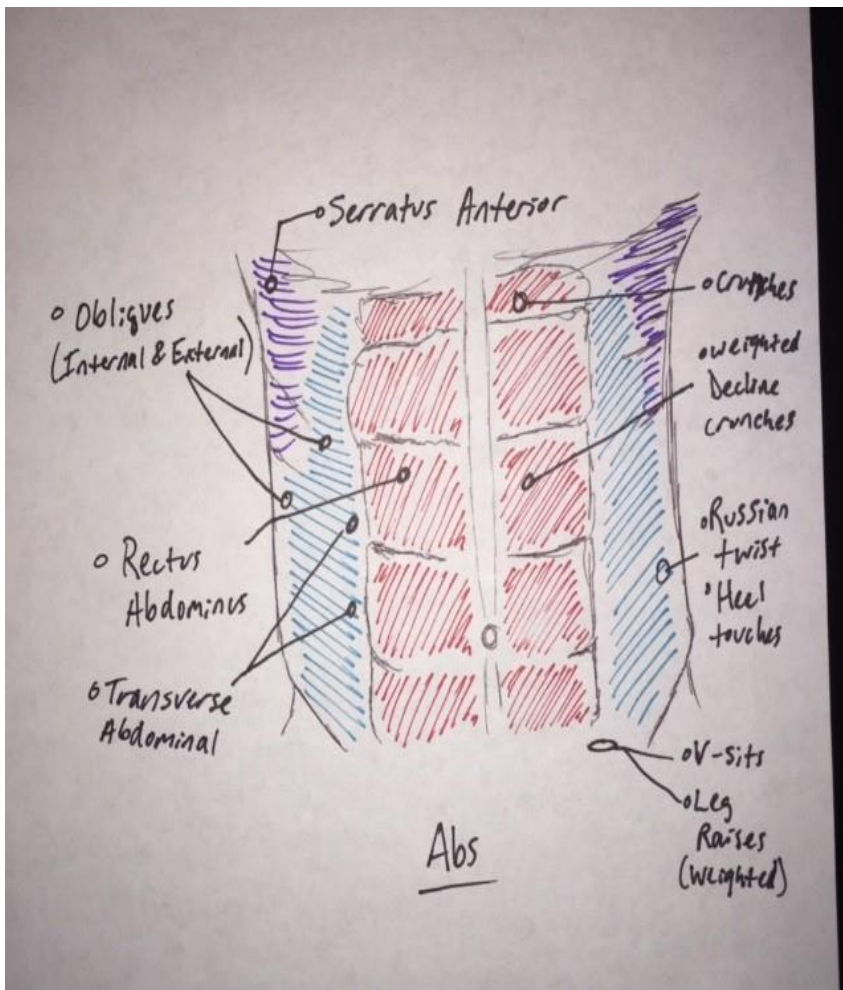
Figure 8 The leftside shows the tendons and muscles in the forearm



## CHAPTER Nine

### Abdominals

I 100% agree with abs are made in the kitchen. Meaning that you need to have a sound diet in the kitchen because the most defined abs are from people who have really low body fat. That being said though you can help shape and form your abs by doing abdominal workouts (preferable with weight to build depth).



Most effective workouts for abdominal strength:

- Weighted Leg Raises
- V-Sits
- Heel Touches
- Medicine ball Romanian Twists
- Plate Decline Crunches
- Flat Crunches

Remember that abdominal workouts are for quality of the workout not the quantity.




Figure 9 Left side shows the Muscle groups and the right side shows the workouts



## CHAPTER Ten-Thirteen

You can receive these on [Pandaprayfitness.com](http://Pandaprayfitness.com)

# KNOW YOUR BODY TYPE

		
<h3><u>ECTOMORPH</u></h3> <ul style="list-style-type: none"><li>• Typically Skinny</li><li>• Small Frame</li><li>• Lean Muscle Mass</li><li>• Doesn't gain weight easy</li><li>• Fast Metabolism</li><li>• Flat Chest</li><li>• Small Shoulders</li></ul>	<h3><u>MESOMORPH</u></h3> <ul style="list-style-type: none"><li>• Athletic &amp; Rectangular shape</li><li>• Hard body, Defined Muscles</li><li>• Naturally strong</li><li>• Gains Fat easier than Ectomorphs</li><li>• Broad Shoulders</li></ul>	<h3><u>ENDOMORPH</u></h3> <ul style="list-style-type: none"><li>• Soft &amp; Round Body</li><li>• Slow Metabolism</li><li>• Large Shoulders</li><li>• Gains Muscle Easily</li><li>• Gains Fat Easily</li><li>• Finds it hard to lose fat</li></ul>
<h4><u>Workout Type</u></h4> <ul style="list-style-type: none"><li>• Short &amp; Intense</li><li>• Eat Before bed</li><li>• Focus on Big Muscle</li><li>• Catabolism</li></ul>	<h4><u>Workout Type</u></h4> <ul style="list-style-type: none"><li>• Cardio &amp; Weight Training</li><li>• Responds Best to Weight training</li><li>• Watch Calorie intake</li></ul>	<h4><u>Workout Type</u></h4> <ul style="list-style-type: none"><li>• Always do Cardio</li><li>• Always do Weight Training</li><li>• Watch Calorie intake</li></ul>