LALAHIGH

HOME FITNESS PARTNER

PUSH YOUR LIMIT

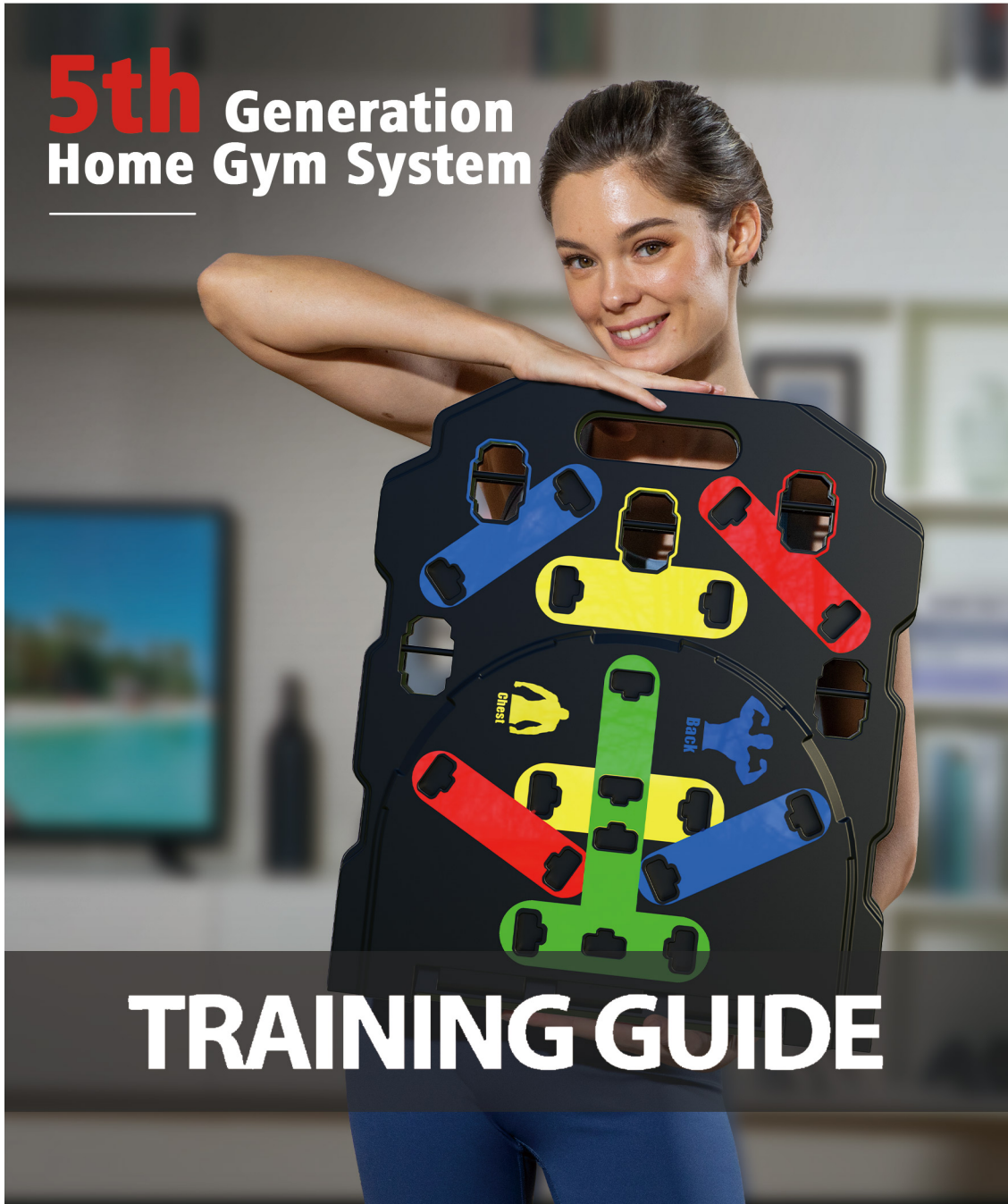
CONTACT US

www.lalahigh.com

26110749@qq.com

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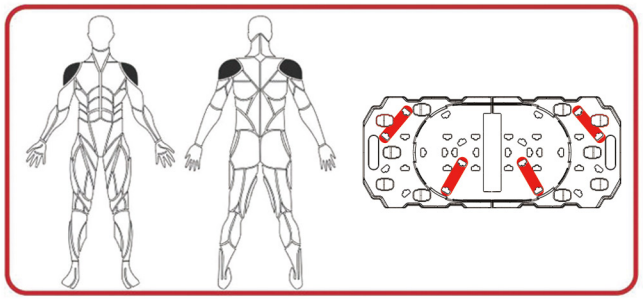
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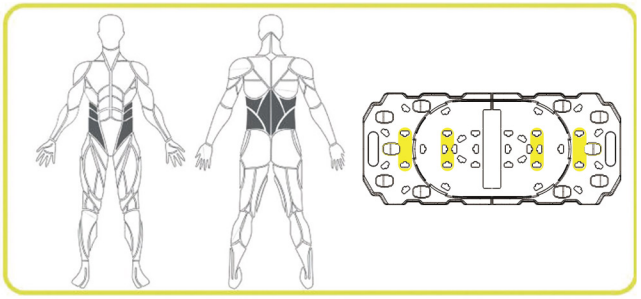
TRAINING GUIDE

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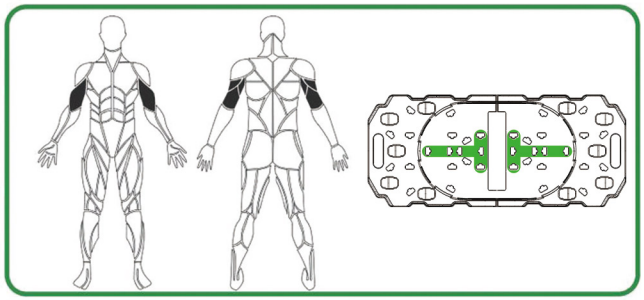
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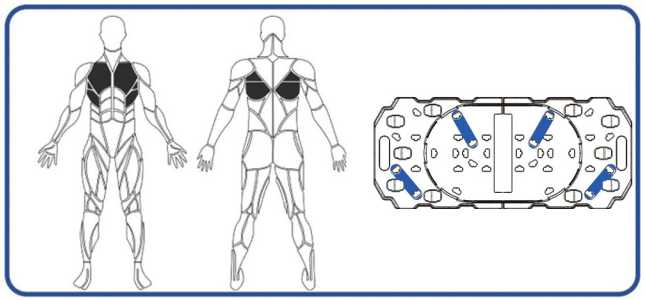
1.Red Line-Shoulder Movement
The shoulder effectively forms upper body muscles and provides multiple effective positions and angles for shoulder muscle transportation.



2.Yellow Line-TrapeziusMuscle Movement
Provides multiple positions and angles of movement to effectively form astrong spine and back.



3.Green Line-Triceps Movement
Provides movements at multiple positions and angles to effectively formpeptide triceps muscles.



4.Blue Line-Chest Movement
Provides a plurality of movements that effectively form the positions andangles of pectoral muscles and upper limb muscles.

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Push up practice, with different color indications, to train specific muscles on chest, arm, shoulder, and back.



Band+ Strap
Boxing & coordination drill

This set is unique to boxing lovers, especially beginners to train coordination and arm strength.



Band + Handle
Biceps & grip streng drill

This set is a fantastic exercise to strengthen your crush grip while building solid biceps.



Band + Handle
Shoulder & back drill

This shoulder and back workout routine is designed to build a muscular, strong back and wide massive shoulder muscles.



Band + Handle
Shoulder drill

The best shoulder exercise targets multiple shoulder muscle groups and invlove large movements and ranges of motion.



Band+ Strap
Thigh & hip drill

These two great exercises to reduce thigh and hip fat are very versatile and effective on keep hip tightness and perfect shape.



Band+ Strap
Hip drill

Looking for a fitness routine that will strength and work out hip muscles? This move will target your whole hip.



Core Strength
Band + Bar & Wheels
Ab muscles & core strength drill

This set is effective in building your abs and strengthening your core, also helps you enhance balance and stability.

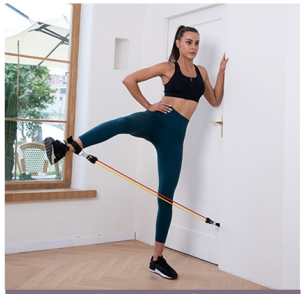
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Door Anchor + Band + Handle
Shoulder &. Chest drill

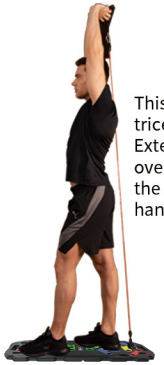
Another shoulder & chest exercise targets multiple muscle groups and invlove large movements and ranges of motion of arms and chest.



Door Anchor + Band+ Strap
Thigh & hip drill

These two great exercises to reduce thigh and hip fat are very versatile and effective on keep hip tightness and perfect shape.

Band + Handle
Triceps drill



This is one of the best tricep workout routine. Extend your arms straight overhead, bend them at the elbows, and lower the handle behind your head.

Band + Bar
Biceps drill



Another biceps drill, not only targets the biceps as well as the forearms.



Door Anchor + Band + Handle
Triceps drill

The triceps are a muscle group that is frequently overlooked. This set of drill is an effective exercise for targeting the triceps.

Band + Bar
Shoulder and grip strength drill



By training this set of move, we can make our shoulder rehab exercises more effective and increase the strength of our arm. This training aims to get your supraspinatus, hands and shoulders strong.

Band + Bar
Weightlifting drill



A traditional weightlifting using band instead of weights aims to increase your body strength and muscle tone, and improve your bone density.

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This program isn't just for the true beginner who has never touched a weight before; it's also suitable for anyone who has taken an extended leave of absence from training.

BEGINNER'S WORKOUT AT A GLANCE

Week 1: Full-body split
Week 2: Two-day split: Upper body/Lower body
Week 3: Three-day split: Push/Pull/Legs
Week 4: Four-day split: Full body

WEEK 1: WHOLE IN ONE

You'll begin the program with a full-body training split, meaning you'll train all major body parts in each workout (as opposed to "splitting up" your training). Train 3 days this first week, performing just one exercise per body part in each session. It's important that you have a day of rest between each workout to allow your body to recover.
In Week 1 you'll perform three sets of every exercise per workout with 12 reps for each set, a good starting volume for your purposes. With the exception of ab roller for abs, you'll do 6-8 reps per set. This rep scheme is widely considered ideal for achieving gains in muscle size and is commonly employed by amateur and pro bodybuilders.
Notice in the workouts that your first set calls for 12 reps, your second set 10 reps and your third set 8. This is referred to in bodybuilding circles as a "pyramid".

WEEK 2: SPLIT DECISION

You're only a week into the program, yet you'll begin to train different body parts on different days with a two-day training split (meaning the entire body is trained over the course of two days, rather than one as in the first week). You'll train a total of four days this week; the split includes 2 upper-body days and two lower-body days with 3 sets of every targeting exercise, and each body part is trained twice.
Several exercises from Week 1 shall be carried over to Week 2, so you can train specific muscle groups more completely and thoroughly. You'll again employ a pyramid scheme of reps, though in Week 2 you'll go slightly higher in 15 reps on your first set of each exercise.

WEEK 3: THREE ON THREE

In the third week of the program, we step it up to a three-day training split: Train all "pushing" body parts (chest, shoulders, triceps) on Day 1; hit the “pulling” body parts (back, biceps) and abs on Day 2; and work your lower body (quads, glutes, hamstrings, calves) on Day 3. As in Week 2, you train each body part twice a week, so you'll keep going six days this week.
One more set shall be added to major body part routines (chest, back & abs) to provide even more muscular endurance from which to train your target muscles to promote complete development.

WEEK 4: TURNING UP THE VOLUME

In the fourth and final week of the program, you'll train four days in a four-way split that hits each body part just once (except for calves and abs, which are each trained twice). As you'll see, chest and triceps are paired up, as are back with biceps and quads with hamstrings, each a very common pairing among novice and advanced bodybuilders. Shoulders are trained more or less on their own, and you'll alternate hitting calves and abs—which respond well to being trained multiple times per week—every other workout.
Rep schemes remain in the hypertrophy range this week, but overall volume increases by adding more sets to individual exercise. Completion of this four-week program now entitles you to go to the next stage.

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LALAHIGH PORTABLE HOME GYM
KEEP FIT
EVERYWHERE

- Easy to operate and helps you exercise freely
- Train and manage your body more precisely
- Tone and strengthen your body anywhere

Collapsible Training Base

Helps support and optimize your push-ups and plank training. Foldable & portable.



Notes

Maintain straight head/neck position.
Keep shoulder down, back, and stable.
Keep hips in line with torso to properly engage your abs.
Contract abs when doing push ups.
Widen stance for better balance when doing inner push ups.
Inhale on yourway down. Exhale an the way up.
Do not change handgrip positions while cloing push ups.
Modified Push Ups: Knee Position (Beginner), Regular Position (Intermediate), Elevated Position (Advanced).
IMPORTANT: Work out at your own pace. Your workout time may vary depending on your itness level.

WARNING : Sporttainingcan reuti erou o fatal ioury Rik ofinjur can belessened when sae tectniopues and common sense are practired. Do not exercse without properintructions o supervison, or withouthrst consuting you physi-can. Alvays check equipmentfor womn or damaged parts before using if hrve are any dect ound do not usethis product.

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Resistance Bands

Made from natural latex, these bands resist tearing even after intensive use.



Anti-Slip Rubber Handle

Thickened and widened handles to make your exercise safer and more comfortable.



3-Section Pilates Bar

Adjust the length of the bar by pressing the button on both sides of the nylon bands.



2 Abdominal wheels

Connect with our 3 section pilate bar and resistance bands to work as an adjustbale ab roller, perfect for strenthening your core muscle.



Dynamic Handles

Enlarged and non-slip handles with pedals that connects to the resistance bands.



Non-Slip Pads

Keeps the base stable and from slipping in order to protect you from injuries.



Resistance Bands

Manufactured with the latest weaving method in order to prevent breaking and aging.



Ankle Straps

Perfect for all types of leg shapes to help build calf, quads, glutes, and hamstring muscles.



Hand Grip Strengthener

Using our hand grips strength -ener is perfect for improving strength, power and speed in the wrists, fingers, and forearms.



Jump Rope

Made of anti-slip soft EVA memory foam material and tangle free bearing system.