## Continue

Looking to build some muscle and dont know where to start? Or perhaps youve hit a plateau and wondering how to get out of it. Look no further! Our intense 12 Week Muscle Building Program will put you on the right path for building and shaping your muscles. It uses a 6-day split and will work for anyone who performs the exercises correctly, who is in reasonably healthy condition, and who eats right and sleeps enough. It addresses all the major visible muscle groups in the body, with exercises that have been selected using evidence and critical thinking. When properly applied, this program will work for any age group. Those with pre-existing health conditions or injuries may need to pick and choose exercises based on physical limitations. Jump to the workout plan. Or download a PDF version using the link below. 12 Week Muscle Building Program structureUpper-Lower splitProgram duration1.2 weeksWorkout duration1-2 hoursScheduling6 day splitGoalBuild muscleLevelBeginners to advancedEquipment neededDumbbells, barbells, weight plates, cable machine, leg curl machine, leg curl machine, riser, adjustable bench The program has been thoughtfully composed through years of personal experimentation, consulting the research, and learning from experts along the way. Given an opportunity and performed the right way, you can expect to build muscles by using it. But how much muscle though? The honest answer is that results will see newbie gains. Experienced gym-goers can also expect to see gains although those gains might not be as dramatic as the folks newer to resistance training. Both beginners and veteran gym-goers can expect to see biomechanically-optimized exercises not tried before and will work your muscles in ways you might have never before. The 12 week program is a variation on an Upper-Lower split, with the upper body divided into Shoulders, and Chest-Back. Legs make up the lower body workouts. Youll do arms on Leg day to balance the workload. We go one step farther and divide each of those into a primary more intense day, and a secondary less intense day. Exercises on the secondary day will still challenge you but those secondary days feature more compound than isolation exercises, so the direct hit the target muscles take is reduced. Abs are done on Chest-Back days. Youll work out six days a week following this program. DaySplit1Legs 1, Arms 12Shoulders 13Chest 1, Back 1, Abs4Legs 2, Arms 25Shoulders 26Chest 2, Back 2, Abs7REST LEGS 1 / ARMS 1Warm upSet 1Set 2Set 3Set 4Banded squats50Sissy Squats12-1510-1210-128-10Weighted Lunges2012-1510-128-10Ueg Extensions3012-1510-128-10Ueg Extensions2012-1510-128-10Ueg Extensions2012-1510-12 2Set 3Set 4Side Lateral Raises2015-2012-1512-15Front Raises2015-2012-1512-15Front Raises2015-2012-1512-15Pront Raises2015-2012-1510-128-10Pec Deck15-2012-1510-128-10Lat Pull-3012-1510-128-10Hip Abductions12-1510-128-10Hip Adductions12-1510-128-10Hip Flexions2015-2012-1510-128-10Hip Flexions2015-2012-1510-128-10Hip Flexions2015-2012-1510-128-10Hip Adductions12-1510-128-10Hip Flexions2015-2012-1510-128-10Hip Flexions2015-10Hip Flexions2015-10Hi 10Motorcycle Rows2512-1510-128-10Crunches30-402020Sit Ups with a Twist2020Side Bends202020 Perform this weekly 6 day split for 12 week muscle building program, here are some important guidelines to follow: Warm up and stretchFocus on formApplysic for 12 week muscle building program, here are some important guidelines to follow: Warm up and stretchFocus on formApplysic for 12 weeks to start building those muscles. In order to reap full benefits from this 12 week muscle building those muscles. progressive overloadAdjust rep rangesRest in between setsAdd active recovery days (Optional) These will ensure you minimise injury and practice the movements. Warm-ups are important for anyone and even more crucial for older adults. If youre a newcomer to the gym but a veteran in another sport, youll already understand the value of a good warm-up. The warm-ups included in our 12-week plan are composed of very light sets of the movements youll be doing during the workout, an application of the SAID Principle (Specific Adaptation to Imposed Demands). You should also get in the habit of stretching the target muscles before actually targeting them. This program will target basically every single muscle you have in your body, so getting those muscle, which could have easily been prevented with some simple chest stretches. For all exercises, use a rhythmic pumping motion. Do not jerk the weights or sacrifice form by getting other body parts involved. Example: swaying backwards to boost curls past a sticking point. If your form isnt perfect using the weight you selected, pick a lighter weight. Be patient! Youll get there faster if you practice doing the movements the right way. Form > Load. Always use proper exercise form without worrying about the amount youre lifting. This takes discipline. Workouts should accomplish something, not prove something, not prove something. This takes discipline way. overload to all exercises in the program. That means reps come before weight. Start with poundage you can lift with perfect form for the specified rep range. Once youre able to do the suggested number of reps comfortably with pigher rep range and progresses to lower ranges. This accomplishes two things: Considers that all skeletal muscles consist of both Types I and II fibers are best addressed with lower reps and higher loads. The higher rep ranges at the beginning of an exercise are essentially warm-up sets that employ the SAID principle (Specific Adaptation to Imposed Demands). In layperson terms, your warm-up might as well be doing the thing youre trying to improve. Finally, when we say rep range, we mean exactly that. Its a range. If, for a set of 12 to 15 for instance, you do 13 for one set and then 12 for the next, fine. As long as the form is excellent and you cannot do another rep without sacrificing form. The rep ranges shown here have been shown to work for building muscle size, shape, and density. If you can easily do more than the specified number at a given rep range without reaching mechanical failure, increase the weight so that the final one or two reps are challenging but able to be performed with excellent form. Mechanical failure is that point in a set of resistance exercise when the movement can no longer be performed without cheating. Rest periods between sets are not written into the program and we dont suggest a rest period of a specific duration. There is no magic number for length of time to rest although too much rest between sets isnt great and too little is worse. Your ability to do each set intensely and correctly is whats important. Do the next set when you can do it with equal or greater intensity [as the one you just did]. Scott Abel Workouts will range in length from one to two hours depending on the days workout (leg days will likely take longer due to intensity and volume), and the length of your rest times. Again, leg day rests will be longer than, say, shoulder day. As an alternative to the rest day allocated for Day 7 of the 6-day split, you can optionally substitute an active recovery day for that day. Active recovery days are kinda-sorta rest days, when you can do exercises that are less intense than your workout days, and also shorter in duration. Examples of active recovery: Core work onlyHikingCycling, low intensity (meaning no steep hill climbs)Long brisk walksBodyweight exercises that you can do for lots of reps Use an active recovery day for rest days when you have loads of energy, are not sore at all, and when youre getting enough sleep. In general though, a rest day should be for rest and letting your muscles recover from the hard work youve put in. The movements included in our gym workout plan address all the major skeletal muscle groups in the body. These exercises are gym staples you can do for years. Theyre not just for beginners. Master them and youll be able to use them for a lifetime. There are dozens of exercises you can do for a body part; we had to draw the line somewhere. We stuck with the basics and classics. There are more than a dozen criteria to weigh when ranking an exercises effectiveness, four of which we considered to be most important: Alignment and direction of resistance with muscle origin and insertionNumber of joints and muscles involvedRisk:Reward ratio. Some exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises arent worth the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of injury they impose. Isolation vs Compound exercises are not of the risk of the risk of the risk of injury they impose. Isolation vs Compound exercises are not combining them here. Muscles can only pull in one direction, a straight line between their points of origin and insertion. Aman pulls a load with a rope. The man cannot pull on the rope and expect the load to move in any direction other than toward himself (credit D. Brignole). In the same way, resistance needs to be applied in a straight line. This is why, in a bench press for example, the elbow needs to be directly under the wrist so that force is directly applied. Regrettably, many exercises that are reputed to work well act in a direction other than the one that muscle can function. A perfect example of this is the bent row for lats. Heres why: The latissimus dorsi originates along the vertebrae of the spinal column and inserts on the upper arm bone on the side of the arm bone that is closest to the rib cage and \*not behind it\*. This is simply because the lat attaches under the arm bone toward the rib cage and \*not behind it\*. This is simply because the lat attaches under the arm and not behind it. Pulling the arm bone toward the rib cage and \*not behind it\*. This is simply because the lat attaches under the arm and not behind it. this reason, movements that pull the upper arm behind the bodylike rowsdo not do so with much involvement of the lat. The lat serves as a stabilizer in those movements that pulls the underside of the arm down and toward the torso will preferentially work the lats. Finally, the load needs to line up with the line of contraction of that muscle. Using our lat example, straight alignment would be from the side toward the spine. This is why we recommend the Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Lat Pull-In as the best exercise for lats. A correctly performed Late Pull-In as the best exercise for late Pull-In as the applying proper alignment. In general, the fewer the joints that bend means that fewer muscles work. Muscles cross at least one joint (i.e., isolation exercise) assures you can know pretty much exactly how much load that target muscle is moving. Now, if more than one joint is moving, which means multiple muscles (compound movements) work cooperatively to move the weight. In actual fact, you do \*not\* know how much load the target muscle is moving. You then must rely on feel, which can be deceiving for several reasons. A good example is the conventional squat, held in reverence as a quad exercise. The problem is that the quads are the primary mover for only a portion of the squat, with the glutes and lower back responsible for moving a great percentage of the load. The quads are responsible for straightening the leg. Thats it. They do not contribute to moving the hips nor straightening the back. The squat involves three joints: knee, hip, and vertebral column (which you could argue is more than a dozen jointsbut for the sake of simplicity well treat it as one to illustrate the point). Squat lovers will say that much greater weight can be used with the squat and so therefore, it all evens out. Physics math proves differently. The leg extension and sissy squat mathematically work the quads much more than a squat. This leads us to a third criterion for our exercises arent worth the risk of injury they impose. Using our squat example above, why overload the lumbar spine unnecessarily when better results can be achieved more safely with a leg extension. Eventually, arguments for the big lifts track back to ego and the underlying desire to look badass in the gym. For sure, a sissy squat will not draw a crowd and will elicit no beast mode compliments then from the few whove tried them for themselves. Eight-time Mr. Olympia Lee Haney is credited with saying, Im in the gym to accomplish something, not prove something. Exercises fall into one of two categories: isolation, or compound. Isolation exercises work a single muscle or a synergist group and require only one joint to move and work quads. Compound exercises require more than one joint to move and work groups of muscles. Example: squats work glutes, quads, hamstrings, adductors, and spinus erectors. Isolation exercises will almost always be better for building a single target muscle than compound exercises, simply because the target muscle gets no help. There are exceptions. Some of the best exercises for a particular body part are compound. An example is Decline DB Bench press. Even though the anterior delts and triceps come to the party, the way the Decline DB Press works the pec major is more biomechanically optimal than any other exercise and incurs less risk. If youre unaccustomed to a routine composed mostly of compound movements, youll need to pay special attention to your rest periods between sets, as well as your sleep and rest days. Isolation exercises done well will assasinate the target muscle or muscle group. Its easy to overtrain when switching from mainly compound to mainly isolation exercises. If you havent already done so, you can download the free PDF version from the link below. 12 Week Muscle Building Program PDF IMPORTANT: If you have an existing or pre-existing injury, please consult a physical therapist or qualified personal trainer with a reputable certification in resistance training before attempting any of the movements detailed in this program. Finding, not to mention making, an effective weekly workout plan for muscle gain is no easy task. It can be quite confusing and overwhelming, especially for beginners. This program took quite some time to write out, but it was totally worth it! This 6 week workout program to build muscle is specifically designed for beginners, intermediates, and pro lifters alike clear-cut and easy to follow. (Also, I have made the program into a PDF, if you wish to download it, the over some helpful tips about this workout program. As well as discuss the important elements that make this program effective. A good muscle building workout plan is principal when your goal is to add on mass and strength. The Internet and social media have given us access of an overwhelming amount of information. However, this has made it hard and confusing to distinguish a good workout program from a bad one. Workout Program Summary First, let us have a quick look at what makes the program great for muscle growth is incredibly dependent on your diet. If your diet is the program great for muscle and strength gain. You have probably heard the phrase Abs are made in the kitchen, right? Similarly to weight loss, muscle growth is incredibly dependent on your diet. If your diet is the program great for muscle and strength gain. You have probably heard the phrase Abs are made in the kitchen, right? Similarly to weight loss, muscle growth is incredibly dependent on your diet. If your diet is the program great for muscle and strength gain. You have probably heard the phrase Abs are made in the kitchen, right? Similarly to weight loss, muscle growth is incredibly dependent on your diet. If your diet is the program great for muscle growth is incredibly dependent on your diet. If your diet is the program growth is incredibly dependent on your diet. If your diet is the program growth is incredibly dependent on your diet. If your diet is the program growth is incredibly dependent on your diet. If your diet is the program growth is incredibly dependent on your diet. If your diet is the program growth is incredibly dependent on your diet. If you have growth is the program growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly dependent on your diet. If you have growth is incredibly d is crap, then your results will be crap, too. It doesnt matter how much you time you spend in the gym. However, there is a lot that goes into designing a workout plan for muscle gain. As I have said, the goal is to provide you with the best muscle building program. A workout plan for muscle gain. As I have said, the goal is to provide you with the best muscle building program. A workout plan for muscle gain. As I have said, the goal is to provide you with the best muscle building program. something you can pass down to your grandchildren, even. Therefore, in order to do that, we need to apply a few scientific methods that best utilize muscle activation, and the biomechanics (functionality) of muscles groups. A comment I hear very frequently is Hes muscular. So, am going to use their workout program, then I will become muscular. Firstly, what works for one person, may not necessarily work for another. This is why a more standardized approach is necessary. You can tweak and alter your progress. To make it better suited for your goals, and your body. But celebrity workouts are often times demotivating and frustrating. Moreover, beginners are the prime demographic for those workout programs. Beginner lifters commonly experience muscle growth just by doing a couple of push-ups every week. Newbie gains are incredibly decieving. Not to mention that the majority of big celebrities, like Dwayne Johnson, use anabolic steroids to enhance their appearance. Obviously steroid users are capable of resting, and repairing, at un-human rates they can afford a 2 hours triceps workouts, and other crazy tropes. This makes their workout programs, not only ineffective, but straight-up dangerous due to overtraining and injury.So, what makes this weekly workout plan different from the rest?READ MORE:27 REASONS WHY YOURE NOT LOSING WEIGHTOr others, that do not give your muscles enough time to rest between workouts thus leading to over-training. As a result, over-training leads to muscle loss. So, if we want to build muscle, we want to eliminate any potential of muscle loss from happening. How Does The 6 Week Workout Program Work? Your rep tempo should be slow and controlled. Focus on the eccentric contraction of the muscle. For example when you are lowering tempo of 60 seconds. Give your body enough time to rest and regain its lost minerals to ensure you have enough energy during sets. Remember that the reps indicated is what you should be aiming to do with weights that allow you to do just 8 repetitions with correct form. But its ok if you don't really know your limit yet. If you notice that you can do 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 repetitions with correct form. But its ok if you don't really know your limit yet. If you notice that you can do 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 repetitions with correct form. But its ok if you don't really know your limit yet. If you notice that you can do 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 reps with the reps indicated is what you should be aiming to do with weights that allow you to do just 8 reps with the reps with 20lbs, but the last 2 sets are cheated, then lower the weight. The last thing that you want to happen is for you to injure yourself during a workout. While most traditional workout program follows a push/pull/legs (ppl) split .The PPL split is best for promoting muscle growth. Why? The workout plan is designed so you can exercise 3 or 6 times a week. However, if you want to maximize muscle gain, then you should aim for the 6 day split. If you are a beginner, you will find it hard going to the gym 6 times. This is simply because your muscles will not have fully rested. Start of with 3 days a week and progress towards the full 6 days to maximize your results. Also, it does not have to be either 3 or 6. You can go 4-5 times. Use the extra 1 or 2 visits to focus on lagging muscle groups. For example, if you notice that your chest is not as developed as you want it to, then just do one extra push day after you finish the 3 day split. By exercising your muscles once per week you are not benefiting from protein synthesis. In brief, Muscle Protein Synthesis (MPS) is the reason why your body builds muscle (study, source). Moreover, it lasts for about 36-48 hours after exercising. In other words after your workout you have a 2-3 day window in which you can build muscle. With traditional muscle building beginner workout plans youre activating muscles protein synthesis once instead of twice and as a result you are losing out on potential gains. In contrast our workout plan allows you to activate protein synthesis twice in the week, creating a more favorable environment for muscle growth to freely occur. Furthermore, adding drop sets and negative sets help boost strength and muscle gain, and quite often can completely transform a workout for the better. If you are not aware what those terms mean, here is a quick explanation: Negative sets require either a spotter or assisted equipment. It involves doing 4-5 repetitions of eccentric movement with weights that are beyond your capacity. If you dont have a spotter who can help you, that fine. Negative sets can often be swapped for drop sets. For example, lets say that youre doing 8 repetitions is 45lbs. Then you raise that weight to 65-70lbs, your gym buddy (spotter) would help you raise the weight and what you are responsible for is lowering the weight in a controlled fashion to its starting position. Lastly, you will see a Negative sets are usually done as a last set. Drop Sets: Its where you strip the excess weight (taking away roughly 20-25%) so that you can do 1-3 more repetitions of a certain exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the same exercise where most commonly the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using the lowest rep range is 5 or 6. For example, using t is ideal for you to properly carry out 5 or 6 repetitions. You bring the weight down to 35-40lbs and do another 1-3 correct repetitions. For the exercises in this workout program that I have recommended doing drop sets, you will see a Drop Set tag. Remember that the Drop set should be performed for the last set of the exercise where you will have the lowest rep range following weight progression. Finally, all the exercises have a link to a video where the exercises 1:Bent Over Barbell Rows (Mass) (Video) Drop Set for the last set 46-12 Exercise 2: Wide Grip Lat Pull Down (Mass) (Video)48-10Exercise 3:Lat Pushdowns (Isolated) (Video)48-12Exercise 4:Barbell Biceps Curls (Isolated) (Video)48-12Exercise 5:Preacher Curls (Isolated) (Video)48-12Exe (Mass) (Video)48-12Exercise 3:Overhead Triceps Extensions (Mass) (Video)48-12Exercise 4:Triceps Pulldown (Isolated) (Video)48-12Exercise 5:Sider Lateral to Front Raise (Isolated) (Video)48-12Exercise 5:Sider Lateral to (Video)48-12Exercise 3:Leg Curls (Isolated) (Video)510-12Exercise 4:Leg Extensions(Isolated) (Video)40-10Exercise 2:Cable Rows (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)48-10Exercise 3:Pull-ups (Burn out) (Video)4Until FailureExercise 4:Alternating Dumbell Curls (Mass) (Video)4 10Exercise 5:Seated Incline Curls (Mass) (Video)Drop Set48-10Exercise 6:Spider Curls (Isolated) (Video)Drop Set48-10Exercise 2:Cable Crossover (Isolated) (Video)Drop Set48-10Exercise 3:Skull Crushers (Mass) (Video)Drop Set48-10Exercise 3:Skull Crushers (Mass) (Video)Drop Set48-10Exercise 4:Cable Overhead Triceps Extensions (Mass) (Video)48-10Exercise 5:Lateral Raises (Isolated) (Video)410-12Exercise 6:Single Arm Linear Jammer (Mass) (Video)48-10Exercise 2:Dumbbell Bulgarian Split Squat (Isolated) (Video)48-10Exercise 2:Dumbbell Bulgarian Split Squat (Mass) (Video)48-10Exercise 3:Romanian Deadlift (Mass) (Video)48-10Exercise 4:Bodyweight Squats (Burn out) (Video)412-20As I previously mentioned it is wise to alternate between exercises and not have the same routine. Adding variability to your workouts preventing you from hitting a plateau and boosting muscle gain. When substituting exercises make sure that you follow the (Mass) and (Isolated) markers. For example, you swap your Bench Press (Mass) for Cable Flyes (Isolated). READ MORE: TOP 13 REASONS WHY YOURE NOT GAINING MUSCLEMass marked exercises are those that help you build crude muscle mass and strength. Isolated exercises are those that isolate the muscle allowing you to target its full range of motion. Also, those marked with (Burn out) are exercises that are those added at the end of the workouts volume. Also, make sure that you alternating between the exercises that are already in the program. Because some muscle groups do not have a lot of compound or isolated exercises to choose from, you can use the ones already listed should be enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work off of. As mentioned, I will not go into too much depth but provide enough to work of the work of th thing that you need to understand is that in order to build muscle, you need a good diet. A workout program is only half of the work. I recommend starting off with our calories you need to build muscle. There is no need to build muscle. There is no need to build muscle. There is no need to build muscle amounts of calories. Crazy surpluses like claim that it is not necessary to consume exactly 1g of protein per 1lbs of your bodyweight, there are also a lot of reports that claim that this amount promotes anabolism and ensures muscle gain through their anabolic properties. Whey protein is a must. Drink whey protein after your workout to ensure that you stop the post-workout the post-workout the enhance protein synthesis by up to 20%. The second one is creatine. I have written an in-depth guide to creatine to the muscle building properties of creatine t when exercising. Beta Alanine will also help you increase the intensity of your workouts. Lastly, omega 3s. They help with muscle inflammation, increase recovery time, and create an anabolic environment for your muscles through mTOR pathways. I have written an in-depth article about how omega 3 fatty acids improve muscle growth. Musclebuilding 101:You need a strength training program (Random workouts wont get the job done!). Lucky for you, thats what Im here to provide you with today. Ive created a totally free 8-week muscle-building workout plan (with a printable PDF) for you to try. This program works your entire bodyfrom your chest, arms, and shoulders to your quads, hamstrings, glutes, and calves. Not only will you receive a workout plan that has you covered for the next TWO MONTHS but Ive also included my top workout and recovery tips, plus information on how to eat for muscle growth so you can make the most gains possible. Add some muscle to your frame and get strong AF with this 8-week workout program. Diet, cardio, and recovery guidelines are also included for maximum results! Your muscle-building workout plan is a 4-day upper/lower split. This means youll have two lower body days each week (four total workouts). The other three days of the week are rest days. You don't have to choose the same exact days but schedule.By the way, each workout should take you around 45 min-1 hour to complete. Lower body workout A1.) Barbell squat: 3 sets x 8-10 reps (tutorial)3.) Dumbbell RDLs: 3 sets x 8-10 reps (tutorial)3.) Dumbbell RDLs: 3 sets x 4-6 reps (tutorial)3.) Dumbbell RDLs: 3 sets x 8-10 reps (tutorial)4.) 15 reps (tutorial)Upper body workout A1.) Flat dumbbell bench press: 3 sets x 5-7 reps (tutorial)2.) Overhand-grip lat pulldown: 3 sets x 8-10 reps (tutorial)4.) Incline dumbbell bicep curl: 2 sets x 10-12 reps (tutorial)5.) Cable rope tricep press down: 2 sets x 12-15 reps (tutorial)4.) Incline dumbbell bicep curl: 2 sets x 10-12 reps (tutorial)4.) Incline dumbbell bicep curl: 3 sets x 8-10 reps (tutorial)4.) body workout B1.) Barbell hip thrust: 3 sets x 6-8 reps (tutorial)2.) Leg press: 3 sets x 6-8 reps (tutorial)3.) Pause goblet squat: 3 sets x 8-10 reps (tutorial)4.) Leg curl: 2 sets x 10-12 reps (tutorial)3.) Seated row: 3 sets x 6-8 reps (tutorial)4.) x 8-10 reps (tutorial)3.) Lateral raises: 3 sets x 10-12 reps (tutorial)4.) Overhead tricep extension (cable): 2 sets x 10-12 reps (tutorial)5.) Zottman curl: 2 sets x 10-12 reps (tutorial)4.) Overhead tricep extension (cable): 2 sets x 10-12 reps (tutorial)5.) increasing the amount of weight you lift over time. This places added stress on the body and your body adapts to the stress by building muscle. Lets say, for example, you start out bench pressing 100 lbs. To apply progressive overload and see results youd steadily make your way up to 105 lbs, 110 lbs, and so on. If youre a beginner, youll probably be able to make strength gains quickly and increase the weight workout to workout. Buuuut the longer you strength train, the more youll see that strength gains are harder to come by. Youll eventually reach the point where a 5 lb increase on an exercise feels like a prayer answered. No matter whether youre a beginner, intermediate, or advanced your mindset heading into your workouts should be, Im going to try to lift a little more weight than I did last time. Or, Im going to shoot for a few more reps than I did my last workout. If you want to build more muscle, lose more fat, and make greater gains, here are my top 4 strength training tips: 1. Emphasize the eccentric phase of your lifts The eccentric phase = lowering the weight down. For example, the eccentric phase of a squat would be lowering your self down to the ground. Or for bicep curls, it would be lowering the weight away from your body toward the ground. Or for bicep curls, it would be lowering the weight down. Take 3 seconds (or more if yourse up for a challenge) to lower the weight down. Youll place more tension on your muscle fibers, which leads to you getting more out of your workouts by how much you sweat. Judge your workouts on how much weight youre able to lift. Youll make the most progress and build the most muscle by lifting as heavy as you possibly can. You can only do that if your etaking adequate rest between sets. Rest, at a MINIMUM, 2 minutes between sets on this program. If more rest means lifting heavier weight, take more rest! 3. Keep workout intensity high Your workouts shouldnt feel like your egoing on a walk in the park with your dog. That burn and strain you feel when it becomes a struggle to get the weight up? Embrace that and push through it! Challenging yourself is the only way youll see results. On your sets, not all your reps should look the same. The last 1-2 reps should look the same and choosing the exercises or workouts you like to do wont produce the results youre after. The program is designed the way it is for a reason (to help you build the most muscle possible), so make sure you follow it! Add some muscle to your frame and get strong AF with this 8-week workout program. Diet, cardio, and recovery guidelines are also included for maximum results! Building muscle comes down to being in a calorie surplus. (taking in more calorie stranged a calorie deficit for fat loss. In most situations, you have to pick one goal and stick to it. You either bulk (calorie surplus) to build muscle or cut (calorie deficit) to lose fat. Isnt there always an exception to the rule though? Some people get the luxury of being able to build muscle and lose fat at the same time. Wondering if your ene of them? This post will let you know! You wont build muscle by dieting and eating as few calories as possible. You need to eat MORE calories than you burn. Ill show you how to calculate your muscle-building (surplus) calories in just two quick steps: Step 1: Find your maintenanceThis is the number of calculate your surplus calories youd eat to maintain your current weight. Use this calculate your maintenance, multiply it by 1.10 to get your surplus calories (Youll eat this amount daily to build muscle). For example, if your maintenance came out to 2,000 calories, your surplus would be 2,200 calories (2,000 x 1.10 = 2,200). Whats water to a plant? Essential, right? The same goes for protein when it comes to muscle growth. Its EXTREMELY important. Your body undergoes a process known as muscle protein synthesis between workouts to repair your muscles and help them grow. Having adequate protein intake is key to this process running smoothly, and ultimately, to you building the most muscle you possibly can. How much protein are we talking here?0.7g-1g per pound of your bodyweight in protein daily is the benchmark. Cardio isnt necessary to build muscle.BUT its beneficial for your overall health so you dont want to eliminate it altogether. No matter whether youre trying to build muscle or lose fat, Id recommend you simply get your daily steps (somewhere between 7,500 and 10,000). Walking is easy to do and low-impact. It wont take energy away from your strength training sessions, which need to be the number one workout priority. FYI, research shows walking significantly decreases your all-cause mortality risk (risk of dying from virtually anything). You might think you build muscle during your workouts but muscle growth actually happens during recovery. So, not recovering properly means sacrificing gains. Lets not make that a thing for you: Get 7-9 hours of sleep each night. Your body produces hormones key to muscle growth while you sleep. Plus, enough sleep means having more energy for your workouts. Performing better in the gym will lead to more progress. Have planned rest days (You have three on this program every single week so youre covered here). As weve also talked about, consume 0.7g-1g per pound of bodyweight in protein daily to help repair and grow your muscles. Im Chad, Im happy youre here! Im a certified personal trainer and my goal is to help you form practical, sustainable habits that lead to lifelong fitness results. If you want to lose fat, build muscle, and live a healthier, happier life then youre right where you need to be. READ MORE If youre anything like me then you like lifting, and want to put on as much muscle mass as possible. This is exactly what this 12 week free bodybuilding program is designed to do. Unlike other programs, this muscle building plan was created based on the input of hundreds of studies on muscular hypertrophy. Ive combed through the research to create a program that is effective, and will challenge even the most hard core lifter. Keep reading for more. For those readers that are familiar with this website, this will be a departure from my normal programming. Usually I write functional fitness based programs, where youre putting in as much effort on WODs as you are in your lifts. This program is designed for those that want to put on as much muscle mass in 12 weeks as possible. There are no WODs, or metcons, just lifting, lots of lifting. Lets review the purpose of the 12 week free bodybuilding program. Acclimatize your body to high volume training Build as much muscle mass as possible Avoid adding excess body fat Increase strength in the 6-8 rep range If you review as much research as I have youll come to one conclusion. To build muscle mass you need to have a program with the right amount of lifting volume. In fact, most researchers agree that total volume is a critically important variable in any successful muscle building program. Take a look at this excerpt from a research study entitled, Evidence-Based Guidelines for Resistance Training Volume to Maximize Muscle growth was found when RT volume was stratified into Workouts > Home Workouts > Workout Plans > Build 30: Muscle Building Workout Plan Build strength at home with this free muscle building workout plan: Build 30! Each day youll complete five minutes of mobility training, 20 minutes of mobility training, and a burnout that is sure to test your limits. Download the program PDF with daily workout videos on YouTube. All you need is a set of dumbbells, and 30 minutes a day. Build 30 is a muscle building workout plan that is designed to build strength at home in 30 minutes of mobility training, 20 minutes of strength training, and a burnout that is sure to test your limits. Were taking strength and endurance training to the next level. Well target all major muscle groups including the upper body, lower body and core through both isolation exercises and compound movements. This training split is designed to help you build strength, confidence, mental toughness and so much more, so you can continue to meet the demands of everyday life. Build 30 is full of compound exercises that will challenge your total body strength and cardiovascular endurance. Each workout includes a mobility-focused warm up and cool down. Lift heavy weights to maximize muscular hypertrophy (muscle growth). Download the PDF calendar for this workout plan so you can easily access your daily workouts. Download Plan Build muscle in the upper body, lower body and core. Improve athletic and cardiovascular fitness level. Increase core strength, flexibility and mobility. Burn calories, lose weight and burn body fat at home in just two weeks. A strength training workout plan designed to increase muscle mass. This is an advanced workout plan, but weve included a modifier in every workout video to offer low impact, standing and beginner modifications. Follow along with the modifier for options to scale each move, and take these workout ylan is modeled after our popular strength training programs: Strong 20, Stronger 25, SplitStrong 35, HIITStrong 35, MetCon 100 and Zero 30. These programs are different from our other free workout video each day) that were cohesively filmed as one complete program. You can find more information about which signature program is right for you (and the order I recommend progressing through my programs) in this freeNourish Move Love Program Guide. YouTube Link: 30-Minute Arm Workout (Chest and Triceps) Equipment:Dumbbells and optional bench/box/chair Pregnancy Modifications:Follow the workout modifier and slow down moves as needed. Add an incline to push ups by placing your hands on a chair or bench. YouTube Link: 30-Minute Cardio Abs and Mobility Equipment: Dumbbells Pregnancy Modifications: Follow the workout modifier and slow down moves as needed. Omit rotations as they become uncomfortable. Youtube Playlist 1. Gym Equipment Needed: A Set of Dumbbells (Discount Code: NMLTF5). Most of the daily workouts require a set of free weights. Each weight training workout will have a recommended dumbbell weight, usually between 10-25 pounds. You want a weight heavy enough that your last few reps are a struggle, but you are still able to complete the workout with good form. Optional Bench/Box/Chair. 2. Time Requirement: Workouts are 30 minutes per day, 5 days per week. This plan includes 2 rest days per week. You get to choose which days are your rest days. I suggest resting after day five (Sunday). OR completing days 1-5 and then resting on days 6-7; over the weekend. The goal is to make this plan work for YOU!If youre a runner, I would suggest completing 2-3 of the strength workouts per week. So your training with DumbbellsDay 5: Full Body and AbsWeek Two:Day 6: Full Body (Arm Focus)Day 8: Core CircuitDay 10: Full Body Muscle Building 3. Fitness Level: Intermediate to advanced, with modifications offered for all fitness levels in the daily workout videos. Click here to try our functional strength training program, Strong 20. We recommend this signature program for beginners and pregnancy/postpartum. 4. Cost: FREE! No sign up needed. Which Workout Routine Is Best For Gaining Muscle? The most effective muscle building workout routine will include compound lower body exercises, upper body exercises in a split training routine (a popular format being push/pull/legs). This allows you to lift heavy while including a variety of exercises that stimulate multiple muscle groups at the same time, likesquats, deadlifts, pull-ups and push ups. How Many Days A Week Should I Workout To Build Muscle? In general, resistance training for 20 to 30 minutes, 2 to 3 days per weekly workouts. What Is A Good 5 Day Workout Routine To Build Muscle? A split training format, alternating full body workouts, is effective for building muscle. The key to muscle growth is lifting heavy weights and implementing progressive overload. When you follow a split training routine, you can increase the reps or increase the weight youre using while still allowing your body proper time to rest and recover. Download the Muscle Building Workout Program PDF by clicking here, or bookmark this webpage for reference as weekly workout calendar pdf in the safari browser on your phone. Tap the bottom arrow in the center of your screen. Select Add to Home Screen. Hover over and then click on the bold text each day to access the full video on nourishmovelove.com. Or scroll down to find the daily workouts linked below. You can also access all of the home workout videos on this workout challenge calendar on YouTube via this YouTube Playlist: Build 30 Workout Program. Share your daily workouts with me by tagging@nourishmoveloveon social and Pin the daily workouts on Pinterestso you can do them again. More FREE Workout Programs Note: before beginning any new exercise program you should consult with your physician or midwife. The information provided with this workout challenge is intended for general information and use; it does not include specific, individualized recommendations and is not intended as medical advice. Before you begin any new exercise program Nourish Move Love recommends that you consult with your physician. Nourish Move Love primarily educates clients to assume more personal responsibility for their health by adopting a healthy and active lifestyle. This post does include affiliate links and I earn a small commission on products purchased using these links. All words and opinions are my own. Thank you for supporting Nourish Move Love.

6 day muscle building workout plan pdf. 30 day muscle building workout plan pdf free. Kris gethin 8 week muscle building workout plan pdf. 30 day muscle building workout plan pdf. Muscle building and fat loss workout plan pdf. 30 day muscle building workout plan pdf male. 30 day muscle building workout plan pdf free. Female muscle building workout plan pdf. Lean muscle building workout plan pdf. Muscle building workout plan pdf free. 30 day muscle building workout plan pdf. 30 day muscle building workout plan at home pdf free. Best muscle building workout plan pdf.

liyohardest certi

hardest certification examsmuboku

gicojuxo
http://mylivediamondinventory.com/uploads/files/gopefanilevi.pdf