

1 Month Muscle Building Program

Muscle Building: Cycle 1

Week 1

This week, the focus is to increase reps while using moderate weight. We are using a process known as periodization where we will go through several weeks of training that will increase the amount of weight being lifted until we do 1RM(one rep max). After this first cycle of training we will go back through and change up some of our exercises with new ones that will help us when we go back through the previous lifting cycle again. This process has been proven to work for athletes and bodybuilders all over the world but it is a long process, so be prepared to work hard and just trust the proven process!

New Training Terms:

Rest Pause- perform normal set until reaching muscle failure then rest 10-15 seconds and perform as many reps as possible with the same weight

Legs

Warm Up(Super set)

Leg Extensions 12 x 2

Hamstring Curls 12 x 2

(Increase weight each set) (Perform Rest Pause Set on final set of each exercise)

Back Squats 12,11,10, 9 RP

Front Squats 12,11,10, 9 RP

Lunges 12,11,10, 9 RP

Romanian Deadlift 12, 11,10,9 RP

Push Day

Bench Press 12,11,10,9 RP

Incline Dumbbell Flys 12,11,10,9 RP

Seated Dumbbell Press 12,11,10,9 RP

Side Lateral Raises 12,11,10,9 RP

Rope Tricep Pressdown 12,11,10,9 RP

Overhead Tricep Extensions 12,11,10,9 RP

Pull Day

Dumbbell Rows(at same time) 12,11,10,9 RP

Lat Pulldowns(cable/bands) 12,11,10,9 RP

Straight Arm Pulldown 12,11,10,9 RP

Seated Row 12,11,10,9 RP

Barbell Curl 12,11,10,9 RP
Single Arm Concentration Curl 12,11,10,9 RP

C1: Week 2

Legs

Warm Up(Super set)
Leg Extensions 12 x 2
Hamstring Curls 12 x 2
(Increase weight each set) (Perform Rest Pause Set on final set of each exercise)
Back Squats 12,11,10, 9 RP
Front Squats 12,11,10, 9 RP

Lunges 12,11,10, 9 RP
Romanian Deadlift 12, 11,10,9 RP

Push Day

Bench Press 12,11,10,9 RP
Incline Dumbbell Flys 12,11,10,9 RP
Seated Dumbbell Press 12,11,10,9 RP
Side Lateral Raises 12,11,10,9 RP

Rope Tricep Pressdown 12,11,10,9 RP
Overhead Tricep Extensions 12,11,10,9 RP

Pull Day

Dumbbell Rows(at same time) 12,11,10,9 RP
Lat Pulldowns(cable/bands) 12,11,10,9 RP

Straight Arm Pulldown 12,11,10,9 RP
Seated Row 12,11,10,9 RP

Barbell Curl 12,11,10,9 RP
Single Arm Concentration Curl 12,11,10,9 RP

C1: Week 3

This is our final week of our first microcycle of your muscle building program. This week we will be focusing on upping the weights used to around 90-95% of your max weight. A few other things to keep in mind this week are to keep proper form as much as possible and squeeze during the contraction portion of each rep. This week won't be filled with major fatigue and extremely tiring workouts. This is our "performance" week. We're looking to see our progress so far! If possible, get a partner/spotter to go to these workouts with you! Go get it done this week!

Legs

Warm Up(Super set)

Leg Extensions 12 x 2

Hamstring Curls 12 x 2

(Increase weight each set) (Perform Rest Pause Set on final set of each exercise)

Back Squats 6,5,4,4 RP

Front Squats 6,5,4,4 RP

Walking Lunges w/weight 12,11,10,9 RP

Sumo Deadlift 12,11,10,9 RP

Push Day

Bench Press 6,5,4,4 RP

Incline Dumbbell Press 6,5,4,4 RP

Cable Flys 10,10,10,10 RP

Side Lateral Raises 10,10,10,10 RP

Rope Tricep Pressdown 10,8,6,6 RP

Rope Cable Curls 10,10,10,10 RP

Pull Day

Dumbbell Rows(at same time) 6,5,4,4 RP

Lat Pulldowns(cable/bands) 6,5,4,4 RP

Straight Pulldown 10,8,6,6 RP

Seated Row 6,5,4,4 RP

Straight Bar Barbell Curl 6,5,4,4 RP

Dumbbell Hammer Curls 10,10,10,10 RP

C1: Week 4

This week we're going to be focusing on some conditioning for the muscles. After last weeks performance week the muscles should not be fatigued but should be ready to go! We are going to shock the muscles by switching from low reps and heavy weight to high reps and moderate weight. This week focus on getting a good mind to muscle connection and really focusing on the squeeze of each exercise! Fatigue is key this week!

New Terms: Drop Set (DS)- complete the regular set for the exercise then after performing the specific number of reps, drop the weight down to a lower weight and complete a set for as many reps as you can get

Lower Body

Warm Up(Super set)

Leg Extensions 12 x 2

Hamstring Curls 12 x 2

(Increase weight each set) (Perform Rest Pause Set on final set of each exercise)

Back Squats 15,14,13,12 DS

Leg Press 15,14,13,12 DS

Hamstring Curls 15,14,13,12 DS

Deadlift 15,14,13,12 DS

Push Day

Bench Press 15,14,13,12 DS

Incline Cable Flyes 15,14,13,12 DS

Seated Dumbbell Press 15,14,13,12 DS

Cable Side Lateral Raises 15,14,13,12 DS

Close Grip Bench Press 15,14,13,12 DS

Dumbbell Triceps Kickbacks 15,14,13,12 DS/arm

Pull Day

Bent Over Barbell Row 15,14,13,12 DS

Pull Ups 15,14,13,12 DS

Dumbbell Pullovers 15,14,13,12 DS

Single Arm Dumbbell Row 15,14,13,12 DS

Barbell Curl 15,14,13,12 DS

Single Arm Hammer Curl 15,14,13,12 DS