

project RS 14 day workout guide

Male 3 to 5 days a week plan
Goals build lean body mass while staying
lean with correct posture



Workout Format

mobility work if needed	foam roller or specific stretches due to your needs	spend about 3 minutes on any specific area if needed for mobility
Dynamic warm up	relaxed pace do not hold any stretch for longer than 15 seconds	https://instagram.com/p/BhcP5emB2VB/
strength movement	goal orientated	rest between sets as long as you have to
building/toning movements	light to medium resistance	relaxed pace short rest periods if needed

2 week Program

day	focus of workout	strength movement	Instagram link
1	max out RDL, hamstring and gluteus based leg day	RDL (Romanian leg deadlift)	https://instagram.com/p/Bhmdu5WhkqL/
2	back, biceps and abdomen	Row/Pull up	https://instagram.com/p/BiBEcBDBKWv/
3	chest triceps	Barbell Chest press	https://instagram.com/p/BhRkxP_nK66/
4	dynamic squat, quadricep based leg day	Barbell Squat	https://instagram.com/p/BiC10agBzSw/
5	Optional mobility	Pilates	https://instagram.com/p/BhPN7VJnHFQ/
6	shoulder, triceps	Dumbbell press	https://instagram.com/p/BiAipffB5Li/
7	rest day		
8	max out squat, quadricep based leg day	Barbell Squat	https://instagram.com/p/BhW4nGAnyL_/
9	back, biceps and abdomen	Row/Pull up	https://instagram.com/p/BiBEcBDBKWv/
10	chest triceps	Barbell Chest press	https://instagram.com/p/BhRkxP_nK66/
11	dynamic RDL & Sumo hamstring gluteus day	RDL (Romanian Leg Deadlift) & Sumo Deadlift	https://instagram.com/p/Bhmdu5WhkqL/
12	optional mobility	Pilates	https://instagram.com/p/BhPN7VJnHFQ/
13	shoulder, triceps	Dumbbell press	https://instagram.com/p/BiAipffB5Li/
14	rest day		