

# TESTO FUEL

# Intermediate Workout Plan

This guide is for those who've got to grips with the basics and want to push themselves harder. While only containing 3 workout days, each session has been designed to give you a solid base to grow from, whilst providing enough time for a full recovery. Remember listen to your body, overtraining is very common at this stage.



## PRO TIP

Putting on size and gaining strength isn't just about having a good workout routine in place. You need to have the right nutrition plan too.

A high protein diet isn't the answer, in fact, it might be the problem. An excess of this macronutrient is hard for your body to process and can lead to rises of your body's stress hormone cortisol.

Cortisol directly interferes with testosterone levels, which can result in poor performance, and slower progress in the gym.



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# Intermediate Bodybuilding Plan



A solid, middle of the road weekly split for regular lifters. With 2 - 3 sets of medium to high rep exercises, this workout is perfect for anyone looking to improve muscle size and shape, to get that sculpted, defined look.

Make sure each rep is performed with good form, and don't be afraid to lower the weight to secure that full range of motion.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DB Bench Press x 2 (8-10 reps) Incline DB Press x 2 (8-10 reps) Military Press x 2 (10-12 reps) Cable Crossovers x 2 (12-15 reps) Military Press x 2 (10-12 reps) Dips x 2 (10-12 reps) Lying Triceps Press x 2 (10-12 reps) Tricep Pushdowns x 2 (10-12 reps)	Rest Day  <u>Recovery Tip:</u>  Why not try Foam Rolling on this off-day?  The massaging effects remove knots, and have also been linked to preventing muscle imbalances and improving muscle repair.	Barbell Deadlifts x 3 (10-12 reps) Lat Pulldowns x 2 (10-12 reps) One Arm DB Rows x 2 (10-12 reps) Chin-Ups x 2 (10-12 reps) Preacher Curls x 2 (10-12 reps) DB Curls x 2 (10-12 reps) Hammer Curls x 2 (10-12 reps) Reverse Barbell Curls x 2 (10-12 reps) Crunches x 3	Rest Day  <u>Recovery Tip:</u>  Walking can be a great rest day option...  Walking or light cardio are both good for rest days. They don't require much energy and help with stretching your muscles and improving nutrient flow.	Barbell Squats x 2 (10-12 reps) Leg Press x 2 (8-10 reps) Leg Extensions x 2 (10-12 reps) Seated Leg Curls x 2 (10-12 reps) Lying Leg Curls x 2 (10-12 reps) Standing Calf Raises x 2 (10-12 reps) Seated Calf Raise x 2 (10-12 reps) Romanian Deadlifts x 2 (10-12 Reps)	Rest Day  <u>Recovery Tip:</u>  It's the weekend. Sleep in for once!  Extra sleep can help with both muscle recovery, and hormone optimization. It's the time when we secrete the most testosterone and growth hormone.	Rest Day  <u>Recovery Tip:</u>  Why not try Yoga? It's more effective than stretching.  Not only does a Yoga session stretch full muscle groups, it also aids muscle recovery, focus and flexibility.

## Nutrition

First, as you already know, it's time to cut the junk. Fast food, sugary drinks and candy bars are going to do you NO good. Sugar is full of empty calories and will starve your body of the nutrients it needs, not to mention the fact that high insulin levels lower testosterone. Make sure you eat plenty of healthy fats to feed your hormones, and optimize your T.

Coupled with 4-5 small meals a day you'll be getting a good amount of nutritious food throughout the day. Ensure you eat your carbs before working out, and avoid them later on at night. These are going to be the energy you need for the workout. Protein is important. But, often with shakes you will find these contain unnecessary sugar, and the extra protein can put stress on your body affecting your testosterone levels.

**Meal 1**  
Oats - 1/2 Cup  
Eggs - 2  
Fresh Orange Juice

**Meal 4**  
Fish or Chicken  
Rice or Pasta  
Salad or Mixed Vegetables

**Meal 2**  
Almonds - 1/4 Cup  
Banana - 1

**Post Workout**  
Mixed Berries  
Glass of Low Fat Milk

**Meal 3**  
Chicken Breasts x 2  
Brown Rice - 3/4 Cup  
Green Vegetables

**Supplements**  
TestoFuel - Taken with meals  
Multivitamin - Taken in the morning



The above should be only used as a guide. It's important you change up proteins, carbs and vegetables, not only to keep things interesting for yourself, but to also allow your body a more complete range of nutrition. Everyone is different too, so we'd recommend asking a personal trainer or nutritionist to help create a tailored plan for you.

## Training Tips

We often hear about people who have stopped seeing results, and feel they've plateaued. Remember, while your body has most likely adapted to weight training you are still progressing. Consider setting smaller goals throughout the year.

Mix things up. Change the days in the week you train for a while. Alter your diet. Add in an extra day. There are plenty of ways to surprise your body all over again. Doing this can also improve drive and focus, keeping you motivated and interested.

You might've been in the gym a while now too, but still you should be regularly checking your form. If you are still feeling like you are at that plateau, then getting some guidance from a personal trainer can really freshen things up.

## Workout Boosts

Below are some ways you can mix up your normal workout routine, whilst getting different benefits:

- **Drop Sets** - Do your exercise as normal, with a normal weight, then when you would normally take a break, go lighter and do another 5-6 reps. Feel that pump.
- **Supersets** - Doing a second set without any rest. You can do this with the same muscle group, or alternatively superset two opposing muscle groups (chest and back for example)
- **Negative Reps** - Negative reps mean that you doing the opposite of a normal repetition. The focus should be on the weight being lowered slowly. E.g Starting holding the bar with your arms extended on chest press then lowering the weight