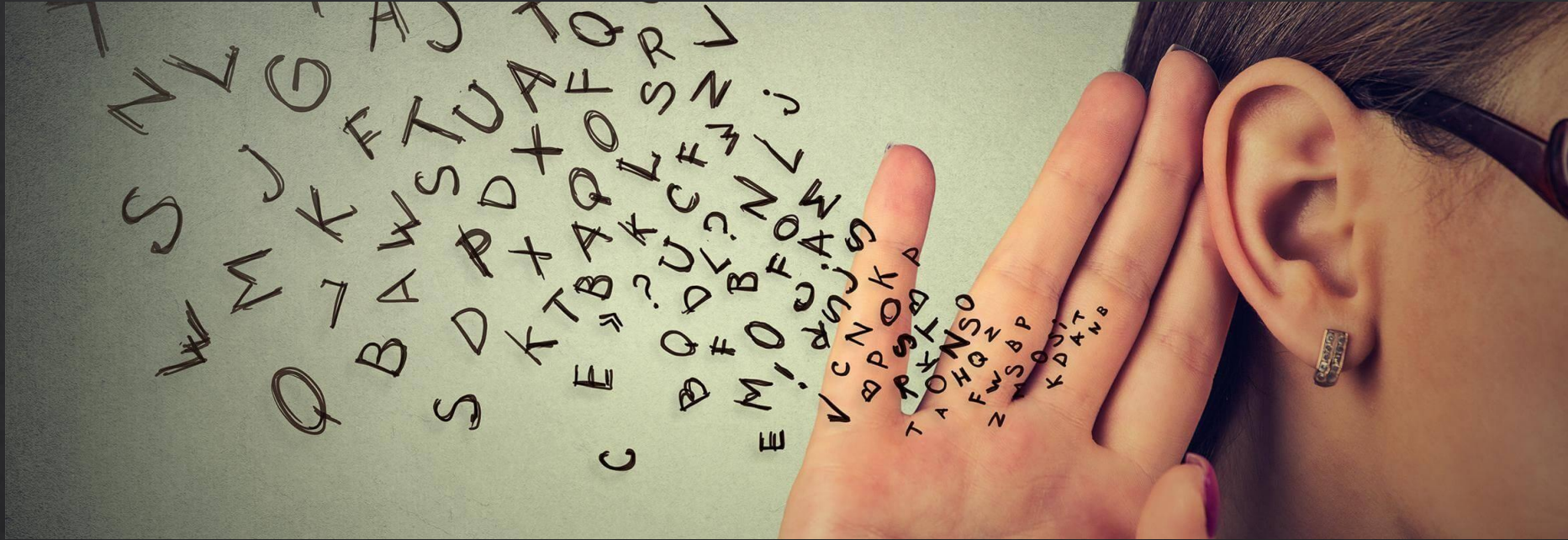
A dark, atmospheric image of a gorilla roaring, with the text "Monkey Muscle Fitness Guide" overlaid in white serif font. The gorilla is the central focus, its mouth wide open in a roar, showing its teeth. The background is a dark, smoky or misty environment, creating a sense of power and intensity. The text is centered horizontally and vertically, standing out clearly against the dark background.

Monkey Muscle Fitness Guide

Ground Rules

- ❖ I am not a certified fitness trainer, doctor, nutritionist, or hold any professional certification from any medical background. All the information that is provided in this guide is from my own personal experience with health and fitness. I highly recommend you consult your primary care physician prior to beginning any fitness or nutrition program. To the extent that you implement any of my recommendations in this guide is at your own risk.

RULES



Why listen to me?

- ◇ I have over 25 years of personal experience in the health and fitness industry. It is a passion and hobby of mine. I have tried many diets and exercise programs over the years. What I do and recommend to people today is a culmination of those years discovering what works and what's bullshit.

Don't overthink it

- ◆ Keep it simple stupid. Are there weeds to get into? Modifications to everything I say? Yes. That is not what this guide is about. This is me sharing what's worked for me. Eat nutritious food. Track your calories. Work out hard. Wash. Rinse. Repeat. Every Damn Day.

What's the secret?

- ◇ I am often asked what exercise should I do to get bigger “x” or how do I get stronger at “x”. This is the biggest illusion in fitness. What you do in the gym matters. Of course it does. But the secret weapon is your DIET. You will see more progress from living a healthy diet, tracking your calories and knowing your macros then you ever will from trying to lift more weight, spend more time in the gym, or try some new fancy lift someone is trying to sell you on.



If diet is the secret, why is everyone not jacked and ripped?

- ❖ Because it's hard. If you're like me, and most people, and enjoy food it's a struggle. It's active deprivation of things you want to eat. It takes effort to weigh your food. It takes discipline to track your calories and macros. It takes resolve to stick to it day in and day out. You must stay focused and not lose your motivation for why you are depriving yourself of the things you want. You must want to achieve your fitness goals more than you want to eat that ice cream, pizza, or whatever it is that you are craving.





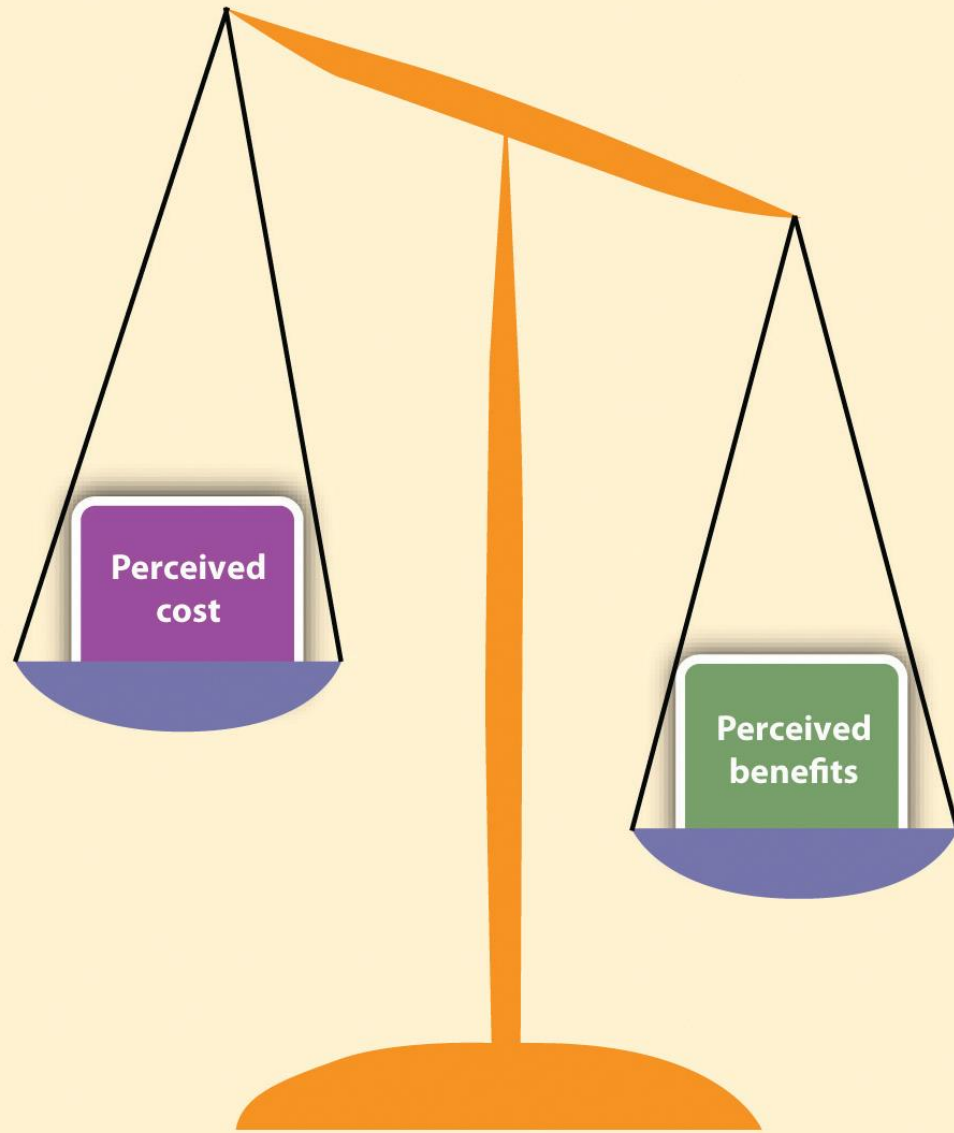
A life of deprivation? Great sign me up!

- ◆ I know. Sounds awful. Like I said I love food. I'm a South Louisiana/Texas born and bred man, and we love our food. A life of deprivation is not a life I would advocate living. The saying everything in moderation is true, and its appropriate when it comes to your diet. How do I do it? Its not groundbreaking, and you have probably heard it before. I give myself a cheat day every week. On my cheat day I don't track my calories. I don't tell myself no. If I crave it, I have it. I don't stuff myself past being full. But I indulge in my desires.



How much to cheat?

- ❖ Refeeds, dirty, clean, there are several types of cheat days or meals. Like I said I'm here to keep it simple stupid and provide what works for me. 6 days of the week I strictly diet. 1 day of the week I intuitively eat and give in to cravings I may have. This diet allows me to comfortably lose a net of 2 or more pounds a week.



Why this diet might not work for you

- What works for me might not work for you. If you can't commit to a strict 6-day diet, then this probably isn't for you. If I break that rule with a night out of eating, I can't then still give myself a cheat day. It must be modified. I must reduce it to no cheat day at all or maybe just 1 cheat meal on my cheat day other than an entire day. This is how I would account for the unexpected during my week. Typically, I don't get surprised with unexpected dining out during the week, but if it happens you must alter your cheat day unfortunately. Also, I can't bleed into a 2nd cheat day. 1 day is 1 day and there are no exceptions. Otherwise, I come out of deficit for my week.

Know it will be uncomfortable

- ◆ I'm not saying not to listen to your body. You know your body better than anyone else. However, there is a level of discomfort that comes with a calorie deficit. You will at some points feel tired, lethargic, and overall, not as strong both physically and mentally. Know that every natural lifter experiences this. It's not all the time and it will pass. This is just how the body works without "help". How much discomfort will depend on the amount of deficit you're in and your calorie expenditure on a day-to-day basis.



How much of a deficit? What's my maintenance?

- ◆ This is where most people give up. It takes time and effort. You must figure out your maintenance calories. You can't figure out your deficit calories without knowing your maintenance calories. No one can do this for you. You must do this yourself. Everyone's maintenance calories is different. We all come in different shapes, sizes, genetics. My maintenance will not be yours and equally my deficit won't be yours.



How do I figure out my maintenance?

- ◆ Can you guess? Sure. However, the more accurate way to figure out your maintenance is to weigh yourself over the course of 2-3 weeks. Eat normal. Weigh yourself each week. Track your calories each day. Did you gain weight, lose weight or stay the same at the end of the 1st week? If you gained over the course of that first week you are in a calorie surplus and need to reduce your daily calories by 200-500 and then track again for week 2 and see if that puts you in maintenance or deficit. If you lost weight, then you are in a deficit. How much did you lose? More than 2 lbs a week? You may need to add 200 daily calories. Didn't lose enough? You may need to reduce another 200 daily calories.
- ◆ Slow and steady wins the race when it comes to dieting. After 2-3 weeks you should be close to knowing which direction you need to take and what your daily caloric count should be to be in a deficit.



It takes TIME

- ◆ This is very cliché but its true. Give yourself grace. It takes TIME. Day in day out in a deficit over a long period of time. There will be bumps and missteps along the way. Its okay. Do not go in with a mindset of I want to lose “x” amount in some unrealistic amount of time. You need to think in terms of several months if not years depending on your starting point and what your desired look is. If you change the way you think about food and implement enough healthy eating habits in your day-to-day life the body you want will eventually be the body you have. How long or when you get there is irrelevant. The important lesson is taking an active approach towards your nutrition and knowing what you eat.





When do I stop my deficit?

- ◆ Simply put when you achieve the physique you want. It's much easier to maintain than to cut. Once you achieve the physique you desire and learn your new boundaries of maintenance calories then enjoy life!

What foods do I eat?

◊ Protein (1g per lb of bodyweight)

◊ Lean meat

◊ Turkey

◊ Chicken

◊ Beef

◊ Buffalo

◊ Fish

◊ Pork

◊ Eggs

◊ Whey Protein

◊ Carbs

◊ Vegetables

◊ Whole Grains

◊ NO SUGAR

◊ NO ALCOHOL

◊ Fats

◊ Olive Oil

◊ Avocado Oil

◊ MCT Oil

◊ Nuts

◊ Whole Eggs

Macro Guidelines



1st Calories. Hit your calorie goal every day.



2nd Protein. 1g per pound of body weight.



3rd Carbs & Fat. Dealers' choice. I chose a moderate approach. You can do low carb high fat, or you can do low fat high carb. Its up to you as long as you satisfy 1 and 2 first and choose from healthy food options.

A row of dumbbells is shown on a metal shelf against a light-colored brick wall. The dumbbells are arranged from left to right: two black ones, one black one, and two blue ones. The word "GYM" is overlaid in white serif font on the middle black dumbbell.

GYM

Splits



There are several different splits and combos out there. For the most part it comes down to 2 splits and then everything else is a variation of the 2.



My split is a Bro Split. Has been for 99% of my 25 years of lifting. Works for me and I have no desire to change it.



The other split is PPL split. Basically, you hit each muscle group twice a week with a 72 hr. window before you work that muscle group out a second time.

My Bro Split

- ◆ As a general guideline this is what my bro split looks like. I hit every muscle group hard each week and I hit it to failure each week. Sometimes I will change things up. I may pair Biceps and Triceps together on Thursday and give myself an extra rest day or make it a cardio day. Depends on how I feel and what my goal is.
- ◆ Monday – Chest
- ◆ Tuesday – Back & Abs
- ◆ Wednesday – Legs
- ◆ Thursday – Biceps
- ◆ Friday – Shoulders
- ◆ Saturday – Triceps & Abs
- ◆ Sunday - Off

Failure is the only option



- ◆ I believe the greatest reason to why my split has worked for me and why I have never needed to work out a muscle group more than once a week is because I hit failure multiple times when I lift for each muscle group. In short. I don't fuck around and I work out hard. Failure promotes growth. Keep it simple. Go to failure on the last set of each exercise you do. Every other set close to failure i.e. within 1 rep of failure at the least.

Sets, Reps, Exercises

- ◆ For each muscle group I'm looking at hitting it for anywhere between 12-16 sets consisting of 3-4 exercises. My reps are usually pyramiding, meaning the 1st set is 10-12 reps, 2nd set is 6-8 reps, 3rd set is 4-6 reps to failure.

Warm Up!



Do not engage in working sets without proper warm up. If you do, you're asking to get injured. Always properly warm up with light weight high rep movements. Dynamic stretching. Mild short 3–5-minute cardio. The main goal is to get blood flowing, heart rate elevated but not to a cardio state.



What's a working set? Performing an exercise to within 1-2 reps of failure or going to failure.

CHEST



- ◆ Choose any 3-4 exercises for a total of 12-16 sets
 - ◆ Flat Bench Press
 - ◆ Incline Bench Press
 - ◆ Decline Bench Press
 - ◆ Dumbbell Flat / Incline / Decline Bench Presses
 - ◆ Flys Flat / Incline / Decline
 - ◆ Cable
 - ◆ Dumbbell
 - ◆ Bands

A stylized line drawing of a muscular man in a tank top and shorts, performing a barbell row exercise. He is bent over at the hips, holding a barbell with both hands, and pulling it towards his chest. The background is a solid dark gray.

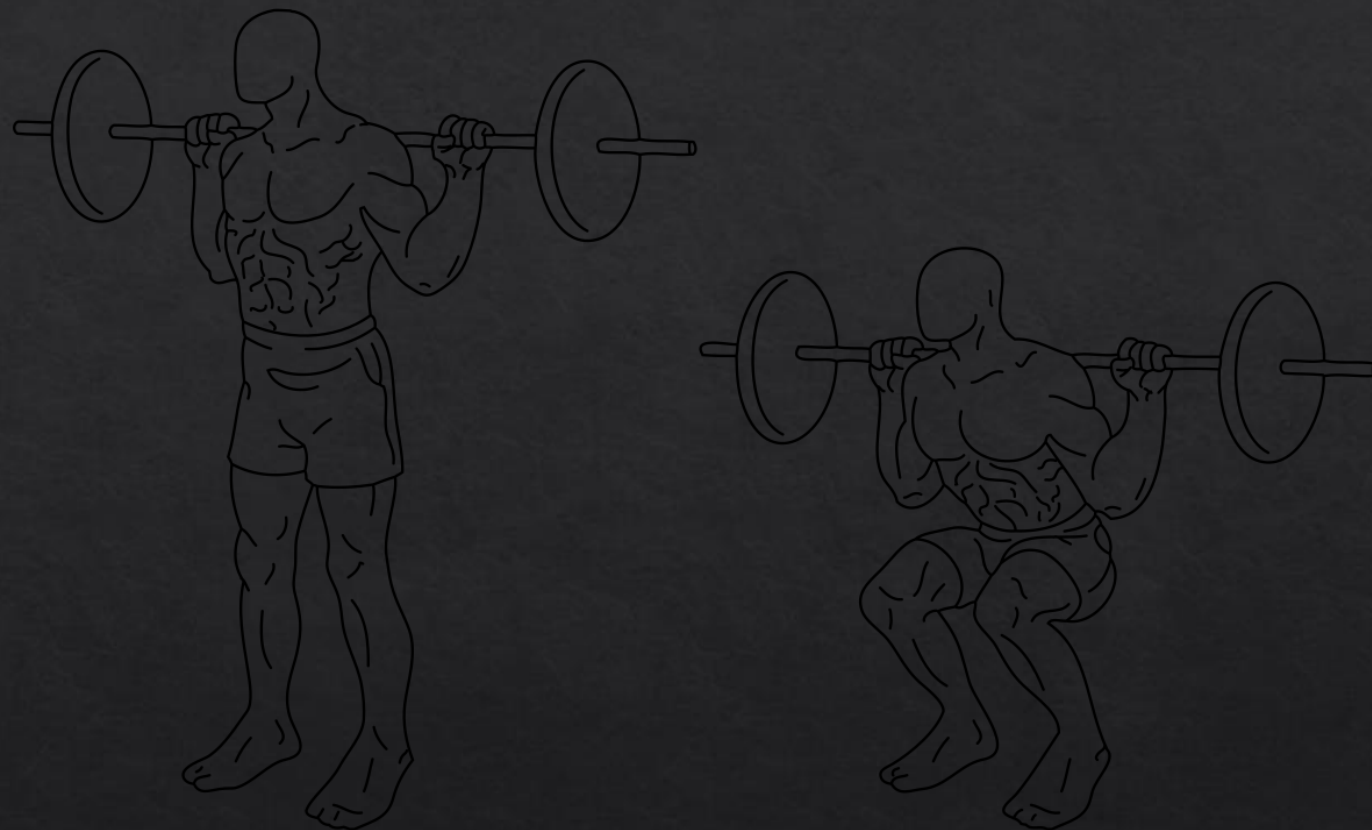
BACK

- ◆ Choose any 3-4 exercises for a total of 12-16 sets
 - ◆ Pull downs
 - ◆ Barbell Rows
 - ◆ Close Grip
 - ◆ Wide Grip
 - ◆ Dumbbell Rows
 - ◆ T-Bar Rows
 - ◆ Pull Ups

LEGS

◆ Choose any 3-4 exercises for a total of 12-16 sets. Calves are always done at the end of my leg workouts for at least 6 sets.

- ◆ Leg Extensions
- ◆ Leg Curls
- ◆ Squats
- ◆ Leg Press
- ◆ Lunges
- ◆ Bulgarian Squats
- ◆ Calf Raises
 - ◆ Standing
 - ◆ Seated



BICEPS

- ◇ Choose any 3-4 exercises for a total of 12-16 sets
 - ◇ Barbell Curls
 - ◇ EZ Bar Curls
 - ◇ Preacher Curls
 - ◇ Dumbbell Curls
 - ◇ Cable Curls
 - ◇ Hammer Curls
 - ◇ Reverse Curls



SHOULDERS



- ◇ Choose any 3-4 exercises for a total of 12-16 sets
 - ◇ Rear Laterals
 - ◇ Side Laterals
 - ◇ Front Laterals
 - ◇ Barbell
 - ◇ Dumbbell
 - ◇ Overhead Press
 - ◇ Barbell
 - ◇ Dumbbell
 - ◇ Shrugs (Always done at the end of my shoulder workout)
 - ◇ Barbell
 - ◇ Cable Machine
 - ◇ Dumbbell

TRICEPS

A stylized, high-contrast black and white line drawing of a muscular arm and hand. The arm is flexed, with the hand holding a dumbbell. The background is a solid dark gray, and the text is in a white serif font.

- ◆ Choose any 3-4 exercises for a total of 12-16 sets
 - ◆ Bar Push down
 - ◆ Rope Push Down
 - ◆ Seated Dips
 - ◆ Skull Crushers
 - ◆ Cable Kick Backs
 - ◆ Overhead Extensions

CARDIO

◇ I no longer run, but I have in the past. I prefer now my cardio to have some bodyweight aspects to it. Burpees are my go-to when I want to incorporate cardio into my routine. Note, cardio is not required to achieve your goals. Its an aid. Diet is the most important. Do not try to out cardio a shit diet.

- ◇ Walking
- ◇ Jogging
- ◇ Biking
- ◇ Burpee Workout
- ◇ Push/Pull/Squat
Bodyweight workout



Have Questions?

Find me live on Twitch @
<https://www.twitch.tv/m0nkeymuscle>

M/T/W/TH ~ 430 p.m. Central F/S ~ 11 a.m. Central



Join my discord

<https://discord.gg/JuSX2sRVxF>