

ONE MONTH MUSCLE BUILDING PROGRAM

BUILD A DEFINED FRAME TO ASSIST WITH MUSCLE BUILDING WITH THIS ONE MONTH PROGRAM. GROW YOUR MUSCLES WHILE ENHANCING YOUR PHYSIQUE DEFINITION WITH A FULLY CUSTOM VOLUME-BASED PLAN SPLIT INTO ONE BODY PART FOCUS POINTS.

WHO IS THIS PROGRAM FOR?

THIS TAILORED TRAINING PROGRAM HELPS ASSIST THOSE WITH AN ECTOMORPHIC BODY TYPE AS WELL AS ADDITIONAL USERS LOOKING TO GET A DEFINED PHYSIQUE WHILE BUILDING QUALITY MUSCLE AT THE SAME TIME.

DAY 1:

HIGH VOLUME CHEST WORKOUT

EXERCISE	SETS	REPS	WEIGHT
BENCH PRESS	4 SETS	12 REPS	MODERATE*
INCLINE BENCH PRESS	4 SETS	12 REPS	MODERATE
CABLE FLY'S	3 SETS (PER ANGLE)	10 REPS EACH	HEAVY
ALTERNATING LOW DB FLY'S	3 SETS	12 REPS EACH	HEAVY
SEATED CHEST PRESS	4 SETS ALTERNATING	12 REPS EACH	HEAVY

WEIGHT MARKED AS MODERATE* SHOULD BE CONSIDERED AN EXAMPLE OF A 190LB MALE USING 225LBS FOR THE STANDARD BARBELL BENCH PRESS FOR ALL SETS AND REPETITIONS.

DAY 2:

COMPLETE ARM WORKOUT

EXERCISE	SETS	REPS	WEIGHT
TRICEP CABLE PRESSDOWNS	4 SETS	15 REPS	HEAVY
CLOSE REVERSE GRIP BENCH PRESS	3 SETS	15 REPS	MODERATE
LOW CABLE BICEP CURLS	4 SETS	15 REPS EACH	HEAVY
REVERSE GRIP BARBELL CURLS	4 SETS	12 REPS EACH	MODERATE
ALTERNATING DB BICEP CURLS	3 SETS ALTERNATING	12 REPS EACH	HEAVY
STANDARD BARBELL CURLS	4 SETS ALTERNATING	15 REPS EACH	MODERATE
SKULL CRUSHERS	3 SETS ALTERNATING	10 REPS EACH	HEAVY
FINISHING BURN OUT DB CURLS	1 SET TO FAILURE	FAILURE	LOW TO MODERATE

ADEQUATE REST TIME IS NECESSARY. 30-45 SECONDS IN BETWEEN SETS TO ACHIEVE MAXIMUM MUSCLE EXHAUSTION. ALTERNATION WEEKS CAN REQUIRE INCREASED PERIODS OF REST TIME UP TO 60 SECONDS.

DAY 3:

HIGH INTENSITY LEG DESTRUCTION

EXERCISE	SETS	REPS	WEIGHT
BARBELL SQUAT	4 SETS	12 REPS	HEAVY
LEG EXTENSIONS W/ ALTERNATING B/O	4 SETS	12-15 REPS	HEAVY
LEG PRESS	4 SETS	12-15 REPS	HEAVY
LOW BOX BARBELL SQUATS	3 SETS	15 REPS EACH	HEAVY
BARBELL GOOD MORNINGS	3 SETS	12 REPS EACH	HEAVY
STANDARD CALF RAISES	3 SETS TO FAILURE	FAILURE	HEAVY

MUSCLE CONTRACTION AND SLOW MOVEMENTS ARE VITAL FOR SPECIFIC EXERCISES SUCH AS THE BARBELL GOOD MORNINGS TO FOCUS ON THE HAMSTRINGS. ALLOW MORE RECOVERY TIME IN BETWEEN SETS TO ALLOW YOUR STAMINA TO RE-BUILD.

DAY 4:

BOULDER SHOULDER BUILDER

EXERCISE	SETS	REPS	WEIGHT
SEATED SHOULDER PRESS	3 SETS	12-15 REPS	MODERATE
VERTICAL DB SHOULDER RAISES	3 SETS	12-15 REPS EACH	MODERATE
DB LATERAL SHOULDER RAISE	3 SETS	12 REPS	MODERATE
CABLE LATERAL ONE-ARM RAISES	3 SETS	12 REPS EACH	HEAVY
REVERSE CABLE DELT FLY'S	4 SETS	15 REPS	HEAVY
BARBELL UPRIGHT ROWS	4 SETS	15 REPS	HEAVY

ALLOW FOR FULL MOBILITY, CONCENTRATE ON CORRECT FORM AND PROPER MUSCLE CONTRACTION. FOR MODERATE LISTINGS, CHOOSE A WEIGHT THAT IS MODERATELY HEAVY BUT YOU ARE ABLE TO PERFORM THE CORRECT MOTION ON FOR THE SELECTED REP RANGE.

DAY 5:

SHREDDED BACK TRAINING

EXERCISE	SETS	REPS	WEIGHT
SEATED LAT PULLDOWNS	4 SETS	12-15 REPS	MODERATE
ALTERNATING SEATED CABLE ROWS	4 SETS	12-15 REPS EACH	MODERATE
STANDING LAT PUSHDOWNS	4 SETS	15 REPS	MODERATE
LOW CABLE CONCENTRATED ROW	3 SETS	12 REPS	HEAVY
STANDING HIGH CABLE ROWS	3 SETS	12 REPS	HEAVY
BARBELL/DB SHRUGS	3 SETS	25 REPS	HEAVY

THIS BACK TRAINING SESSION WILL CONSIST OF HIGH VOLUME REPETITIONS WITH LIMITED REST PERIODS IN BETWEEN SETS. UTILIZING THE CABLES FOR THE MAJORITY OF THE LISTED EXERCISES CAN BE REPLACED WITH FREE WEIGHTS.

DAY 6:

FOCAL PHYSIQUE IMPROVEMENT

EXERCISE	SETS	REPS	WEIGHT
ONE-ARM PREACHER CURLS	3 SETS	10-12 REPS	HEAVY
WEIGHTED TRICEP DIPS	3 SETS	20 REPS	HEAVY
STANDING HAMMER CURLS	4 SETS	10-12 REPS	HEAVY
REVERSE GRIP BARBELL CURLS	4 SETS	10-12 REPS	HEAVY
SEATED DUMBBELL CURLS	4 SETS	10-12 REPS	HEAVY
CLOSE GRIP BENCH PRESS	3 SETS	15 REPS	HEAVY

THE FINAL DAY OF THIS PROGRAM WILL CONSIST OF AN ADDITIONAL TRAINING SESSION TO BRING UP A WEAK PART OF THE PHYSIQUE. THIS EXAMPLE DISPLAYS SOMEONE WITH DIFFICULTY ADDING SIZE TO THE ARMS AND A HEAVY TRAINING SESSION IS IMPLEMENTED ON THE 6TH DAY.