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OFFICIAL WORKOUT GUIDE
FOR FAST MUSCLE GROWTH

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OFFICIAL WORKOUT GUIDE

Your Guide To Muscle Building Training



Your Guide To Muscle Building Training

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Your Guide To Muscle Building Training

Introduction

Welcome to your guide to muscle building training. If you are on a quest for lean muscle mass, it's vital that you get both your diet and your workout protocol all lined up as these will make or break the progress that you see.

Those who are able to put together the right training protocol and use this in conjunction with a proper diet are going to be simply amazed with the progress that unfolds.

Those who aren't using the proper diet and workout however, will be left wondering where they went wrong.

In this guide, we're going to go over everything you need to know about building a proper strength training workout protocol and then provide you with the programs to follow as you execute this program.

We'll take you through three different stages that will help you attain the end goal of a lean, muscular, and fit body.

We'll talk first about the top workout mistakes that so many people make that you must avoid at all costs.

Once that's finished, we'll then take a closer look at mass building exercises that you can be doing. These are going to be the ones that help to build the foundation of which you base your program around, so will be critical to results.

From there, we'll go over some of the muscle refinement techniques to use as you move into the second phase of the program and then finish up with a discussion on how the protocol will change when you transition into the fat loss phase of the program.

So if you're ready to get started, let's begin with the biggest mistakes that far too many people are making as they go about their goal to build lean muscle mass.

The Top Workout Mistakes To Avoid

When it comes to constructing a muscle building workout program, even small but critical mistakes can cost you the difference between muscle gain and muscle loss.

Understanding what the largest mistakes are that people make as they move into their program is going to provide you with the best chance of avoiding these mistakes and instead applying a proper workout protocol to your training.

Let's go over what you need to know.

Workout Mistake #1

Doing Too Much Volume

The very first mistake is doing way too much volume overall. You see this time and time again, especially amongst beginners who tend to think the more exercise they do, the better.

This isn't so.

The fact is that the process of building muscle is going into the gym, applying a training stimulus to break the muscle down, then supplying sufficient rest so that the muscle grows stronger than it was before.

If that rest is not supplied however, you basically just keep breaking the muscle down further and further, growing weaker and weaker in the process.

Too much exercise is a fast way to loose strength and start to detrain yourself. Rest is vital to success which is why days off are so important.

But many people don't realize this and force themselves into the gym far too often.

Workout Mistake #2

Isolation Overload

Next, another big mistake that's made far too often is isolation overload. While some isolation exercises can be helpful at particular points in the program, if you're primarily doing isolation exercises and neglecting the compound exercises that will really bring you fast results, you're making a grave mistake.

Isolation exercises will only take you so far. They work smaller muscle groups, produce a smaller anabolic effect and cause a lower testosterone release, and keep you in the gym for hours at a time.

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Clearly, they just aren't ideal.

You're far better off basing your program around compound exercises and then adding a few isolation moves here and there to further fatigue the smaller muscle groups.

Workout Mistake #3

Using Poor Form

Another critical error that's made a little too often is using poor form during the workout. Form is an absolute must.

If you use bad form during an exercise, not only are you going to risk suffering from an injury, but you also won't be working the muscles as you should and this will curtail your results.

Exercises are designed to be executed in a particular manner and if you aren't doing that, you can't expect results to be seen.

What's worse is that once you start using bad form, it's hard to get out of. Habits will be built and once that happens, you may continuously keep using poor form from then onwards.

Workout Mistake #4

Not Timing Your Rest Periods

The next mistake you want to be sure to avoid is not timing your rest periods. You always see these people in the gym – the social animals.

They choose to chat it up with the girl at the front desk, their workout partner, or just some random they come across between their sets.

Next thing they know though, five minutes have passed and their body is starting to get cold.

Don't make this mistake. You want to maintain the momentum of the workout and this means using long enough rest periods to allow for recovery to take place, but not making them so long that you start to get cold.

Furthermore, especially when you move into stage two and three of this protocol, shorter rest periods will be one of the elements that ensures that you see optimal results, so they must be amounted for.

If you're resting too long, you won't get the metabolic boost you could from the workout and you won't see fat burning taking place as it should.

Workout Mistake #5

Poor Workout Program Choice

Finally, the last workout program mistake that you might find yourself making as you go about this protocol is selecting the wrong workout program overall.

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Far too many people decide to utilize a body part split program because they figure if they can work each muscle group entirely to complete exhaustion once per week, they will see the best gains.

This isn't the case at all either. We'll be talking more about workout program options in the next chapter, so won't go into too many details here other than to say that body part split programs are not a good choice for about 99% of the population.

For a very select few individuals who are interested in competing in bodybuilding, they may be okay but these people need to have years of previous training under their belt and have built up a serious muscle foundation already.

Almost everyone reading this right now won't be at that point, so you should just skip over body part splits altogether.

So there you have the top muscle building mistakes that are far too often made as people go about the goal to build more lean muscle mass. Do you see yourself in any of these? If so, it's time for a change.

Let's move on and talk further now at the concept of workout program selection so we can expand on that topic.



A Closer Look At Workout Program Options

When it comes to workout program selection, there are basically three styles of workouts that you can use. The full body approach, the upper/lower body approach, as well as the body part split, which we've already identified above is a bad move.

Let's take a look at each of these a little more closely now so that you can see what they entail.

Full Body Workout

The first type of workout to consider is the full body workout. This workout is great for pretty much everyone – beginner all the way up to advanced. It's a good set-up as it'll allow you to hit the muscle groups at a very high frequency rate, working each muscle three days per week.

At minimum, you should be working a muscle group once every five days, but the more often you can work it, given you are in a fully recovered state, the better as far as your progress goes.

A full body approach capitalizes on this concept since you will still be having four days off total throughout the week, but yet hitting the muscles three days per week in an every-other-day fashion.

The other nice thing about a full body workout is that since you work every muscle group in the body, you are also going to get a very solid anabolic response as well. The leg muscles especially will drive testosterone release upwards, so by working them in the session, you can see faster growth overall.

Finally, the last thing that's nice about a full body approach is the fact that you don't have to dedicate a great deal of time to the workout either. Three days per week should fit with just about anyone's schedule and if you're really pressed for time, you could cut it back occasionally to twice per week and still see results.

For those leading busy lives, full body workouts are most ideal.

The only drawback to the full body split that causes some people to look into alternative approaches is the fact that they will not allow you to do as many isolation exercises for individual muscle groups, so muscle defining will be lower.

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For this reason, we'll be using the next type of protocol to be discussed for the stage two segment of this program.

For building that foundation of muscle mass however and for fat loss purposes, full body workouts can't be beat. They'll be used during stage one and three of this protocol.

Upper/Lower Split

As just mentioned, during the muscle refining stage, the upper/lower workout does pull ahead slightly. The first big advantage to this workout set-up is the fact that you will get to perform far more exercises overall for each of the smaller muscle groups. Since you're only working half the body in a single session, this allows you to do more work for each muscle group to be stimulated.

The upper lower split is also a good option for those who simply want to be in the gym more often.

For gym lovers, three days a week isn't enough to sometimes quench their thirst, so using the upper/lower can be of benefit.

Furthermore, the upper/lower split is still going to allow you to work multiple muscle groups per workout, so you will still get a nice anabolic response from it and since you're hitting each muscle group twice per week, you'll likewise still be meeting the minimum stimulation frequency requirement.

Finally, with three days off to rest each week, recovery won't be jeopardized, so you should do a good job at preventing overtraining from taking place.

Body Part Split

Finally, like we said before, the body part split is just not the way to go in any case. Body part split workouts work too few muscle groups in a single session, don't stimulate the muscles at a high enough frequency level, and also require you to be in the gym five days a week – so for anyone with a busy schedule, they can be hard to manage.

For all of these reasons, we won't be utilizing this approach in this program protocol and I don't especially recommend you use it at any point throughout your training either.

Now that you know the basics of the workout program options, let's talk more about the exercise selection factor.

Mass Building Exercises - Get Your Foundation Of Growth

After the workout program selection decision is made, the next step is to select the proper exercises that you will be using to help you move forward to faster success.

When it comes to exercise selection, there are two primary types of exercises that can be used - compound exercises or isolation exercises.

Let's look at both of these individually.

Compound Exercises

The first type of exercise to discuss is compound exercises. Compound exercises are going to be great for working multiple muscle groups in the body, so are big time savers and metabolic enhancers.

The more muscle fibers you hit at once, the more calories you burn during the exercise, the greater the anabolic spike you get after the workout is finished, and the more of a testosterone release you sustain as well.

Basically, these are the primary go-to exercises for any program. They'll also get you in and out of the gym quickly since they cut back on how many total exercises you need to do over the course of the program.



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Compound exercises are also great for maximum strength building as well since they are going to work so many muscle fibers all at once. The more muscle fibers you work in a given session, the more strength you'll have behind each lift you do and therefore, the more weight you are able to lift.

The compound exercises include:

- The bench press
 - The incline bench press
 - The decline bench press
 - Shoulder press
 - The bent over row
 - The pull-up
 - The pull-over
 - Squats
 - Deadlifts
 - Leg press
 - Step-up
 - Lunge
 - Split squat
-

These are the primary movements that should make up 75-90% of your workout depending on what stage of the program you're in.

Note that you will definitely not use all of these exercises with each and every workout you do. You really only need to do one, possibly two, compound exercises per muscle group – and remember, all of these will work more than one muscle group at once.

So for example, if you are doing the chest press to work your chest muscle, you're also going to be working the shoulder muscles as you do that, so you only need to add one more shoulder exercise into the protocol.

If you do both the chest press and the shoulder press, you'll hit the shoulders sufficiently and be able to move on. Likewise, you'll also work the triceps in both of these exercises, so you really don't need to do any additional tricep work beyond that.

If you like, you can add a set or two of a tricep isolation movement, but it's not something that you need to do to get results.

This is why compound exercises are so effective – as you just saw, they work all those smaller muscle groups while they work the bigger muscle groups so you don't need to do any additional exercises for them.

Isolation Exercises

Then in addition to the compound exercises, you have the isolation movements as well. These are ones that are going to stimulate just one muscle group at once, hence their name – isolation exercises.

They aren't going to burn as many calories or create as strong of a metabolic or hormonal release response in the body, but they will help you train just one muscle group, adding shape and definition to it.

For this reason, you will see them more present in our stage two protocol than anywhere else.

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They can be added in small doses to the muscle building foundation portion of the workout as well along with the fat loss portion, but you don't want to overdo them because you want the greater focus to be on compound movements. That's where you want most of your effort directed, so fatiguing yourself doing isolation exercises isn't a wise idea.

Isolation exercises include:

- Chest fly's
 - Bicep curl
 - Hammer curls
 - Tricep extension
 - Tricep dips
 - Lateral raise
 - Front raise
 - Upright row
 - Reverse fly's
 - Leg extension
 - Hamstring curl
 - Calf raises
 - Abdominal exercises
-

These exercises can typically be done in the higher rep range as well as you'll be lifting less weight with them by nature due to the fact that fewer total muscle fibers will be involved.

So there you have the primary points to know and remember regarding exercise selection. Choosing the right exercises to do in your program is going to have a big influence on the nature of the results you see, so it's one thing that you definitely do want to ensure you are doing correctly.

Now let's move forward and go over the mass refining techniques that you'll want to utilize as you go through the program plan.



Muscle Refining Techniques To Utilize

During the initial phases of your workout, you'll be focusing primarily on simple and straightforward sets to evoke maximum muscle growth. During those points, there's no need to do anything too fancy other than focusing on adding more weight onto the bar and increasing your strength.

Since more weight lifted is the best signal muscle is being built, it's the primary method to go about seeing the results you're looking for. Out of everything that you can do during a workout, increasing the weight tops the list.

But, once you have built up a good level of lean muscle mass and are then looking to move forward and refine that muscle, some advanced techniques can come in helpful. Additionally, even during the muscle building foundational stage (stage one), it can be helpful to employ these techniques from time to time to push your muscle development that much further.

Remember that it is quite common to hit a sticking point every now and then and if you can't add more weight to the bar for whatever reason, using these techniques can help you still make progress and move forward, despite not increasing the weight.

Let's go over the main techniques to consider.

Supersets

The first technique is the superset. This technique is a great one to use to boost your metabolic rate upwards, cut back on how much time the session takes, and to increase your cardiovascular fitness level as well.

To do this technique, you'll simply pair two exercises together back to back with no rest in between. Once both exercises are completed, then you can rest before moving on to the second set of the grouping.

Once all sets are completed, move onward from there to the next exercises in the protocol.

Supersets are best utilized with two compound movements – a lower body movement and an upper body movement. This way one muscle group can rest while the other is working.

Alternatively, you can also do two opposing muscle groups, using an antagonistic/agonistic approach.

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This would be something like bicep curls and tricep extensions, chest press and bent over rows, or leg extension and hamstring curls.

Finally, you can also do exhaustive supersets where you pair together two exercises for the same muscle group, typically a compound and isolation exercises.

So you might do bench press with tricep extensions.

If you want to emphasize the chest muscle in this superset, you would start with the tricep extension as then they would be weaker when doing the chest press, putting more total stress on the chest muscles themselves (since the triceps would be tired and not helping as much). This is known as the pre-fatigue concept and is a great way to boost the intensity of your workout protocol.

Alternatively, if you want to focus on the triceps, tiring them out completely, you'd do chest press first and then a tricep extension exercise to maximum fatigue right after.

This way, you'll be completely draining the tricep muscle of everything it has when doing that superset.

Supersets are very intense and you should never do them for each and every exercise in your workout, but adding one to two sets per workout can serve you well.

Drop Sets

The next advanced technique that we need to discuss is drop sets. Drop sets can be a great way to improve your strength capacity and get you past a sticking point during your workout sessions.

At some point during your training, you're going to hit a point where you just can't seem to lift any further weight. When this happens, you need to do something to teach your muscles to be able to train beyond that so that they can still get stronger, despite not lifting any more weight.

Drop sets allow you to do this. What you'll do during a drop set is execute a standard set using your normal weight and then once that's done, you'll immediately drop the weight by five pounds.

Then you'll move straight into a second set at that lower weight, fully exhausting the muscles. Once they're exhausted, if you can, drop the weight one more time and try and squeeze out as many possible reps using good form.

Note that these are also very intense and you will want to only add them in towards the end of the workout session in most cases. This way you will be able to finish up the workout and get out of the gym once you're in that highly fatigued state.

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This protocol does help to train your body to push through fatigue though, which is why they are so beneficial. Then when you go back and start doing straight sets once again, you'll now easily be able to move forward and complete the regular set at your usual weight or will be able to bump up the weight and hit the next level to evoke greater strength gains.

The one thing to note when you are doing drop sets however is that you should always have a spotter by your side whenever you're doing the major compound lifts where injuries are likely to occur.

This would be exercises such as shoulder press, chest press, or squats. If you fail mid-way through a rep on any of these, you need someone to jump in and help you get the weight up so that you don't hurt yourself.

It's also a must that you make sure you use proper form at all times. Many people make the mistake of letting fatigue get to them and this then causes them to start using poor form, setting them up for injury and definitely taking away from the results they are hoping to see.

Maintain proper form at all times. If you can't do the next rep, don't do it. You're better off stopping than pushing through another rep using bad form.

Timed Sets

Finally, the last technique variety that we'll be integrating into the workout protocol at certain points is timed sets.

In most workout routines you're basically going to perform a straight set with a designated rep range. You perform 8-12 reps of each exercise as it's laid out in the program plan, then you stop and rest before repeating again.

This is the traditional method of strength training.

But, you can perform a slightly different variation of a set and still see great results all while evoking a slightly different training stimulus on the body.

That technique is timed sets. What you'll be doing with timed sets is rather than aiming to perform an arbitrary number of reps, you perform as many reps as you can in a given time period.

Most often you should use 60 seconds, however as you get more advanced, you may want to move into the 90 second range instead. Just note that at that point, weight will likely be decreasing since you can't sustain that heavy of a load for that long of a total exercise time, so you have to weigh the pros and cons of doing so.

You can do some at 90 seconds, but keep them limited to isolation exercises only if you do. You want to maintain a good level of total weight lifted on the compound exercises you do, so 60 seconds will be a wiser choice.

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As you go about this timed set, if at any point you can't perform another rep and feel like you need to rest, stop and do so briefly. Then simply pick back up as soon as you can once again after the rest has been taken. Obviously you don't want to rest for more than a couple of seconds or you'll be taking the entire timed set to rest, but that brief break in there can help to improve your ability to carry on.

Always remember to use proper form during this training technique as well. This is another one where fatigue will get very high and as it does, you might find yourself losing proper form.

As you get more advanced with your training, your main goal with these timed sets will be to do less rest and more work, so that's what you'll be focusing on as you move through the sessions.

Once you can complete the reps for the entire minute, then it's time to boost the weight higher.

So there you have some of the most common and effective advanced techniques that you can use as you go about your workout protocol to gain lean muscle mass, refine the muscle tissues, and then cut fat.

As we noted earlier, you will be primarily using these techniques during the second stage of the program as that is when you will be in need of more advanced techniques as your body will be adapting well to the exercise that you're doing and you will be reaching that advanced point where more intense exercise is required.

So now that we've talked about the muscle refining process, let's move forward and talk a little more about how to transition from a muscle building protocol to a fat loss protocol.

It's going to be absolutely essential that you do this properly or you will set yourself up for lean muscle mass loss as you try and diet down to lose any body fat you may have gained during the bulking period.



Construction A Workout For Fat Loss - What Changes

After you've built up the level of lean muscle mass that you're happy with to move forward, it's time to think about making the transition to a brief fat cutting phase so that you can get leaner and ensure you show off all the muscle that you've just worked so hard to build.

At this stage you should be feeling pretty good about the way you look and after a bit of fat loss takes place, you'll be at your ultimate body appearance.

Now, when it comes to moving to a workout for fat loss purposes with your strength training protocol, you have two primary goals.

They are to:

- Maintain your overall strength level, which means you are also maintaining your lean muscle mass tissue
- Keep your metabolism on high

If you can accomplish both of these, you will be well on your way to ultimate results.

To accomplish these tasks, there are a number of things you need to be doing. Let's look at each of these individually so that you can understand how we are designing this workout protocol.

Maintaining Your Strength

The very first goal is to make sure that you maintain your strength. If you start to lose strength while eating in a hypocalorie (lower than maintenance) state, that is going to be a sure-fire sign that you are also likely losing lean muscle mass.

Clearly that is not ideal as you've just worked so hard to build up that lean muscle tissue. The best way to maintain your strength level is going to be ensuring that you keep a heavy weight on the bar.

If you were benching 150 pounds before, *keep* benching 150 pounds now. If there's absolutely one thing that you must do in order to maintain your muscle mass, this is it.

If you let the weight drop, you will be immediately at risk for muscle loss.

This is also why we aren't going to be using many of those more advanced muscle refining techniques in this stage. By nature, those can make it harder to sustain a maximal load for all reps completed because many do involve fully fatiguing the muscles and pushing through that fatigue.

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And while those techniques can get your body burning up a bit more total energy during the actual workout session simply because you are doing more work overall, the fact is that when they are done while dieting, they can cause you to lose strength.

Remember, nutrition plays a key role in whether you build strength or lose strength from your workout.

In the refining stage, you were still providing more than enough calories for your body as you were eating in a surplus. Therefore, those techniques will help you build muscle.

But do them when you aren't providing enough energy to the body and are in a deficit and you will see the opposite occurring.

So we'll be keeping your fat loss workout relatively simple and straightforward.

Keeping Your Metabolism Revived

Next, we want to make sure that you maintain as fast of a metabolic rate as possible. Clearly the faster your metabolism is going, the faster you burn calories all day long and therefore, the faster you burn fat.

That much is pretty simple and straightforward so it only makes sense that we'd want to ensure your metabolism is in high gear.

To help do this, we'll first be using a full body approach. As we mentioned with the full body approach, this is going to work multiple muscle groups each and every workout, evoking a greater calorie burn during the session as well as after.

For the same reasons, we'll also be focusing primarily on compound movements. You won't do all that much isolation work while you're on your fat loss workout program simply because you don't need it. In fact, if anything isolation exercises will just hinder your progress because of the fact they will tire you out when you don't have energy to spare.

You want to save all your energy for the compound exercises as they are the ones with the far bigger payoff.

Finally, one thing we will be doing during your fat loss workouts is keeping the rest periods slightly shorter. This will evoke a greater post workout calorie burn, so can help you burn fat slightly faster.

Now, with this, note that you should never take your rest period so short that you have to lift a lighter amount of weight. The minute that occurs, you've gone too far and should increase the rest slightly.

We've selected a rest period that should allow you to sustain your normal load, but if you are someone who needs a bit more time for recovery and find that you can't at this rest allotment, increase it by 15 seconds per rest break or so.

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Nothing should overtake lifting heavy – that is the number one focus and goal in your strength training workout protocol.

Preventing Lean Muscle Mass Loss

Speaking of preventing lean muscle mass, from a workout standpoint, the last thing that we'll be doing to ensure that you keep your muscle intact is to make sure that you are not going too crazy with the amount of volume you're doing.

If you start doing far too much volume overall in each session, that will just dig your body deep into the recovery hole and while dieting, you simply don't have the energy and resources to climb out of it.

When on a lower calorie diet, you want to stimulate the muscles so that they stay strong and present and then back off and rest.

It's far easier, smarter, and effective to create the calorie deficit you need to in order for fat loss to occur with dieting than it is through long workouts that are high in volume.

So if you notice that the fat loss workouts are relatively short in nature, don't be alarmed. This is how we want them to be.

You will be doing less exercise, not more, when dieting than when you were aiming to build muscle. Most people often think that it should be opposite – you should do more exercise if fat loss is the goal – but if you're dieting properly, that is not the case.

So there you have a bit of a glimpse into how we go about designing your fat loss workouts. These workouts may not be what you're used to for fat loss purposes but trust the process – if you follow your diet as well, they will work and you will see success.

Now let's move onward and show you your workout protocols.



Your Body Transformation Workout Programs

You're finally here. You know the theory behind generating a successful muscle building workout and it's time to get down to business.

Below you're going to find your workout protocols for each stage in this program plan (muscle building, muscle refining, and fat loss).

Now, we've made each phase last a total of four weeks, however you should note that you can vary this however you wish.



If you need to build more lean muscle mass, you'll likely want to do the first phase for much longer- 3 to 4 months perhaps before moving onwards. If that's the case, just repeat the four weeks over and over again, aiming to lift a heavier weight with each cycle that you do.

For stage two and three, four weeks should be sufficient for most people, but you can always repeat those over again as well if you feel the need to do so.

One thing we haven't mentioned too much about at this point is cardio training. When it comes to your cardio training, you really don't need to be doing anything too fancy as long as you are following the diets that we provided.

With a proper strength training protocol and good eating, you will maintain reasonable levels of body fat the entire way through the program.

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Of course some cardio can be beneficial from an overall health standpoint, so if you feel like you'd like to do some, you can add it but keep it to 2-3 times per week, 20-30 minutes per session and keep the intensity low.

Even while dieting, you don't need to go adding loads of cardio to the workout program and in fact, doing so could hinder you more than help you.

When muscle building, it's a similar issue – too much cardio training will quickly put the brakes on muscle mass from being built, so will just keep you from realizing optimal success.

Cardio should be fun, relatively easy paced, and something that you do to boost your health, improve blood flow and recovery, and simply get moving.

Beyond that, focus on lifting as heavy as possible and eating right. The rest will take care of itself.

When you add your cardio training, do the workouts on either the off days between your lifting, at another time from your lifting, or if you must do them in the same session, do them after your lifting is over.

Never do cardio (other than a warm-up) before you start lifting. You want to be fresh for optimal performance during your strength training session.

Speaking of warm-ups, make sure that you are adding a five minute warm-up to each of the workouts below and finishing up with a five minute cool-down along with some light stretching.

Walking works great here and can help to remove some of the lactic acid that's developed in the legs from your lower body workout program.

Let's show you your workout programs.



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Phase 1 **MUSCLE BUILDING**

WEEK 1

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	8	3	90 seconds
Bench Press	8	3	90 seconds
Deadlifts	8	3	90 seconds
Bent Over Rows	8	3	90 seconds
Shoulder Press	10	2	60 seconds
Bicep Curls	12	2	30 seconds
Tricep Extensions	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

Workout 2 - Wednesday

Exercise	Reps	Sets	Rest
Leg Press	8	3	90 seconds
Incline Bench Press	8	3	90 seconds
Step-ups	8	3	90 seconds
Pull-Ups	8	3	90 seconds
Single Arm Rows	10	2	60 seconds
Lateral Raises	12	2	30 seconds
Front Raises	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Sumo Squats	8	3	90 seconds
Decline Bench Press	8	3	90 seconds
Lunges	8	3	90 seconds
Bent Over Rows	8	3	90 seconds
Shoulder Press	10	2	60 seconds
Hammer Bicep Curls	12	2	30 seconds
Dips	12	2	30 seconds
Lying Leg Raise	12	2	30 seconds

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WEEK 2

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	8	4	90 seconds
Bench Press	8	4	90 seconds
Deadlifts	8	4	90 seconds
Bent Over Rows	8	4	90 seconds
Shoulder Press	10	2	60 seconds
Bicep Curls	12	2	30 seconds
Tricep Extensions	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

Workout 2 - Wednesday

Exercise	Reps	Sets	Rest
Leg Press	8	4	90 seconds
Incline Bench Press	8	4	90 seconds
Step-ups	8	4	90 seconds
Pull-Ups	8	4	90 seconds
Single Arm Rows	10	2	60 seconds
Lateral Raises	12	2	30 seconds
Front Raises	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Sumo Squats	8	4	90 seconds
Decline Bench Press	8	4	90 seconds
Lunges	8	4	90 seconds
Bent Over Rows	8	4	90 seconds
Shoulder Press	10	2	60 seconds
Hammer Bicep Curls	12	2	30 seconds
Dips	12	2	30 seconds
Lying Leg Raise	12	2	30 seconds

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WEEK 3

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	5	5	2 minutes
Bench Press	5	5	2 minutes
Deadlifts	5	5	2 minutes
Bent Over Rows	5	3	2 minutes
Shoulder Press	10	2	60 seconds
Bicep Curls	12	1	30 seconds
Tricep Extensions	12	1	30 seconds
Plank Hold	60 seconds	1	30 seconds

Workout 2 - Wednesday

Exercise	Reps	Sets	Rest
Leg Press	5	5	2 minutes
Incline Bench Press	5	5	2 minutes
Step-ups	5	5	2 minutes
Pull-Ups	8	2	90 seconds
Single Arm Rows	10	2	60 seconds
Lateral Raises	12	1	30 seconds
Front Raises	12	1	30 seconds
Reverse Crunch	12	1	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Sumo Squats	5	5	90 seconds
Decline Bench Press	5	5	90 seconds
Lunges	8	4	90 seconds
Bent Over Rows	8	4	90 seconds
Shoulder Press	12	2	60 seconds
Hammer Bicep Curls	15	2	30 seconds
Dips	15	2	30 seconds
Lying Leg Raise	60 seconds	4	30 seconds

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WEEK 4 - Deloading Week

(reduced volume to allow for full recovery before moving forward)

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	5	2	2 minutes
Bench Press	5	2	2 minutes
Deadlifts	5	2	2 minutes
Bent Over Rows	5	2	2 minutes
Shoulder Press	10	1	60 seconds
Plank Hold	60 seconds	1	30 seconds

Workout 2 – Wednesday

Exercise	Reps	Sets	Rest
Leg Press	5	2	2 minutes
Incline Bench Press	5	2	2 minutes
Step-ups	5	2	2 minutes
Pull-Ups	8	2	90 seconds
Single Arm Rows	10	1	60 seconds
Reverse Crunch	12	1	30 seconds

Workout 3 – Friday

Exercise	Reps	Sets	Rest
Sumo Squats	5	2	90 seconds
Decline Bench Press	5	2	90 seconds
Lunges	8	2	90 seconds
Bent Over Rows	8	2	90 seconds
Shoulder Press	12	2	60 seconds
Lying Leg Raise	60 seconds	2	30 seconds

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Phase 2 **MUSCLE REFINING**

WEEK 1

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Superset: Bench Press with Bent Over Rows	8	3	90 seconds
Superset: Shoulder Press with Lat Pull-Down	10	3	90 seconds
Superset: Bicep Curls with Tricep Extensions	12	2	60 seconds
Chest Fly's	10	2	60 seconds
Lat Pull-Overs	12	2	60 seconds

Workout 2 - Tuesday

Exercise	Reps	Sets	Rest
Squats	8	3	90 seconds
Deadlifts	8	3	90 seconds
Lunges	10	3	90 seconds
Superset: Leg Extensions with Hamstring Curls	12	2	60 seconds
Calf Raise	12	2	30 seconds
Superset: Front Crunch with Reverse Crunch	12	3	30 seconds

Workout 3 - Thursday

Exercise	Reps	Sets	Rest
Superset: Incline Bench Press with Horizontal Rows	8	3	90 seconds
Superset: Lateral Raise with Front Raise	10	3	90 seconds
Superset: Hammer Curls with Tricep Dips	12	2	60 seconds
Reverse Fly's	10	2	60 seconds
Push-Ups	20-30	2	60 seconds

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Workout 4 – Friday

Exercise	Reps	Sets	Rest
Leg Press	8	3	90 seconds
Deadlift	8	3	90 seconds
Split Squat	8	3	90 seconds
Superset: Leg Extension with Lunge	10	2	90 seconds
Superset: Hamstring Curl Good Mornings	10	2	60 seconds
Seated Calf Raise	12	2	30 seconds
Superset: Lying Leg Raise with Decline Twisting Sit-up	15	2	30 seconds

WEEK 2

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Superset: Bench Press with Bent Over Rows	10	4	90 seconds
Superset: Shoulder Press with Lat Pull-Down	12	3	90 seconds
Superset Bicep Curls with Tricep Extensions	15	2	60 seconds
Drop Set: Chest Fly's	12-12-to fatigue	1	60 seconds
Lat Pull-Overs	15	2	60 seconds

Workout 2 – Tuesday

Exercise	Reps	Sets	Rest
Squats	10	3	90 seconds
Deadlifts	10	3	90 seconds
Lunges	12	3	90 seconds
Superset: Leg Extensions with Hamstring Curls	15	2	60 seconds
Drop Set: Calf Raise	15-15-to fatigue	1	30 seconds
Superset: Front Crunch with Reverse Crunch	15	3	30 seconds

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Workout 3 – Thursday

Exercise	Reps	Sets	Rest
Superset: Incline Bench Press with Horizontal Rows	10	3	90 seconds
Superset: Lateral Raise with Front Raise	12	3	90 seconds
Drop Set: Bicep Curls	12-12-to fatigue	1	60 seconds
Drop Set: Tricep Extensions	12-12-to fatigue	1	60 seconds
Push-Ups	20-30	2	60 seconds

Workout 4 – Friday

Exercise	Reps	Sets	Rest
Leg Press	10	3	90 seconds
Deadlift	10	3	90 seconds
Split Squat	10	3	90 seconds
Superset: Leg Extension with Lunge	12	2	90 seconds
Superset: Hamstring Curl Good Mornings	12	2	60 seconds
Drop Set: Seated Calf Raise	12-12-to fatigue	1	30 seconds
Superset: Lying Leg Raise with Decline Twisting Sit-up	15	2	30 seconds

WEEK 3

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Bench Press	Timed Set for 45 seconds	3	90 seconds
Bent Over Rows	Timed Set for 45 seconds	3	90 seconds
Shoulder Press	10	2	60 seconds
Drop Set: Bicep Curls	12-12-to fatigue	1	60 seconds
Drop Set: Tricep Extensions	12-12-to fatigue	1	60 seconds
Lateral Raise	12	3	

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Workout 2 – Tuesday

Exercise	Reps	Sets	Rest
Squats	10	4	90 seconds
Deadlifts	Timed Set for 45 seconds	3	90 seconds
Lunges	Timed set for 45 seconds	3	90 seconds
Superset: Leg Extensions with Hamstring Curls	15	2	60 seconds
Drop Set: Calf Raise	15-15-to fatigue	1	30 seconds
Superset: Bicycle with Lying Leg Raise	15	3	30 seconds

Workout 3 – Thursday

Exercise	Reps	Sets	Rest
Superset: Incline Bench Press Chest Fly	10	3	90 seconds
Superset: Bent Over Rows with Pull-Downs	10	3	90 seconds
Bicep Curls	Timed set for 45 seconds	1	60 seconds
Tricep Extensions	Timed set for 45 seconds	1	60 seconds
Incline Push-Ups	20-30	2	60 seconds

Workout 4 – Friday

Exercise	Reps	Sets	Rest
Leg Press	Timed set for 45 seconds	3	90 seconds
Drop Set: Deadlift	10-10-to fatigue	3	90 seconds
Split Squat	10	3	90 seconds
Superset: Leg Extension with Lunge	12	2	90 seconds
Superset: Hamstring Curl Good Mornings	12	2	60 seconds
Seated Calf Raise	Timed set for 45 seconds	1	30 seconds
Superset: Side crunch with Plank hold	15/45 seconds	2	30 seconds

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WEEK 4

For this week's workout program, you'll be doing circuit training so you'll perform one exercise after the next with little to no rest in between. Once the entire circuit is completed, stop and rest for 2 minutes before repeating through a second and third time.

Workout 1 - Monday

Exercise	Reps
Bench Press	10
Bent Over Rows	10
Front Crunch	15
Shoulder Press	10
Bicep Curls	12
Supermans	15
Tricep Extensions	12
Lateral Raises	15

Workout 2 - Tuesday

Exercise	Reps
Squats	8
Seated calf raises	12
Deadlifts	8
Standing calf raises	12
Walking Lunges	16 (8/leg)
Good Mornings	12

Workout 3 - Thursday

Exercise	Reps
Incline Bench Press	10
Horizontal Rows	10
Reverse Crunch	15
Shoulder Press	10
Hammer Curls	12
Lying Leg Raise	15
Tricep Press Downs	12
Front Raises	15

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Workout 4 - Friday

Exercise	Reps
Leg Press	8
Seated calf raises	12
Step-ups	8
Standing calf raises	12
Split Squats	16 (8/leg)
Good Mornings	12



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Phase 3 **FAT LOSS**

WEEK 1

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	5	3	60 seconds
Bench Press	5	3	60 seconds
Bent Over Rows	5	3	60 seconds
Deadlifts	8	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Seated Calf Raise	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 2 – Wednesday

Exercise	Reps	Sets	Rest
Sumo Squats	8	3	60 seconds
Incline Bench Press	8	3	60 seconds
Horizontal Rows	8	3	60 seconds
Good Mornings	10	2	45 seconds
Hamstring Curl	12	2	30 seconds
Leg Extension	12	2	30 seconds
Lat pull-Down	12	2	30 seconds
Decline Twisting Sit-Up	12	2	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Leg Press	6	3	60 seconds
Bench Press	6	3	60 seconds
Single Arm Rows	6	3	60 seconds
Lunges	10	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Standing Calf Raise	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

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WEEK 2

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	5	3	60 seconds
Bench Press	5	3	60 seconds
Bent Over Rows	5	3	60 seconds
Deadlifts	8	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Seated Calf Raise	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 2 - Wednesday

Exercise	Reps	Sets	Rest
Sumo Squats	8	3	60 seconds
Incline Bench Press	8	3	60 seconds
Horizontal Rows	8	3	60 seconds
Good Mornings	10	2	45 seconds
Hamstring Curl	12	2	30 seconds
Leg Extension	12	2	30 seconds
Lat pull-Down	12	2	30 seconds
Decline Twisting Sit-Up	12	2	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Leg Press	6	3	60 seconds
Bench Press	6	3	60 seconds
Single Arm Rows	6	3	60 seconds
Lunges	10	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Standing Calf Raise	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

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WEEK 3

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	8	2	45 seconds
Bench Press	8	2	45 seconds
Bent Over Rows	8	2	45 seconds
Deadlifts	10	2	45 seconds
Bicep Curls	12	2	30 seconds
Tricep Extensions	12	2	30 seconds
Seated Calf Raise	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 2 – Wednesday

Exercise	Reps	Sets	Rest
Sumo Squats	10	2	45 seconds
Incline Bench Press	10	2	45 seconds
Horizontal Rows	10	2	45 seconds
Good Mornings	12	2	45 seconds
Hamstring Curl	15	2	30 seconds
Leg Extension	15	2	30 seconds
Lat pull-Down	15	2	30 seconds
Decline Twisting Sit-Up	15	2	30 seconds

Workout 3 – Friday

Exercise	Reps	Sets	Rest
Leg Press	10	2	45 seconds
Bench Press	10	2	45 seconds
Single Arm Rows	10	2	45 seconds
Lunges	10	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Standing Calf Raise	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

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WEEK 4

Workout 1 - Monday

Exercise	Reps	Sets	Rest
Squats	8	2	45 seconds
Bench Press	8	2	45 seconds
Bent Over Rows	8	2	45 seconds
Deadlifts	10	2	45 seconds
Bicep Curls	12	2	30 seconds
Tricep Extensions	12	2	30 seconds
Seated Calf Raise	12	2	30 seconds
Reverse Crunch	12	2	30 seconds

Workout 2 - Wednesday

Exercise	Reps	Sets	Rest
Sumo Squats	10	2	45 seconds
Incline Bench Press	10	2	45 seconds
Horizontal Rows	10	2	45 seconds
Good Mornings	12	2	45 seconds
Hamstring Curl	15	2	30 seconds
Leg Extension	15	2	30 seconds
Lat pull-Down	15	2	30 seconds
Decline Twisting Sit-Up	15	2	30 seconds

Workout 3 - Friday

Exercise	Reps	Sets	Rest
Leg Press	10	2	45 seconds
Bench Press	10	2	45 seconds
Single Arm Rows	10	2	45 seconds
Lunges	10	2	45 seconds
Bicep Curls	10	2	30 seconds
Tricep Extensions	10	2	30 seconds
Standing Calf Raise	12	2	30 seconds
Plank Hold	60 seconds	2	30 seconds

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Conclusion

So there you have your full workout program to get maximum results with your muscle building efforts. Work hard, stay consistent, and be sure to use the diet program that goes along with this.

If you do, you will be very impressed with the results that you see.

