

# Muscle Building Program (8 Weeks)



This is a guideline on the overall concept of building muscle.

Tracking your food is also important to ensure you don't over or under eat daily

When training, especially to build muscle you should always prioritize training with high intensity workouts.

## Principles of Muscle Building

- Increase Caloric Intake
- Prioritize Protein
- Balance Macronutrients
- Stay Hydrated

## Macronutrients

### 1. Protein Choices

**Animal-Based:** Chicken, turkey, lean beef, fish, eggs, Greek yogurt, cottage cheese.

**Plant-Based:** Lentils, beans, tofu, quinoa, nuts, seeds.

### 2. Carbohydrate Choices

**Focus on whole grains:** Brown rice, white rice, oats, quinoa.

Include a variety of **fruits and vegetables**.

### 3. Fat Choices

**Healthy fats:** Avocado, olive oil, nuts, seeds, fatty fish.

## Tips For Muscle Building

Aim for 30-60 minutes of strength training at least 3-5 times a week.

Incorporate progressive overload training by gradually increasing weights or resistance.

Ensure proper recovery with rest days and good sleep.

Increase daily steps and activity levels to improve overall fitness lifestyle.

## **Weekly Training Schedule:**

- Monday - Chest / Triceps
- Tuesday - Back / Biceps
- Wednesday - Shoulders
- Thursday - Legs / Calves
- Friday - Chest / Triceps / Side Delts
- Saturday - Back / Biceps / Rear Delts
- Sunday - Rest

### **Monday (Chest /Triceps)**

- Incline Chest Press - 3 Sets x 10 -12 Reps
- Dips - 4 Sets x 8 -12 Rep
- Chest Flys - 4 Sets x 8 -12 Rep
- Skull Crushers - 4 Sets x 8 -12 Rep

### **Tuesday (Back / Biceps)**

- Wide Pull Downs - 4 Sets x 8 -12 Reps
- Preacher Curls - 4 Sets x 10 -15 Rep
- T-Bar Rows - 3 Sets x 8 -12 Rep
- Dumbbell Hammer Curls - 4 Sets x 8 -12 Rep
- Assisted Pull Ups - 3 Sets x 8 - Failure

### **Wednesday (Shoulders)**

- Shoulder Press - 4 Sets x 10 -12 Reps
- Lateral Raises - 3 Sets x 8 - Failure
- Side Delt Flys - 4 Sets x 8 -12 Rep
- Inverse Flys - 4 Sets x 8 -12 Rep

### **Thursday (Legs / Calves)**

- Narrow Stance Squats - 4 Sets x 8 -12 Reps
- Hamstring Curls - 4 Sets x 10 -12 Rep
- Calf Raises - 4 Sets x 10 -12 Rep
- Lunges - 3 Sets x 8 - Failure

### **Friday (Chest /Triceps / Side Delts)**

- Incline Chest Press - 3 Sets x 10 -12 Reps
- Dips - 3 Sets x 8 -12 Rep
- Chest Flys - 3 Sets x 8 -12 Rep
- Skull Crushers - 4 Sets x 8 -12 Rep
- Lateral Raises - 4 Sets x 8 -12 Rep

### **Saturday (Back / Biceps / Rear Delts)**

- Pull Downs Close Grip - 3 Sets x 10 -12 Reps
- Hammer Curls - 4 Sets x 8 -12 Rep
- Face Pulls - 4 Sets x 8 -12 Rep
- Barbell Rows - 3 Sets x 8 -12 Rep
- EZ Bar Curls - 3 Sets x 8 -12 Rep

### **Sunday (Rest)**

- Relax
- Active Recovery
- Light Cardio