



**BUILDING LEAN
MUSCLE**

WORKOUT PROGRAM

**GET BIG
GET LEAN
BUILD STRENGTH**

EXCLUSIVE
HIGH QUALITY
BEST CHOICE

**STRONG MIND
STRONG BODY**

GOLD'S GYM

Workout Program

Workout program over view.

The main goal is to build Lean muscle mass

The first part of the workout program You are going to build up strength and size. The main focus is to build strength and strengthen your overall body and frame including your bones, tendons, and ligaments. This is part of building quality muscles mass. When your first beginning you want to take your time and allow your muscles and body to strengthen together with solid long lasting healthy growth. You want patient Quality clean strength.

The reason the first part is more focused on building strength and size is because as your building strength and size you will naturally automatically begin to build some definition, cuts and muscle tones in your muscles. The stronger you are the more weight you can lift and the more weight you can lift the bigger in size you will get. When you can lift a heavy amount of weight you can more easily be able to build muscle tone and become more ripped and shredded as well as build muscle endurance. Who is going to get better results the guy that can bench press 225lbs 25-30 times or the guy who can only bench press 145lbs 25-30 times? The guy benching 225lbs 25-30 times. They both have muscle endurance but one has more strength they can lift and move around more than the other.

With the workout in the beginning the main focus will be building size and strength but you will be building tone and muscle endurance naturally with the secondary workouts anyways. For an example just doing skull crusher combo where it works on your inner chest muscle and your triceps muscles and doing the workout for 12 repetitions each will help build muscle endurance and muscle tone showing a well-defined muscular physique.

The second half of the workout Will be focused on trimming and sculpting your muscle tone and definition really focusing on muscle endurance strength and getting lean. You have to have muscles and size before you can cut weight. You can just start building muscle endurance strength and tone with light weight but you will not have any strength to lift heavy and that will limit your workout options. Also just doing calisthenics will help you have a lean body and make you more ripped. Calisthenics are a big part of building strength and muscle mass. It really helps add extra effect with your weight strength training workouts as well. SO, the second half you will have light weight and be focused on getting as lean as possible after you build muscles and strengthen your body frame.

The goal of the workout

I know you most likely want results and want results now but you must be patient and trust the muscle building process. This is a time-tested program so get results.

In the beginning when you're lifting with heavy weight you want to rest at least 5-10 minutes in between sets for your muscles to fully recover. Later on, in the workout when your doing lighter weight and focusing on endurance a good 5 minutes is good to weight until your next set. You will learn to be able to tell when you can do your next set as you get more experienced. Recovering and rest is apart of working out. So, make sure you rest. If you haven't read the how to build lean muscle mass e-book then check it out at www.howtobuildleanmusclmass.com and you can learn how to build lean muscle mass.

When you see these “ ” this means do the same thing as above.

If you read the How to build lean muscle mass e-book then you will know about different repetitions and sets. When you become more experienced and get through doing this program the first time you can use this program year after year and adapt and change your workout program ass needed or how you see fit and want to personalize it. This is A good start of a workout that will get you results when you consistently do it in time.

Start of the Workout Program

Month 1

This is the beginning of your workout program. This is the most important part because you want to focus on the fundamentals of your form and breathing. If you do not perfect your form and breathing well working out and lifting then you will not build muscle mass properly and you could injure yourself. You always want to take your time and lift with correct form. You can learn about form in the How to build lean muscle mass e-book if you haven't got it and read it already. For an example having your wrists forward and back arched with your feet flat on the ground when bench pressing. Another example with squatting is have flat feet with a steady base and toes pointed forward with your chest out and back tight and arched. Breathe in or inhale as you go down and exhale as you go up with your head up. If you have a rounded back during squats, you're going to hurt your back and you probably won't be able to workout for a very long time and lose your gains.

Diet

Make sure you are consuming enough protein and carbs. You need to eat food if you want to build lean muscle mass. Your muscles need sources of fuel to build. Eat breakfast, lunch, and dinner and make sure you have protein and a protein shake for extra protein.

Month 1

Monday

Leg Day / Back

	Sets/Reps
<u>Dips</u>	<u>3/Burnout</u>
<u>Barbell Squat</u>	<u>3/12-15</u>
<u>Leg extension machine</u>	<u>3/12-15</u>
<u>Leg curl machine</u>	<u>3/12-15</u>
<u>Pull down machine</u>	<u>3/12-15</u>
<u>Row machine close grip</u>	<u>3/12-15</u>
<u>Alternate Dumbbell bent over rows</u>	<u>3/12-15</u>

Squats are the most important workout in your program. Squats Mainly focus on legs but is a full body workout that strengthens all areas of the body. Month one you are just starting off with light weight and high reps to help you get accustomed to the form and getting your body in motion to familiarize your body with the workout and gradually condition your muscles and body. If you need to and should do if you should do if you do not have your form down correct is only use the bar with no weights on it, do you can correctly begin to lift weights and put more weight on the bar. If you don't have correct form here then you can't move on to the next phase of the workout. This is a simple start.

Month 1

Tuesday

Upper Body

Chest/Arm Day

<u>Dips</u>	<u>2/burnout</u>
<u>Bench Press</u>	<u>3/12-15</u>
<u>Dumbbell Fly's</u>	<u>3/12-15</u>
<u>Cable Push Downs</u>	<u>3/12-15</u>
<u>Cable bicep curls with rope</u>	<u>3/12-15</u>
<u>Cable bicep curls with small bar</u>	<u>3/12-15</u>
<u>Dumbbell curls</u>	<u>3/12-15</u>

Starting the workout with light weight so you can build proper form and get comfortable with the workout. Your muscles will be sore but push through the soreness. Remember to breath properly with big inhales as the weight goes down and breath out when you go up every repetition. Have your wrists straight and shoulders out when doing regular grip bench Press. The same with squats. Start with just the bar if you need to. Remember it doesn't matter where you start it only matters where you finish. Keep going to get results.

Month 1

Wednesday

Rest Day

You are beginning your workout program and gradually getting use to working out and conditioning your muscles for resistance and helping you get use to being sore. Your body will adapt to working out and eventually you will not feel soreness in your body as your muscles become more accustomed to the weight training exercises. It is good to rest and eat healthy on your day off. Your muscles will build up muscle memory and grow bigger stronger and you will feel less sore over time. As long as you consistently keep working out and straining your muscles. Rest days are apart of building muscles so rest don't lift.

Month 1

Thursday

Shoulder/Back

<u>Barbell Shoulder press</u>	<u>2/10</u>
<u>Shoulder press machine</u>	<u>3/10-12</u>
<u>Barbell Shrugs</u>	<u>3/10-12</u>
<u>Machine Shoulder lateral raises</u>	<u>3/10-12</u>
<u>Barbell Bent over row</u>	<u>3/10-12</u>
<u>Plate lateral raises</u>	<u>3/15-20</u>
<u>Plate front raises</u>	<u>3/15-20</u>

Building your shoulders and back is good to spread your frame out and look bigger. When working out shoulders and back make sure you have correct form and a tight back because you can injure yourself especially with heavy weight. Since your first starting to not focus on lifting heavy weight. Focus on breathing correctly and form. When you shrug you want to tuck your chin in and shoulders back. Make sure you have a tight arched back.

Month 1

Friday

Chest/Legs/Arms

<u>Dips</u>	<u>2-3/burnout</u>
<u>Barbell Squat</u>	<u>2/10-12</u>
<u>(Superset) Close grip bench</u>	<u>3/10-12</u>
<u>(superset) Pushups</u>	<u>3/burnout</u>
<u>Leg press</u>	<u>3/10-12</u>
<u>Leg Extension</u>	<u>3/10-12</u>
<u>Cable Arm curls</u>	<u>3/10-12</u>
<u>Cable triceps extension</u>	<u>3/10-12</u>
<u>Preacher curls</u>	<u>3/10-12</u>

You'll notice how the program is structured and how most workout programs are structured. Most of the time you start with the bigger muscle group and the heavier lifting first, and then you work on the smaller supporting muscle groups last. The smaller muscle groups help you sculpt a ripped toned physique. You use the most energy when working out on the bigger muscle groups. Although you can workout secondary muscle groups first if you want to try it and see how it works. You can just have a day for secondary muscle groups where you just focus on the smaller muscles to increase concentrated focus on specific muscle groups you want to enhance and pop out more to show off.

Here you want to really practice form with squat to get it perfect. The more you work on your legs the more testosterone you have and the more strength and muscles you build.

Saturday and Sunday are Rest days

Month 2-4

Workout

Beginning your next phase in your workout program we are lowering the reps and raising the weight. We are doing this to build size and strength to build up your frame.

Since you are adding more weight to your lifts it is beneficial to take longer breaks in between your sets so your muscle fibers can heal and build back stronger. If you do not give your muscles long enough time to recover then your performance lifting will go down and you can hurt yourself. The workout will pick up pace because now the focus is growth.

Diet

In order to build muscles, you need to feed your body macro nutrients so your body has energy to move and rebuild. Chicken is the best source of protein. The best thing to do is eat it every day to get the best results possible. Carbs are needed when lifting heavy weight and good to eat after your workout to refuel your body. Pasta is good if you're looking to get big. Pasta is bad if you are trying to trim down and get your muscles toned.

Month 2-4

Monday

Leg day/back

<u>Pullups</u>	<u>3/burnout</u>
<u>Barbell Squat</u>	<u>3/8-10</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Leg extension machine</u>	<u>3/8-10</u>
<u>Leg curl machine</u>	<u>3/8-10</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Pull down machine</u>	<u>3/8-10</u>
<u>Row machine close grip</u>	<u>3/8-10</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Alternate arm dumbbell bent over rows</u>	<u>3/8-10</u>
<u>Neck machine</u>	<u>3/12</u>

You see there is more workouts added to the workout. The 45-pound plate shrugs is just once every time you see it after a workout. It is not much just a small enhancer to build your trap muscles. You do not have to do it if you do not want to. For the most part the workout at this phase is staying basic because you do not need that many workouts to start and build muscle mass. This phase you are doing back and leg muscles together.

Month 2-4

Tuesday

Upper body

Chest/Arms

<u>Dips</u>	<u>2-3/burnout</u>
<u>Flat bench Press</u>	<u>3/8-10</u>
<u>Incline bench press</u>	<u>3/8-10</u>
<u>Cable fly's</u>	<u>3/8-10</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Dumbbell curls</u>	<u>3/8-10</u>
<u>Cable push downs</u>	<u>2/10-12</u>
<u>Cable bicep curls with rope</u>	<u>2/10-12</u>
<u>Cable bicep curls with small strait bar</u>	<u>2.10-12</u>

This is a very basic chest and arm workout. This is going to help you build up to later on in the workout phase where the workouts get more intense. Do what you can and build muscles. Here the repetitions are moderate to low because we are focusing on building strength and size. Each set attempt to go up in weight. Train your muscles for growth and challenge your muscles with as much weight and force and resistance as you can.

Month 2-4

Wednesday

Rest day

Relax eat and allow your muscles to recover. Eat food and rest. This is an important part of building muscles mass. You can't build muscles without rest days, so take it seriously.

Month 2-4

Thursday

Shoulder and back

<u>Pullups</u>	<u>3/ burnout</u>
<u>Incline bench barbell shoulder press</u>	<u>3/8-10</u>
<u>Barbell shrugs</u>	<u>3/8-10</u>
<u>Machine shoulder lateral raise</u>	<u>3/8-10</u>
<u>Barbell bent over row</u>	<u>3/8-10</u>
<u>Cable Pull downs</u>	<u>3/10-12</u>
<u>(Superset) Plate Lateral Raise</u>	<u>3/8-10</u>
<u>(superset) Plate front raise</u>	<u>3/8-10</u>
<u>Neck Machine</u>	<u>3/12</u>

When you shrug you want to slowly raise the weight and hold at the top for most effective gain. Do not have a jerky motion because you can cause injury. Make sure your back is arched and have good form and shoulders back if you are shrugging. Especially with heavy weight. When shrugging heavy weight with a barbell it is smart to use wrist wraps to hold on to the bar. Shoulders and back is a good upper body workout to give you a good pump.

Month 2-4

Friday

Chest legs /arms

<u>Dead lift</u>	<u>3/8-10</u>
<u>(Superset) close grip bench</u>	<u>3/8-10</u>
<u>(pushups)</u>	<u>3/burnout</u>
<u>Leg presses</u>	<u>3/8-10</u>
<u>Leg extension</u>	<u>3/8-10</u>
<u>Cable arm curls</u>	<u>3/8-10</u>
<u>Cable triceps extension</u>	<u>3/8-10</u>
<u>Preacher curls</u>	<u>3/8-10</u>

Now you are going to do close grip bench and push ups which will develop your inner chest and make your chest pop out and look more defined. Later in the program you will focus on doing more reps that will cut and chisel your muscles up and look ripped and shredded.

It's good to work on legs and develop your legs as well to build more testosterone which will make you build more muscles faster. When you have well developed muscular legs, you look more fit, bigger, and more muscular as a whole. Keep good form and breathing.

Saturday and Sunday rest day

Month 5-6

For the the first month of the phase you will do negative workouts with only the major muscle groups where you have heavier weight than normal and you focus on resisting down and do not focus on the up motion. You will need a spot to help you up after every rep. If you do not have a spot then do regular workouts or drop sets. Only do this for bench and squat. After the first month go back to normal repetitions. Stay consistent.

We are staying at 8-10 reps heavy to build strength first and to build the size of your muscles. Building up strength will help you build a frame for your overall physique and help you handle weight with ease. Don't be afraid of gaining weight this phase. You will need to have meat and extra weight for the later phases of the workout which you will burn off because the way the workout is designed. Now you want to focus on growth.

Diet

Remember now you are building your muscles for size and strength. SO, in order to get big, you have to eat big to feed your muscles so they can recover and build back stronger. You are training your body to break down and rebuild and get stronger bigger and better and you can't do that without feeding your muscles with the proper nutrients and the right amount of nutrients. Diet is important. Chicken is the best source of protein. During this phase eating beef like steak is good for you as well because your focused on getting bigger. Make sure you drink a protein shake after your workout to refuel your muscles.

The more time you dedicate to building muscles the more your brain and body build muscles memory and it gets easier and easier to build lean muscle mass as time goes on.

Month 5-6

Monday

Upper body

Chest/arms

<u>Dips</u>	<u>2-3/burnout</u>
<u>Flat Bench press</u>	<u>3/8-10</u>
<u>Pushups until burnout immediately after set</u>	
<u>Incline bench press</u>	<u>3/8-10</u>
<u>Incline push ups until burnout immediately after set.</u>	
<u>Decline bench press</u>	<u>3/8-10</u>
<u>Dumbbell bench press pull over</u>	<u>3/8-10</u>
<u>Cable fly's</u>	<u>2 sets each /8-10</u>
<u>Upper chest/ Middle chest/ Lower chest</u>	
<u>(Superset) Cable push downs</u>	<u>3/10-12</u>
<u>(supersets)cable bicep curls with small strait bar</u>	<u>2/10-12</u>
<u>45 Pound plate shoulder shrugs</u>	
<u>Skull crusher combo</u>	<u>3/12</u>
<u>Cable bicep curls with rope</u>	<u>2/10-12</u>

Here you can see now the workout training is really picking up and more workouts are added in. Now you are really going to get a good workout in because right after your set with weights you immediately do calisthenics with the workout. You are doing flat bench press, incline bench press and decline bench press to really hit the angles of your chest muscles and grow muscle mass. This is an intense workout so you will be sore afterwards.

Month 5-6

Tuesday

Leg/back

<u>Pull ups</u>	<u>Burnout</u>
<u>Barbell squat</u>	<u>3/10-12</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Leg extension machine</u>	<u>3/10-12</u>
<u>Leg curl machine</u>	<u>3/10-12</u>
<u>Pull down machine</u>	<u>3/15</u>
<u>Reverse bicep pull down machine</u>	<u>3/15</u>
<u>Row machine close grip</u>	<u>3/15</u>
<u>Leaning forward leverage plate row machine</u>	<u>3/15</u>
<u>Reverse cable fly's</u>	<u>3/10-12</u>
<u>Neck machine</u>	<u>3/12</u>

With leg muscles you do not need that many workouts. Just squatting will do good for your overall body. Squats and back are a good workout together. Stay with the workout.

Month 5-6

Wednesday rest day

Continue resting. Your workouts have picked up so you will need to rest. Eat food so your muscles can rebuild and recover during the rest and recovery time you have.

Month 5-6

Thursday

Shoulder/back

<u>Pull ups</u>	<u>3/burnout</u>
<u>Barbell shoulder press</u>	<u>3/10-12</u>
<u>Shoulder press machine</u>	<u>3/10-12</u>
<u>Barbell shrugs</u>	<u>3/10-12</u>
<u>Machine shoulder lateral raises</u>	<u>3/10-12</u>
<u>Barbell bent over rows</u>	<u>3/10-12</u>
<u>Plate lateral raises</u>	<u>3/15-20</u>
<u>Plate front raises</u>	<u>3/12-20</u>
<u>Neck machine</u>	<u>3/12</u>

Month 5-6

Friday

Chest/ legs/arms

Dips	2-3/burnout
Barbell squat	3/10-12
(superset) close grip bench	3/10-12
(superset) pushups	3/burnout
Leg press	3/10-12
Leg extension	3/10-12
Cable bicep curls with rope	2/10-12
Cable bicep curls with strait bar	2/10-12
Cable triceps extension	3/10-12
Preacher curls	3/10-12

Saturday Sunday Rest days

Month 6-9

We are picking up the pace this month adding extra workouts into your workout program. If you are struggling with the number of workouts then leave what you need out and arrange your workouts to fit your level. Your progress is at your own pace. Rest and recovery are very important when building muscle mass. Breaking your muscles fibers down in the gym are just as important as resting and giving your muscles time to build back up and develop bigger and stronger. Now you will begin to focus on muscle endurance and toning and sculpting your muscles. This is good because this is going to shock and confuse your muscles and train them differently which they will need to be able to adapt and grow. Now Wednesday will be a workout day. Do what you can to build.

Diet

Your diet is going to change now. Before you were focused on filling your self with as much calories as possible to build and grow. Now you will still need calories to build muscle and strength and sustain your workouts but now you are focused on being more lean. Now you should be eating mostly chicken for your protein source. Less beef is ideal. You will need to cut down on your calorie consumption. Now you are doing lighter weight more reps to build muscle endurance strength and more muscle definition. Eat more lean.

Month 6-9

Monday

Chest /arms

<u>Dips</u>	<u>2-3/burnout</u>
<u>Flat Bench press</u>	<u>1/8-10- 1/10-12 – 1/ /12-15</u>
<u>Push ups immediately after every set</u>	
<u>Incline bench press</u>	<u>“</u>
<u>Decline bench press</u>	<u>“</u>
<u>Dumbbell bench Pull overs</u>	<u>3/12-15</u>
<u>Cable fly’s</u>	<u>3/12-15</u>
<u>Upper chest / middle chest / lower chest</u>	
<u>Cable push down (strait Bar)</u>	<u>3/12-15</u>
<u>Cable push downs (rope)</u>	<u>3/12-15</u>
<u>Cable bicep curls (rope)</u>	<u>2/10-12</u>
<u>Cable bicep curls (strait bar)</u>	<u>2/10-12</u>
<u>Skull crusher combo</u>	<u>3/12</u>

We are working on developing all areas of your chest. Monday we are focusing on vertically first focusing on the middle part of your chest and then the top part of your chest doing incline bench press the moving towards the bottom half of your chest doing decline bench press on Friday you will focus on horizontally areas of your chest with changing grips. Regular grip, wide grip, and close grip. You’re going to get a sculpted chest.

Month 6-9

Tuesday

Leg day/lower back

<u>Pullups</u>	<u>2/burnout</u>
<u>Barbell squats</u>	<u>3/8-10 3/10-12 3/12-15</u>
<u>Leg extension machine</u>	<u>3/10-12</u>
<u>Leg curl machine</u>	<u>3/10-12</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Reverse back crunch with a weight plate (or machine)</u>	<u>3/12-15</u>
<u>Leg press machine</u>	<u>3/15</u>
<u>Neck machine</u>	<u>3/12</u>

If there are reps that increase as sets go along then adjust your weight accordingly and put lighter weight on the bar as you increase in reps after every set. A good example is on leg day and the workout is barbell squat. You can adjust your repetitions how you want.

Month 6-9

Wednesday

Shoulder and back

<u>Pullups</u>	<u>2/burnout</u>
<u>Incline bench barbell shoulder press</u>	<u>3/10-12</u>
<u>Upright rows</u>	<u>3/10-12</u>
<u>Shoulder press machine</u>	<u>3/10-12</u>
<u>Barbell shrugs</u>	<u>3/10-12</u>
<u>Machine shoulder lateral raises</u>	<u>3/10-12</u>
<u>Barbell bent over row</u>	<u>3/10-12</u>
<u>Dumbbell shrugs</u>	<u>3/10-12</u>
<u>Incline bench dumbbell press fly combo</u>	<u>3/10-12</u>
<u>Pull down machine</u>	<u>3/15</u>
<u>Row machine close grip</u>	<u>3/15</u>
<u>Cable back fly's</u>	<u>3/10-12</u>
<u>Neck machine</u>	<u>3/12</u>

Remember if there is to many workouts for you to handle than adjust accordingly how you see fit and what you can handle. Just keep pushing through and do your best. Keep eating and refueling your muscles and drink and eat protein for your muscles to grow.

Month 6-9

Thursday

Legs/biceps

<u>Deadlift</u>	<u>3/10-12</u>
<u>Romanian dead lift</u>	<u>3/8-10</u>
<u>Reverse pull down machine</u>	<u>3/10-12</u>
<u>Barbell curls</u>	<u>3/10-12</u>
<u>Preacher curls</u>	<u>3/10 -12</u>
<u>Inner thigh machine</u>	<u>3/15-20</u>
<u>Neck machine</u>	<u>3/12</u>

You do not have that many workouts on Thursday because dead lifts are a really energy exhausting workout and there is an added day of workouts this phase so there is less workouts to give the workout more balance and avoid over working your muscle mass.

Month 6-9

Friday

Chest / shoulder

Light weight

<u>Dips</u>	<u>2-3/burnout</u>
<u>Regular grip</u>	<u>2/15</u>
<u>Wide grip</u>	<u>"</u>
<u>Close grip</u>	<u>"</u>
<u>Dumbbell bench pull over</u>	<u>3/8-10</u>
<u>Incline shoulder bench dumbbell press</u>	<u>3/10-12</u>
<u>Barbell shrugs</u>	<u>3/10-12</u>
<u>Machine shoulder lateral raise</u>	<u>3/10-12</u>
<u>Barbell bent over row</u>	<u>3/10-12</u>
<u>Shoulder plate lateral raises</u>	<u>3/15-20</u>
<u>Shoulder plate front raises</u>	<u>3/15-20</u>
<u>Neck machine</u>	<u>3/12</u>

Saturday and Sunday rest days

Month 9-12

Now we are going to focus on trimming down and dropping the dead weight. Now you are going to focus on getting ripped and chisel the definition in your muscles.

We are also going to increase the number of reps and lower the weight. This will also shock and confuse your muscles and make them adapt to different resistance and strain. Your muscle growth plateaus when your muscles get use to the resistance and workouts and do not grow because your muscles need more and more kinds of resistance over time.

Diet

The last few months of your workout program you are going to do light weight and high reps. You can still have a high protein intake and cut down on carbs. Now you are going to focus on leaning out and getting ripped. You are going to focus on cutting extra fat and weight off your body. Eat chicken and avoid processed food and junk food. Eat Lean. With this part of the program, you want to still eat chicken as your main source of protein. Cut down on pasta because you are focusing on losing weight and leaning out. You will still need fuel to replenish and repair your muscles so you still need to eat food. Just eat healthy.

Month 9-12

Upper body

Chest/arms

<u>Dips</u>	<u>2-3 burnout</u>
<u>Flat bench press</u>	<u>2/20 burnout</u>
<u>Pushups until burnout immediately after set</u>	
<u>Incline bench press</u>	<u>"</u>
<u>Incline push-ups immediately after set</u>	
<u>Decline bench press</u>	<u>"</u>
<u>Dumbbell bench pull over</u>	<u>3/8-10</u>
<u>Cable fly's</u>	<u>3/20-25</u>
<u>Upper chest/ middle chest/ lower chest each</u>	
<u>Cable push downs (straight bar)</u>	<u>3/20-25</u>
<u>45-pound plate shoulder shrugs until burnout</u>	
<u>Cable push downs (rope) (straight bar) each</u>	<u>3/12-15</u>
<u>Cable bicep curls</u>	<u>2/burnout</u>
<u>Skull crusher combo</u>	<u>2-3/burnout</u>
<u>Half way curls</u>	<u>2/12-15-20</u>

Month 9-12

Tuesday

Leg day/back

<u>Pullups</u>	<u>2/burnout</u>
<u>Barbell front squat</u>	<u>2/12-15</u>
<u>Barbell back squat</u>	<u>2/12-15</u>
<u>Leg extension machine</u>	<u>3/10-12</u>
<u>Leg curl machine</u>	<u>3/10-12</u>
<u>Pull down machine</u>	<u>3/15</u>
<u>Reverse grip pull down machine</u>	<u>3/15</u>
<u>Row machine close grip</u>	<u>3/15</u>
<u>Alternate dumbbell bent over rows</u>	<u>3/15</u>
<u>Neck machine</u>	<u>3/13</u>

Month 9-12

Wednesday

Circuit

3 times around the entire workout

<u>Alternate lunges dumbbell lunge squat</u>	<u>3/15 each</u>
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<u>Dumbbell shrug</u>	<u>3/15</u>
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<u>Dumbbell Romanian dead lift</u>	<u>3/15</u>
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<u>Standing dumbbell press</u>	<u>3/15</u>
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Break

<u>Jumping rope</u>	<u>2 minutes</u>
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<u>Pullups</u>	<u>burnout</u>
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<u>Pushups</u>	<u>burnout</u>
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<u>Down pushup ups jump</u>	<u>20</u>
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<u>Rock climbers</u>	<u>20</u>
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<u>Push ups light weight dumbbell row combo</u>	<u>12-15 each arm</u>
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<u>Dips</u>	<u>burnout</u>
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With Romanian dead lift make sure to have a little bend in your knees.

Month 9-12

Thursday

Back/arms

<u>Dips</u>	<u>2-3/ burnout</u>
<u>Pullups</u>	<u>3/15-12</u>
<u>Standing cable face pull</u>	<u>3/12</u>
<u>Preacher curls</u>	<u>3/15-20</u>
<u>Barbell close grip trap upright rows</u>	<u>3/15-20</u>
<u>Barbell curls</u>	<u>3/15 -20</u>
<u>Reverse grip pulls down machine</u>	<u>3/12</u>
<u>Pull down machine</u>	<u>3/12</u>
<u>Cable back fly's</u>	<u>3/12-15</u>
<u>Upper- middle – lower 3 sets each</u>	
<u>Forward lean dumbbell lateral raises</u>	<u>3/12</u>
<u>Cable shoulder lateral raises</u>	<u>3/12</u>
<u>Neck machine</u>	<u>3/12</u>

Standing cable face pulls you use a rope and you pull it to your face and spread the rope out at the end of the set. This works on your trap, shoulder, and back muscles. With cable shoulder lateral raises you have a handle attached to the cable and you do shoulder lateral raise but with the cable instead of plates. Working on your neck helps you trap muscles but also protects your neck from potential injury. If you have the How to build lean muscle mass e-book then you know about different kinds of repetitions and sets you can do. You can rotate and change your sets and repetitions how you like or just keep it the same with regular repetitions. Either way you are going to build muscle mass and get results.

Month 9-12

Friday

Chest shoulder

Light weight

<u>Dips</u>	<u>2-3/burnout</u>
<u>Regular grip</u>	<u>2/15</u>
<u>Wide grip</u>	<u>"</u>
<u>Close Grip</u>	<u>"</u>
<u>Dumbbell bench pull over</u>	<u>3/8-10</u>
<u>Incline shoulder bench dumbbell press</u>	<u>3/15-20</u>
<u>Barbell shrugs</u>	<u>3/15-20</u>
<u>Machine shoulder lateral raise</u>	<u>3/15-20</u>
<u>Barbell bent over rows</u>	<u>3/15-20</u>
<u>(Superset) Platelateral raises</u>	<u>3/15-20</u>
<u>(superset) Plate front raise</u>	<u>3/15-20</u>
<u>(superset) plate 90-degree</u>	<u>3/15-20</u>
<u>Neck machine</u>	<u>3/12</u>

Saturday and Sunday

Rest days