



CCF BODYBUILDING TRAINING PROGRAM

Creating a bodybuilding training program involves designing a structured plan that targets different muscle groups to maximize muscle growth, strength, and overall physique. Here's a basic outline of a bodybuilding training program that you can customize based on your goals, experience level, and available equipment:

1. Program Overview

Duration: 8-12 weeks (can be adjusted based on progress and goals)

Frequency: 4-6 days per week

Split: Common splits include full-body workouts, upper/lower splits, or push/pull/legs. Here's an example of a push/pull/legs split:

Day 1: Push (Chest, Shoulders, Triceps)

Day 2: Pull (Back, Biceps)

Day 3: Legs (Quads, Hamstrings, Glutes, Calves)

Day 4: Rest or Active Recovery

Day 5: Push

Day 6: Pull

Day 7: Legs or Rest

2. Exercise Selection

Push Day (Chest, Shoulders, Triceps)

- Bench Press: 4 sets of 6-8 reps
- Incline Dumbbell Press: 3 sets of 8-12 reps
- Overhead Shoulder Press: 4 sets of 6-8 reps
- Lateral Raises: 3 sets of 12-15 reps
- Tricep Dips: 3 sets of 8-12 reps
- Tricep Pushdowns: 3 sets of 10-15 reps

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Pull Day (Back, Biceps)

- Deadlifts: 4 sets of 6-8 reps
- Pull-Ups or Lat Pulldowns: 4 sets of 8-12 reps
- Bent Over Rows: 4 sets of 6-8 reps
- Seated Rows: 3 sets of 8-12 reps
- Barbell Curls: 3 sets of 8-12 reps
- Hammer Curls: 3 sets of 10-15 reps

Leg Day (Quads, Hamstrings, Glutes, Calves)

- Squats: 4 sets of 6-8 reps
- Leg Press: 3 sets of 10-12 reps
- Romanian Deadlifts: 4 sets of 8-10 reps
- Leg Curls: 3 sets of 10-15 reps
- Calf Raises: 4 sets of 12-20 reps

3. Progression and Variation

Progressive Overload: Aim to gradually increase weights or reps each week to continuously challenge your muscles.

Variation: Change exercises, rep ranges, or equipment every 4-6 weeks to prevent plateaus and keep workouts engaging.

4. Warm-Up and Cool-Down

Warm-Up: 5-10 minutes of light cardio (e.g., jogging or cycling) followed by dynamic stretching or light sets of the first exercise.

Cool-Down: 5-10 minutes of stretching or foam rolling to aid recovery.

5. Nutrition and Recovery

Nutrition: Focus on a balanced diet with adequate protein (1.2-2.2 grams per kg of body weight), healthy fats, and complex carbohydrates to support muscle growth and recovery.

Hydration: Drink plenty of water throughout the day.

Sleep: Aim for 7-9 hours of quality sleep per night to optimize recovery.

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6. Tracking Progress

Log Workouts Keep a journal or use an app to track weights, reps, and overall progress.

Body Measurements: Take measurements of key areas (e.g., arms, chest, waist, legs) periodically to monitor changes in muscle size.

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