

**MICHAEL
MATTHEWS**

**MUSCLE
FOR
LIFE**

**GET LEAN,
STRONG, AND
HEALTHY AT
ANY AGE!**

IT WORKS!

ORDINARY PEOPLE,
EXTRAORDINARY RESULTS.
WILL YOU BE NEXT?



"I am living proof that even at the age of sixty-two, you can have a strong, healthy body that you can be proud of."

LANNY W.



"I am definitely more confident and have more energy, and having people compliment me on my body has been a morale booster."

DARREL S.



"THIS PROGRAM WORKS! Just apply the principles that Mike has laid out for you—trust me, the sky is the limit."

BRANDON W.



"I have more energy; I wake up and practically jump out of bed (except for after leg day). I feel great, I don't get tired in the afternoons, I can't wait to knock off work and get into my workout. I'm in the best shape of my life."

DANIEL F.



"I now get asked all the time by friends and coworkers about what I am doing and how I am getting in shape, and I always point them toward Mike Matthews."

CHAD P.



"I have more confidence, great clothes are easier to find, I have more energy, and my marriage is better. Food used to be my addiction; now it is finding new challenges and ways to surprise myself about what I am capable of."

STEFANIE C.



"This program is superior to any program out there. It wasn't just about dropping weight either—it was about taking time for myself as a mom and finding one way to put myself first. I'm most proud of my strength and that my kids ask me to flex on the daily—especially my girls."

AMBER L.



"I have more energy than ever. My confidence is the highest it's ever been. I have people ask me all the time what I do to stay in such good shape, and a lot of them are half my age. Shopping is more fun now, too!"

JEAN G.



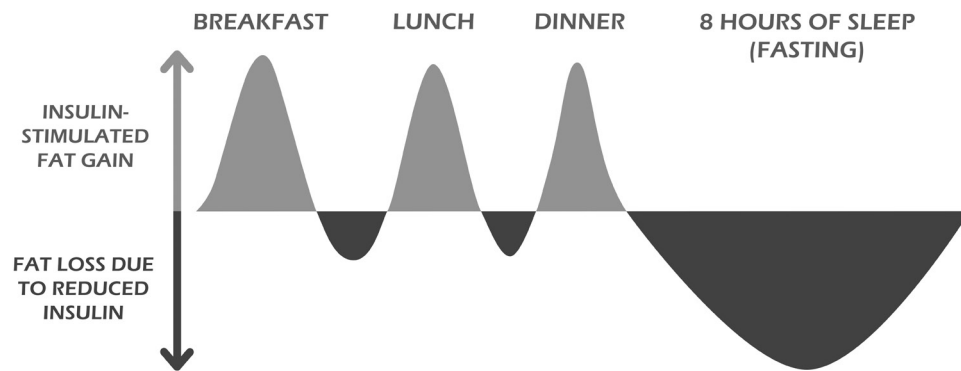
"I have higher confidence, energy, and I've proven that if I can do it, then anyone CAN do it, too! Seriously, this program is the easiest way to lose weight. If you stick to it, you will be able to do it, EVEN WITH YOUR FAVORITE FOODS!"

TINA H.

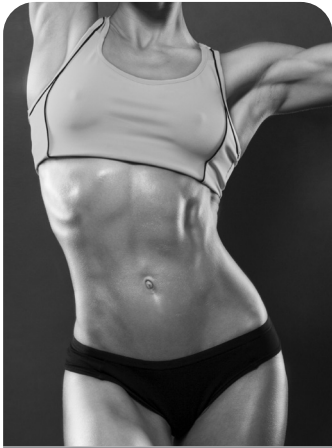


"I've noticed my energy levels have increased, my overall mood has changed for the better, I don't fight unhealthy cravings the way I used to—overall I just feel so much better."

JENNA H.



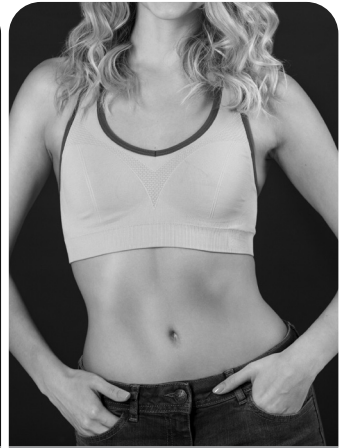
Weight	Goal	Activity Level	Calories	Protein	Carbs	Fat
120 lbs	Cutting	3 hours/week	1,200	120 g	90 g	40 g
140 lbs	Cutting	6 hours/week	1,700	170 g	130 g	55 g
160 lbs	Cutting	2 hours/week	1,600	160 g	105 g	60 g
200 lbs	Cutting	5 hours/week	2,400	240 g	190 g	75 g
220 lbs	Cutting	8 hours/week	2,600	260 g	280 g	50 g
120 lbs	Lean gaining	5 hours/week	2,000	150 g	170 g	80 g
150 lbs	Lean gaining	3 hours/week	2,400	180 g	180 g	110 g
180 lbs	Lean gaining	8 hours/week	3,100	230 g	410 g	60 g



17-19%



20-22%



23-26%



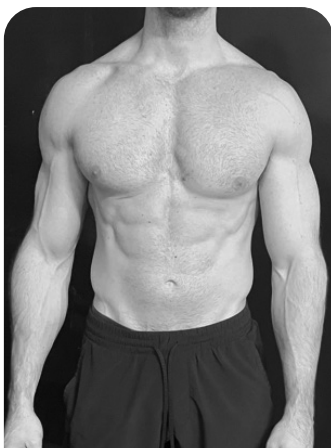
27-30%



31-34%



35+%



9-11%



12-15%



16-19%



20-23%



24-27%



35+%

	Cutting	Lean Gaining	Maintaining
Sedentary (little or no exercise or vigorous physical activity)	8 calories per pound of body weight per day	You shouldn't be lean gaining.	12 calories per pound of body weight per day
Lightly active (1 to 3 hours of exercise or vigorous physical activity per week)	10 calories per pound of body weight per day	16 calories per pound of body weight per day	14 calories per pound of body weight per day
Moderately active (5 or more hours of exercise or vigorous physical activity per week)	12 calories per pound of body weight per day	17 calories per pound of body weight per day	16 calories per pound of body weight per day

	Protein	Carbohydrate	Fat
Cutting	40 percent of daily calories	15 to 60 percent of daily calories; 30 to 40 percent is ideal for most people	20 to 55 percent of daily calories. 30 percent is ideal for most people
Lean gaining	30 percent of daily calories	15 to 60 percent of daily calories; 30 to 40 percent is ideal for most people	20 to 55 percent of daily calories; 30 percent is ideal for most people
Maintaining	30 percent of daily calories	15 to 60 percent of daily calories; 30 to 40 percent is ideal for most people	20 to 55 percent of daily calories; 30 percent is ideal for most people

High-Protein Breakfast Casserole

Serves 6

PER SERVING:

- ◆ 329 calories
- ◆ 34 grams of protein
- ◆ 15 grams of carbs
- ◆ 13 grams of fat

INGREDIENTS:

- ◆ 2 large sweet potatoes or red potatoes, chopped into small pieces
- ◆ 12 ounces 93% lean ground turkey
- ◆ 1 tablespoon garlic (minced or paste)
- ◆ 1 tablespoon Italian seasoning
- ◆ Sea salt and freshly ground black pepper, to taste
- ◆ 5 whole large eggs
- ◆ 10 large egg whites
- ◆ ⅓ cup skim milk
- ◆ 1 large zucchini, chopped
- ◆ 2 red bell peppers, chopped
- ◆ 1 cup chopped portobello or white mushrooms
- ◆ 1¼ cups shredded reduced-fat cheddar cheese

INSTRUCTIONS:

1. Place an oven rack in the lower third of the oven and preheat the oven to 420°F (215°C).
2. Coat a baking sheet with nonstick spray and set aside.
3. Spread the sweet potatoes evenly on the baking sheet. Bake for about 15 minutes.
4. While the sweet potatoes are baking, heat a skillet over medium-high heat and add the turkey. Season with the garlic, Italian seasoning, and

a few pinches of salt and pepper, and cook, stirring until the meat is crumbled and no longer pink on the inside (6 to 8 minutes). Remove from the heat and set aside.

5. In a medium bowl, beat together the whole eggs, egg whites, and milk.
6. In an 8 x 8-inch casserole dish or individual baking tins, add the cooked turkey, baked sweet potatoes, zucchini, bell peppers, and mushrooms. Pour the egg mixture over the other ingredients, and sprinkle the cheese on top.
7. Bake for about 25 minutes or until the cheese is browned and a knife inserted into the middle of the casserole comes out clean.

Creamy Blueberry-Banana Smoothie

Serves 2

PER SERVING:

- ◆ 228 calories
- ◆ 31 grams of carbs
- ◆ ~10 to 35 grams of protein
- ◆ 7 grams of fat

INGREDIENTS:

- ◆ 1 medium-sized ripe banana (preferably frozen), peeled and sliced
- ◆ ½ cup frozen blueberries
- ◆ ½ cup low-fat Greek yogurt
- ◆ 1 cup low-fat milk
- ◆ 1 teaspoon honey
- ◆ 1 tablespoon whole flaxseed
- ◆ 1 scoop whey or other protein powder (optional)

INSTRUCTIONS:

1. Put the banana, blueberries, milk, yogurt, honey, and flaxseed into a blender and process until smooth (about 1 minute). Pour into 2 glasses and serve!

Sweet Potato Chips

Serves 6

PER SERVING:

- ◆ 61 calories
- ◆ 10 grams of carbs
- ◆ 1 gram of protein
- ◆ 2 grams of fat

INGREDIENTS:

- ◆ 2 medium sweet potatoes (5 ounces each), peeled and thinly sliced
- ◆ 1 tablespoon extra-virgin olive oil
- ◆ ½ teaspoon salt

INSTRUCTIONS:

1. Position one rack in the center of the oven and one near the bottom. Preheat the oven to 400°F (200°C). Coat two baking sheets with cooking spray.
2. Place the sweet potatoes in a large bowl and drizzle with the oil. Toss to coat using tongs or clean hands. Arrange the potatoes on the baking sheets in an even layer.
3. Bake for 22 to 25 minutes or until the centers of the potatoes are soft and edges are slightly crispy, turning them over halfway through the baking time. Sprinkle with the salt and serve.

Raspberry-Walnut Chicken Salad Sandwich

Serves 6

PER SERVING:

- ◆ 374 calories
- ◆ 29 grams of protein
- ◆ 33 grams of carbs
- ◆ 14 grams of fat

INGREDIENTS:

- ◆ ½ cup plain nonfat Greek yogurt
- ◆ ¼ cup mayonnaise
- ◆ 2 tablespoons light raspberry-walnut salad dressing
- ◆ 1 pound chicken breast, cooked and shredded
- ◆ 1½ teaspoons finely chopped red onion
- ◆ ½ cup walnuts, chopped
- ◆ ½ cup fresh raspberries
- ◆ 12 slices whole-wheat bread

INSTRUCTIONS:

1. In a medium bowl, mix the yogurt, mayonnaise, and salad dressing together.
2. Stir in the chicken until well blended, then the onion and walnuts.
3. Gently stir in the raspberries, then spread the mixture on 6 pieces of the bread. Top with the remaining 6 pieces of bread and serve.

Creamy Herbed Chicken Salad

Serves 4

PER SERVING:

- ◆ 407 calories
- ◆ 25 grams of carbs
- ◆ 46 grams of protein
- ◆ 16 grams of fat

INGREDIENTS:

- ◆ ¼ cup fresh flat-leaf parsley leaves
- ◆ ¼ cup fresh basil leaves
- ◆ ½ cup fresh dill sprigs
- ◆ 2 oil-packed anchovies, drained
- ◆ 1 small garlic clove
- ◆ ⅓ cup mayonnaise
- ◆ ⅓ cup sour cream
- ◆ 2 tablespoons freshly squeezed lemon juice
- ◆ Freshly ground black pepper, to taste
- ◆ 1 pound chicken breast, cooked and shredded
- ◆ 2 roasted red peppers, drained and chopped
- ◆ 3 inner celery stalks with leaves, thinly sliced
- ◆ 8 cups mixed salad greens
- ◆ ½ pound tomatoes, chopped

INSTRUCTIONS:

1. In a food processor, combine the parsley, basil, dill, anchovies, and garlic until coarsely chopped. Add the mayonnaise, sour cream, and lemon juice and blend until smooth. Season to taste with the pepper.
2. In a large bowl, mix the herbed mayonnaise with the chicken, peppers, and celery. Serve on a bed of salad greens and garnish with the tomatoes.

Adobo Sirloin

Serves 4

PER SERVING:

- ◆ 237 calories
- ◆ 39 grams of protein
- ◆ 2 grams of carbs
- ◆ 7 grams of fat

INGREDIENTS:

- ◆ Juice of 1 lime
- ◆ 1 tablespoon minced garlic
- ◆ 1 teaspoon dried oregano
- ◆ 1 teaspoon ground cumin
- ◆ 2 tablespoons finely chopped canned chipotle chiles in adobo sauce plus 2 tablespoons of the sauce
- ◆ 4 (6-ounce) sirloin steaks, trimmed of fat
- ◆ Salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. In a small bowl, combine the lime juice, garlic, oregano, cumin, chiles, and adobo sauce. Mix well to combine.
2. Season the steaks with salt and pepper and place them in a large zipper-top bag with the adobo sauce. Seal tightly and shake to coat. Refrigerate for at least 2 hours and up to 8 hours, shaking occasionally.
3. Preheat a grill to high heat (about 10 minutes). Lightly coat the grill grates with cooking spray. Once the grill is hot, cook the steaks until your desired doneness, 4 to 5 minutes on each side. Let the steaks rest for 5 minutes and serve.

Lasagna with Cottage Cheese and Butternut Squash

Serves 6

PER SERVING:

- | | |
|-----------------------|---------------------|
| ◆ 419 calories | ◆ 48 grams of carbs |
| ◆ 38 grams of protein | ◆ 8 grams of fat |

INGREDIENTS:

- ◆ 4 cups (32 ounces) low-fat cottage cheese
- ◆ 3 cloves garlic
- ◆ 1 large egg
- ◆ Salt, to taste
- ◆ 2 (15-ounce) cans butternut squash puree
- ◆ 9 ounces ($\frac{2}{3}$ box) whole-wheat lasagna noodles
- ◆ 1 $\frac{1}{4}$ cups (5 ounces) grated part-skim mozzarella

INSTRUCTIONS:

1. Place a rack in the middle of the oven and preheat the oven to 350°F (175°C).
2. *For the cottage cheese sauce:* In a blender, process the cottage cheese, 2 of the garlic cloves, the egg, and salt until smooth.
3. *For the squash sauce:* Crush the remaining clove of garlic. In a medium-size (5-quart) bowl, combine it with the squash puree and a pinch of salt until well mixed.
4. *To assemble the lasagna:* Spread a layer of the uncooked noodles on the bottom of a 9 x 13-inch baking dish and top with half of the cottage cheese sauce. Add another layer of noodles and top with half of

the squash sauce. Repeat layering until you have used all the noodles and sauce, ending with a layer of cottage cheese sauce. Sprinkle the mozzarella cheese over the top.

5. Bake for 1 hour or until the top is lightly browned.

High-Protein Peach Cobbler

Serves 6

PER SERVING:

- ◆ 161 calories
- ◆ 28 grams of carbs
- ◆ 12 grams of protein
- ◆ 1 gram of fat

INGREDIENTS:

- ◆ 3 tablespoons blueberry, raspberry, strawberry, or mixed-fruit preserves
- ◆ 1 (15-ounce) can diced peaches in water or 100% juice, drained
- ◆ ½ cup 2% cottage cheese
- ◆ ½ cup water
- ◆ 2 scoops vanilla protein powder
- ◆ ⅓ cup Truvia or similar stevia-based sweetener
- ◆ ¼ cup all-purpose flour
- ◆ ½ cup quick-cooking oats
- ◆ 1 tablespoon honey

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C). Coat an 8 x 8-inch baking dish with cooking spray.
2. Spoon the fruit preserves into the prepared baking dish and use a spatula to spread them evenly over the bottom. Top with a layer of peaches and set aside.
3. In a medium bowl, mix the cottage cheese, water, protein powder, sweetener, and flour until well blended, then pour over the peaches.
4. In a small bowl, mix the oats and honey. Spoon over the top of the cobbler.
5. Bake until golden, about 30 minutes. Let cool for at least 20 minutes before serving.

Two-Minute Sweet Potato Brownie

Serves 1

PER SERVING:

- ◆ 207 calories
- ◆ 37 grams of carbs
- ◆ 7 grams of protein
- ◆ 8 grams of fat

INGREDIENTS:

- ◆ 2 tablespoons unsweetened cocoa powder, sifted
- ◆ 1 tablespoon coconut flour
- ◆ ¼ teaspoon baking powder
- ◆ 3 tablespoons unsweetened almond milk
- ◆ ¼ cup mashed sweet potato
- ◆ ½ tablespoon almond butter (or nut butter of choice)
- ◆ 2 teaspoons granulated sugar
- ◆ ½ teaspoon vanilla extract

INSTRUCTIONS:

1. In a small microwave-safe bowl or mug, mix the cocoa powder, coconut flour, and baking powder until well combined.
2. Add the milk and mashed sweet potato, stirring until smooth. Add the almond butter, sugar, and vanilla and stir until smooth and well blended.
3. Microwave on high for 2 to 3 minutes or until a toothpick inserted into the middle of the brownie comes out clean. If the brownie is not done after 3 minutes, continue microwaving in 30-second intervals until it's cooked through.

Lean Meat and Seafood	Fatty Meat and Seafood	High-Protein Dairy and Egg White	High-Protein Plant Food	Protein Supplement
Beef, ground (90/10 or leaner)	Anchovies	Cottage cheese	Seitan	Casein protein (caseinate or micellar)
Beef, round roast, trimmed of fat	Beef, ground (85/15 or fattier)	Egg white	Tempeh	Pea protein isolate
Beef, sirloin, trimmed of fat	Beef, New York strip, trimmed of fat	Greek yogurt	Tofu	Protein bar
Catfish	Beef, porterhouse, trimmed of fat	Low-fat yogurt		Rice protein isolate
Chicken, breast, skinless, boneless	Beef, ribeye, trimmed of fat	Skyr		Soy protein isolate
Clam	Beef, T-bone, trimmed of fat			Whey protein (concentrate, isolate, or hydrolysate)
Cod	Chicken, drumstick, skin removed			
Flounder	Chicken, thigh, skin removed			
Halibut	Herring, pickled or cooked			
Lobster	Lamb, ground			

Lean Meat and Seafood	Fatty Meat and Seafood	High-Protein Dairy and Egg White	High-Protein Plant Food	Protein Supplement
Mahi Mahi	Lamb, leg, trimmed of fat			
Mussels	Mackerel, canned			
Orange roughy	Pork, ribs, trimmed of fat			
Oyster, raw or cooked	Salmon, farmed			
Perch	Turkey, drumstick, skin removed			
Pollack	Turkey, thigh, skin removed			
Pork, chop, trimmed of fat				
Pork, tenderloin, trimmed of fat				
Salmon, wild-caught				
Scallop				
Shrimp				
Sole				
Swordfish				
Tilapia				
Trout				

Lean Meat and Seafood	Fatty Meat and Seafood	High- Protein Dairy and Egg White	High- Protein Plant Food	Protein Supplement
Tuna, canned in water				
Turkey breast, skinless				
Venison (deer, elk, antelope, etc.), trimmed of fat				

MARY'S MEAL PLANS

	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast (9 a.m.)	Greek yogurt, 2% fat, plain	2	300	40 g	20 g	6 g
Lunch (12 p.m.)	Chicken, breast, skinless, boneless, grilled	1	130	25 g	0 g	3 g
Snack (3 p.m.)	Cottage cheese, 2% fat, plain	1	150	20 g	10 g	3 g
Dinner (6 p.m.)	Tilapia, cooked	2	260	50 g	0 g	6 g
Total			840	135 g	30 g	18 g
Remaining			760	25 g	90 g	37 g

Vegetables	Fruits	Whole Grains, Tubers, and Legumes
Artichoke	Apple	Amaranth
Arugula	Apricot	Barley
Asparagus	Banana	Beet
Beet greens	Blackberry	Black bean
Bell pepper	Blueberry	Black-eyed pea (cowpea)
Bok choy	Cantaloupe	Black rice
Broccoli	Cherry	Brown rice
Brussels sprout	Cranberry	Buckwheat
Cabbage	Date	Bulgur
Carrot	Fig	Cannellini bean
Cauliflower	Grape	Cassava (a.k.a. yuca, arrowroot)
Celery	Grapefruit	Chickpea (garbanzo bean)
Chive	Honeydew	Corn
Collard green	Kiwifruit	Cranberry bean
Cucumber	Mandarin orange (clementine, satsuma, tangerine)	Einkorn
Eggplant	Mango	Farro
Endive	Nectarine	Fava bean
Fennel	Orange	Great northern bean
Garlic	Papaya	Japanese sweet potato
Green bean	Peach	Kidney bean
Jicama	Pear	Lentils
Kale	Pineapple	Lima bean
Kimchi	Plum	Millet
Kohlrabi	Raspberry	Mung bean
Leek	Strawberry	Navy bean

Vegetables	Fruits	Whole Grains, Tubers, and Legumes
Lettuce	Watermelon	Oatmeal
Mushroom		Parsnip
Mustard green		Pea
Okra		Pinto bean
Onion		Popcorn
Pickle		Quinoa
Pumpkin		Red bean
Radish		Red potato
Rhubarb		Spelt
Sauerkraut		Sweet potato
Seaweed		Taro
Shallot		Teff
Spinach		Vitelotte potato
Squash, butternut		White potato
Squash, spaghetti		Whole-wheat bread
Squash, yellow		Whole-wheat pasta
Swiss chard		Wild rice
Tomatillo		
Tomato		
Water chestnut		
Watercress		
Zucchini		

	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast (9 a.m.)	Greek yogurt, 2% fat, plain	2	300	40 g	20 g	6 g
	<i>Banana</i>	2	120	2 g	30 g	0 g
Lunch (12 p.m.)	Chicken, breast, skinless, boneless	1	130	25 g	0 g	3 g
	<i>Spinach</i>	3	0	0 g	0 g	0 g
	<i>Tomato</i>	1	30	2 g	6 g	0 g
	<i>Carrot</i>	1	30	2 g	6 g	0 g
Snack (3 p.m.)	Cottage cheese, 2% fat, plain	1	150	20 g	10 g	3 g
Dinner (6 p.m.)	Tilapia	2	260	50 g	0 g	6 g
	<i>Brown rice</i>	1	120	3 g	25 g	1 g
	<i>Broccoli</i>	1	30	2 g	6 g	0 g
Total			1,170	146 g	103 g	19 g
Remaining			430	14 g	17 g	36 g

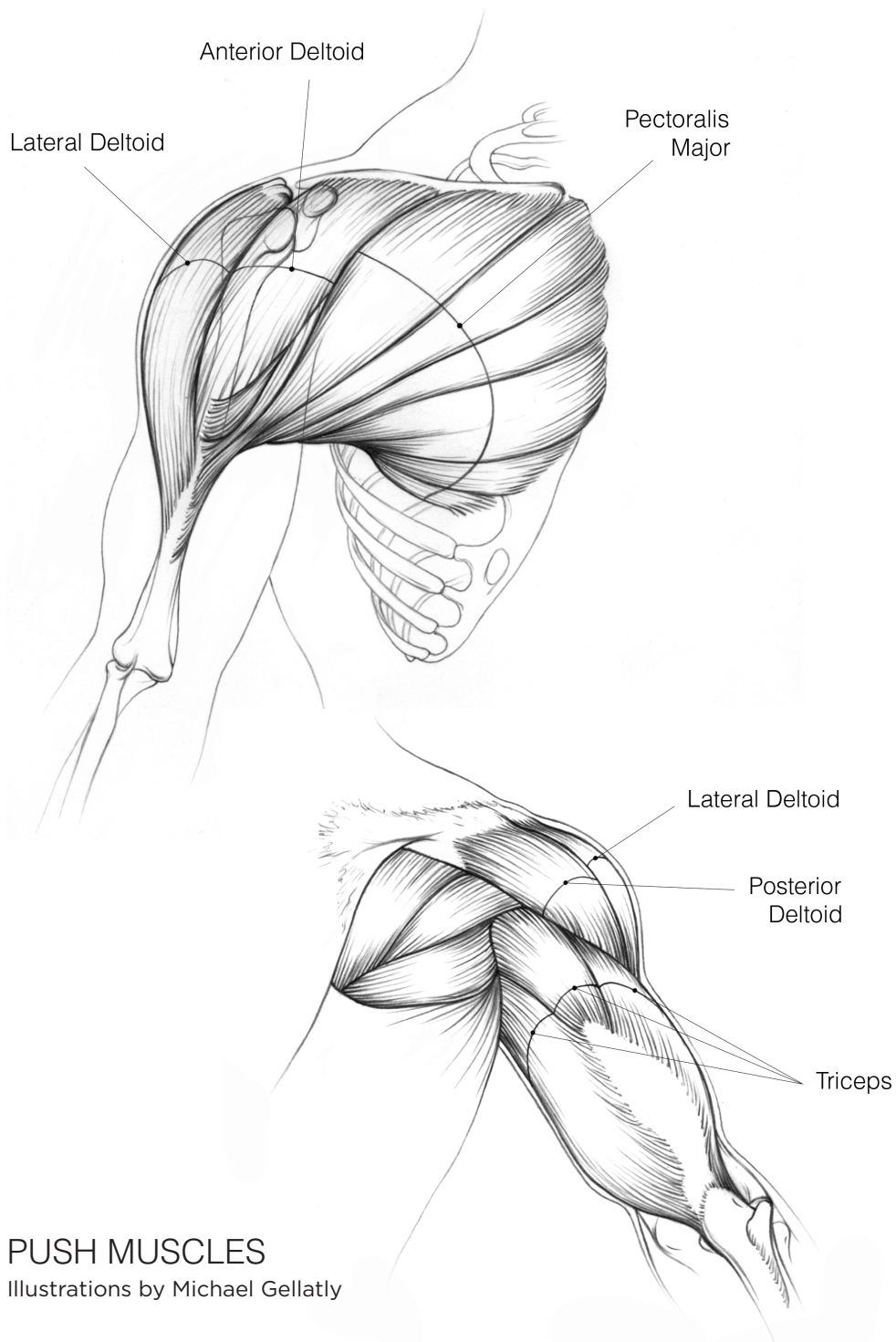
	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast (9 a.m.)	Greek yogurt, 2% fat, plain	2	300	40 g	20 g	6 g
	Banana	2	120	2 g	30 g	0 g
	<i>Almonds</i>	2	160	6 g	6 g	14 g
Lunch (12 p.m.)	Chicken, breast, skinless, boneless	1	130	25 g	0 g	3 g
	Spinach	3	0	0 g	0 g	0 g
	Tomato	1	30	2 g	6 g	0 g
	Carrot	1	30	2 g	6 g	0 g
	<i>Salad dressing</i>	1	100	0 g	2 g	10 g
Snack (3 p.m.)	Cottage cheese, 2% fat, plain	1	150	20 g	10 g	3 g

	Food	Portion	Calories	Protein	Carbs	Fat
Dinner (6 p.m.)	Tilapia	2	260	50 g	0 g	6 g
	Brown rice	1	120	3 g	25 g	1 g
	Broccoli	1	30	2 g	6 g	0 g
Total			1,430	152 g	111 g	43 g
Remaining			170	8 g	9 g	12 g

	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast (9 a.m.)	Greek yogurt, 2% fat, plain	2	300	40 g	20 g	6 g
	Banana	2	120	2 g	30 g	0 g
	Almonds	2	160	6 g	6 g	14 g
Lunch (12 p.m.)	Chicken, breast, skinless, boneless	1	130	25 g	0 g	3 g
	Spinach	3	0	0 g	0 g	0 g
	Tomato	1	30	2 g	6 g	0 g
	Carrot	1	30	2 g	6 g	0 g
	Salad dressing	1	100	0 g	2 g	10 g

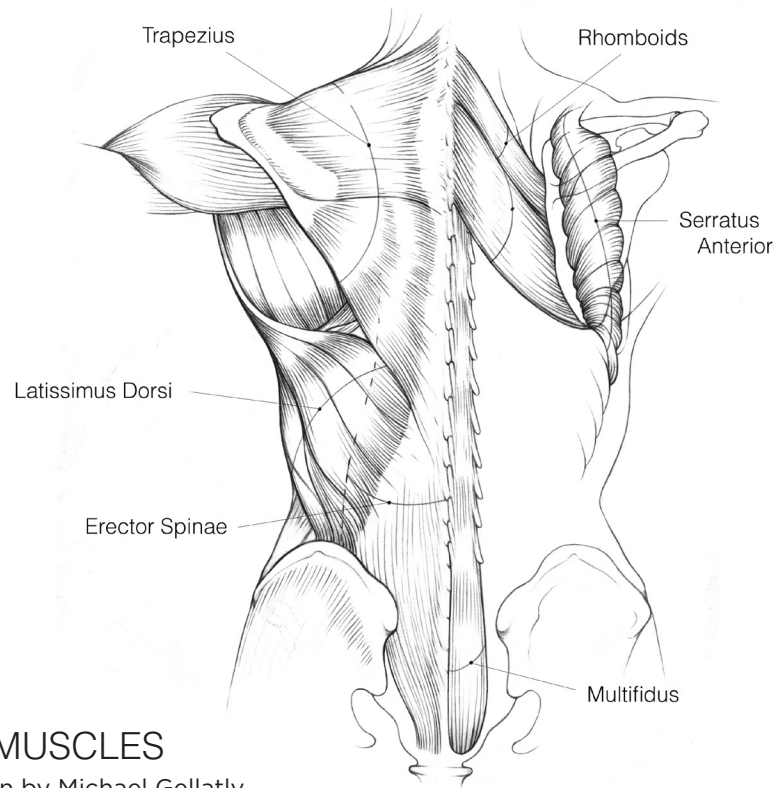
	Food	Portion	Calories	Protein	Carbs	Fat
Snack (3 p.m.)	Cottage cheese, 2% fat, plain	1	150	20 g	10 g	3 g
Dinner (6 p.m.)	Tilapia	2	260	50 g	0 g	6 g
	Brown rice	1	120	3 g	25 g	1 g
	Broccoli	1	30	2 g	6 g	0 g
	<i>Light ice cream</i>	1 cup	200	6 g	34 g	6 g
Total			1,630	158 g	145 g	49 g
Remaining			-30	2 g	-15 g	6 g

	Target	Actual
Calories	1,600	1,630
Protein	160 g	158 g
Carbs	120 g	135 g
Fat	55 g	49 g



PUSH MUSCLES

Illustrations by Michael Gellatly

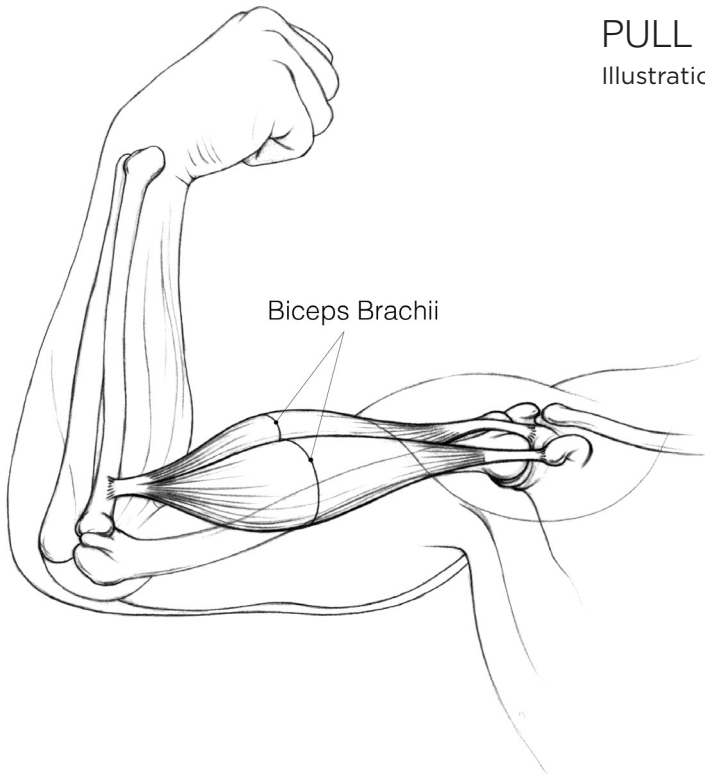


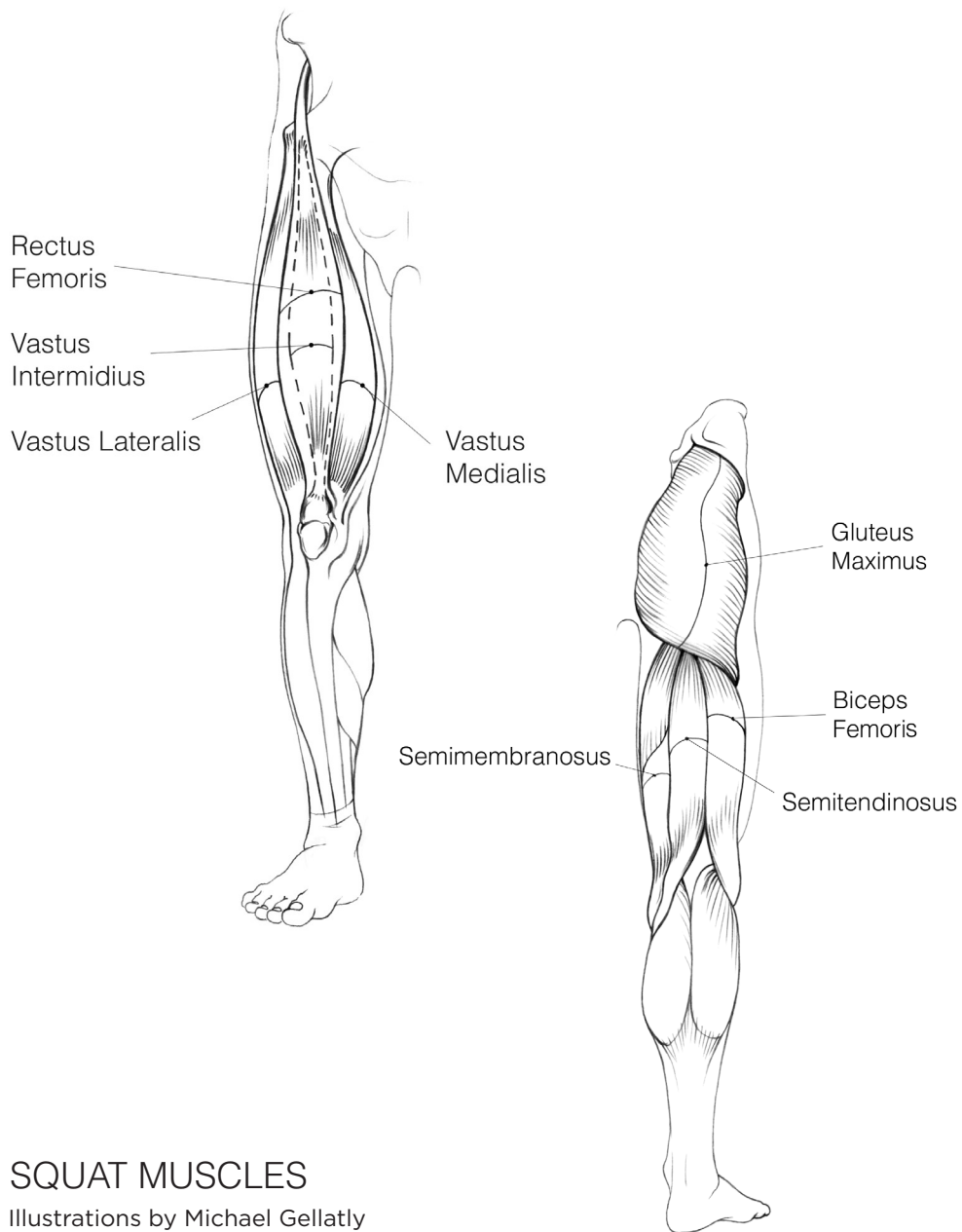
PULL MUSCLES

Illustration by Michael Gellatly

PULL MUSCLES

Illustration by Michael Gellatly





	Pushing Exercises	Pulling Exercises	Squatting Exercises
Beginner Primaries	Push-up	Bodyweight Row	Bodyweight Squat
	Machine Chest Press	Dumbbell Deadlift	Bodyweight Split Squat
	Machine Shoulder Press	One-Arm Dumbbell Row	Bodyweight Lunge
	Triceps Dip		Bodyweight Step-up
			Leg Press
Intermediate Primaries	Dumbbell Bench Press	Trap-Bar Deadlift	Dumbbell Goblet Squat
	Incline Dumbbell Bench Press	Seated Cable Row	Dumbbell Lunge
	Seated Dumbbell Overhead Press		Dumbbell Split Squat
			Dumbbell Romanian Deadlift
Advanced Primaries	Barbell Bench Press	Barbell Deadlift	Barbell Back Squat
	Incline Barbell Bench Press	Chin-up	Barbell Romanian Deadlift
	Chest Dip	Pull-up	
Accessories	Cable Triceps Pushdown	Lat Pulldown	Leg Extension
	Dumbbell Triceps Overhead Press	Machine Row	Leg Curl
	Machine Cable Fly	Alternating Dumbbell Curl	Glute Bridge
		Cable Biceps Curl	

THE PRIMARY PUSHING EXERCISES

The *Muscle for Life* primary pushing exercises will build much of your upper-body strength and muscle definition, including your chest, shoulders, and arms. Let's go over each of them.

The Beginner Primary Pushing Exercises

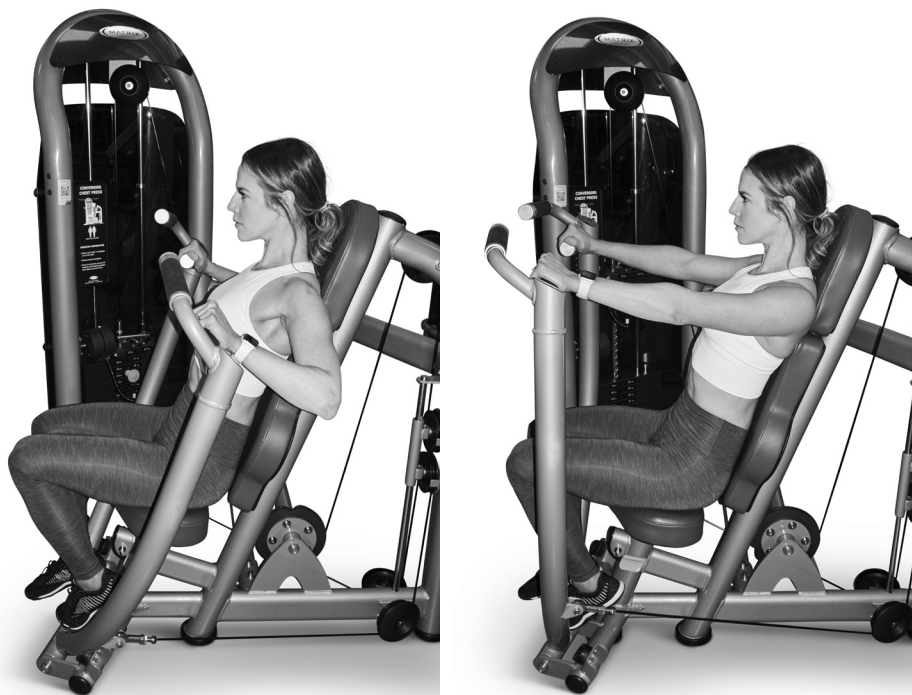
Push-up



There are three push-up variations included in the *Muscle for Life* program (and in the next chapter, you'll learn why):

1. Regular push-up. Get into the starting position shown opposite. Keeping your back straight, lower your chest to the floor, and then push your body up and return to the starting position.
2. Knee push-up. The knee push-up works exactly like the regular push-up, except instead of resting your weight on your toes and hands, you're on your knees and hands.
3. Feet-elevated push-up. The feet-elevated push-up is identical to the regular push-up, except instead of resting your feet on the floor, you place them on a surface that's about knee-height off the floor.

Machine Chest Press



Adjust the handles and seat so the handles are in line with your shoulders and just a few inches from your chest. Grip both handles, press forward until your arms are straight, then bring the handles backward and return to the starting position.

Machine Shoulder Press



Adjust the handles and seat so the handles are in line with your shoulders and about three to six inches directly above your shoulders. Grip both handles, press them upward until your arms are straight, then lower the handles and return to the starting position.

Triceps Dip



Get into the starting position shown above by facing forward and placing your palms behind you on a chair seat, bench, or other flat surface about knee-height off the floor, and pushing your feet out in front of you and resting on your heels.

Keeping your legs straight and heels on the floor, push your torso upward until your arms are straight. Then reverse the motion until your upper arms are roughly parallel with the floor, push yourself back up again, and return to the starting position.

The Intermediate Primary Pushing Exercises

Dumbbell Bench Press



Sit on the edge of the bench with the dumbbells on your thighs. Then get into the starting position shown above by leaning back slowly and gently kicking your thighs (and the dumbbells) toward your chest. Continue to roll back onto the bench until you're lying flat with the dumbbells at either side of your chest.

Pull your shoulder blades together and toward your butt (imagine you're "putting your shoulder blades into your back pockets"), and position your elbows six to ten inches from your ribs.

Then, keeping your shoulder blades and elbows tucked, push the dumbbells straight up until your arms are locked, and finally, lower the dumbbells by reversing the motion (maintaining the position of your shoulder blades and elbows) and return to the starting position.

When you're finished with a set of the dumbbell bench press, you can

either lower the dumbbells to your chest and then drop them to the floor, or bring your legs up and toward you into a sitting position, shift the dumbbells onto your thighs, and then sit up by swinging your legs and dumbbells downward and your torso upward. I prefer the latter method—it's slightly more difficult but ensures I don't damage the equipment.

Incline Dumbbell Bench Press



The incline dumbbell bench press works just like the dumbbell bench press, except you first adjust the bench to roughly a 45-degree angle.

Seated Dumbbell Overhead Press



Adjust a bench to an upright position (most people prefer a slight incline, around 75 degrees or so), and get into the starting position shown above by lifting or kicking the dumbbells up with your knees. Then tuck your shoulder blades back and down, push the dumbbells straight up until your arms are locked, lower them, and return to the starting position.

The Advanced Primary Pushing Exercises

Barbell Bench Press



Position yourself on a bench so your eyes are directly under the bar, tuck your shoulder blades back and down, and grab the bar. Your hands should be slightly wider than shoulder-width apart, your fingers and thumbs should be wrapped around the bar, and your wrists should be slightly bent backward, not folded back at a 90-degree angle.

Plant your feet solidly on the floor about shoulder-width apart, squeeze the bar as hard as you can, and move it from the pins or hooks to directly over your chest. Lower the bar until it touches your chest, keeping your elbows six to ten inches from your torso. Then, keeping your shoulder blades and elbows tucked, push the bar straight up, lower it, and return to the starting position.

When you're on the last rep of a set of the barbell bench press, finish it fully, and then bump the bar back into the upright metal bars, and lower it onto the

pins or hooks. Don't try to press the bar directly back into the pins or hooks because if you miss, it can fall on your face.

Incline Barbell Bench Press



The incline barbell bench press works the same way as the barbell bench press, except you first adjust the bench to roughly a 45-degree angle.

Chest Dip



Get into the starting position shown above, with your hands underneath your shoulders. Lower your body until your arms are at a 90-degree angle, then push upward and return to the starting position.

The Accessory Pushing Exercises

Many people struggle to fully develop their chest and shoulders with primary pushing exercises alone or find their triceps definition lacking. Accessory exercises are the solution because they allow us to give these muscle groups extra attention.

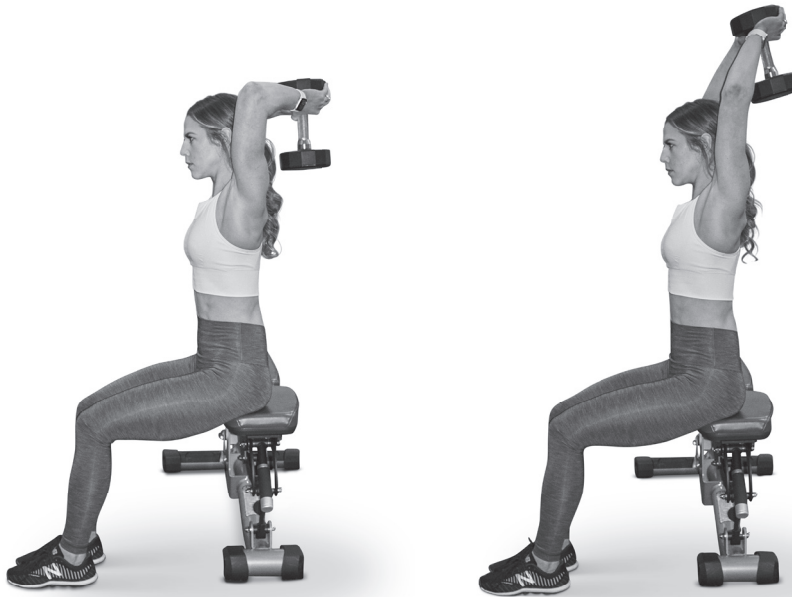
Cable Triceps Pushdown



Several handles can work for this exercise, but my favorite is the rope because it's the most comfortable. If your gym doesn't have a rope handle, use either the straight handle or EZ-bar handle (the zigzag one), depending on which you like most.

Attach a handle to a cable machine in its highest position (closest to the ceiling), and get into the starting position shown above. Stand tall, grab the handle, and, keeping your elbows at your sides, push down until your arms are straight. Then, with your elbows remaining fixed to your sides, raise your hands and return to the starting position.

Dumbbell Triceps Overhead Press



Get into the starting position shown above, look at a spot on the floor six to ten feet in front of you, press your back into the bench, and lower the dumbbell behind your head. Go as far as your flexibility allows, then push the dumbbell toward the ceiling, and return to the starting position. Try to minimize your upper-arm movement during the exercise, as shifting your arms increases the chances of knocking your noggin with the dumbbell.

Machine Cable Fly



Several handles can also work for this exercise, but my favorite is the strip of nylon with a metal ring on one end and straight plastic handle on the other. If you don't have plastic handles, however, metal ones work as well.

Attach two handles to a cable machine in their lowest position (closest to the floor). This is known as the *low* cable fly, and I prefer it over higher positions because it minimizes stress on the shoulders. If you find this height uncomfortable, however, you can raise the handles to find a level that works better for you.

Get into the starting position shown above and, keeping your arms slightly bent, bring your hands toward each other, squeezing your chest muscles, until your hands are three to six inches apart. Then move your hands away from each other and return to the starting position.

THE *MUSCLE FOR LIFE* PULLING EXERCISES

Pulling exercises involve pulling toward your torso, either horizontally (perpendicular to your torso) or vertically (parallel with it). In a horizontal pulling exercise, you pull directly toward the middle of your torso, usually from beneath or in front of you; and in a vertical exercise, you pull from the floor by standing up or from above toward your chest, or you pull your chest up toward your hands.

Pulling exercises primarily train four major muscle groups:

1. Latissimus dorsi
2. Upper back muscles
3. Lower back muscles
4. Biceps

Collectively, these muscles are responsible for pulling the hands toward the torso; stabilizing the shoulder blades, neck, and spine; and assisting with back extension (going from a hunched position to an upright one).

THE PRIMARY PULLING EXERCISES

The *Muscle for Life* primary pulling exercises will complete your base of upper-body strength and power and prevent imbalances between pushing and pulling muscles (which can lead to aesthetic and functional problems).

The Beginner Primary Pulling Exercises

Bodyweight Row



Find a surface to lie under that's more than arm's length off the floor (such as a table, tall bench, or dip station). Get into the starting position shown above,

and, keeping your back and legs straight and your butt high, pull your chest upward until it touches the bar (or your nose touches the surface, if using a table, bench, etc.). Then lower yourself and return to the starting position. To increase or decrease the difficulty of this exercise, lower or raise whatever you're holding on to (making your body less or more upright).

Dumbbell Deadlift



Get into the starting position shown above, holding one dumbbell in each hand. Position your feet slightly narrower than shoulder-width apart, and turn your toes out slightly. Stand up tall with your chest out and arms at your sides,

and take a deep breath into your stomach (as opposed to your chest), bracing your abs as if you were about to get punched in the gut.

Squeeze the dumbbells as hard as you can, press your upper arms into your sides (imagine you're crushing oranges in your armpits), and start the descent by pushing your hips backward and bending at the knees. Don't allow your lower back to round as you move downward—instead, arch it slightly. Also, keep your arms straight and locked, and the dumbbells directly beneath (or slightly behind but not in front of) your shoulders. Allow your knees to bend slightly more as the dumbbells pass them, and keep going until the dumbbells are six to eight inches from the floor.

To stand up, drive your body upward by pushing through your heels, keeping your arms straight, lower back slightly arched (no rounding!), and core tight. Also, ensure that your hips and shoulders rise together and at the same rate. Don't make the common mistake of shooting your hips up and then using your back like a lever to raise the dumbbells upward. If your hips are moving up, your shoulders should be as well, and neither should be moving faster than the other.

Once the dumbbells pass your knees, push your hips forward as you return to the starting position. When you're fully upright, your chest should be out and shoulders down, and you shouldn't lean back, hyperextend your lower back, or shrug the dumbbells up.

One-Arm Dumbbell Row

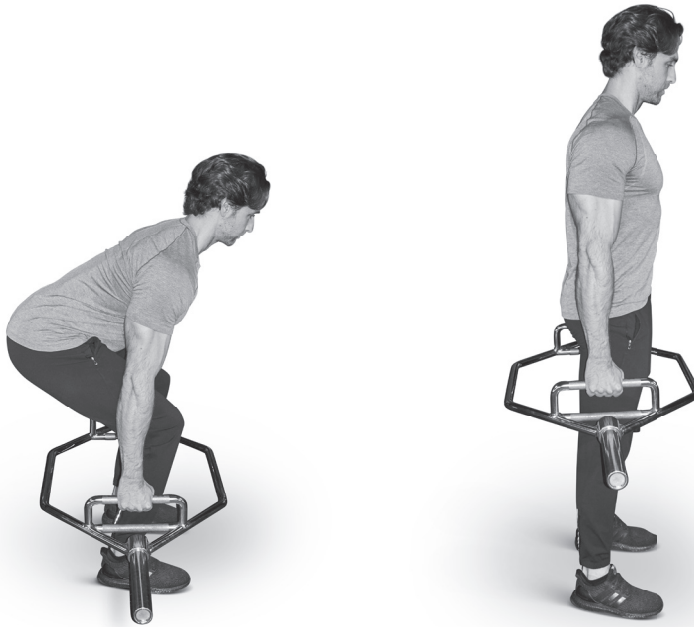


Get into the starting position shown above, and with your right knee and arm firmly planted on the bench and your left foot on the floor a foot or two from the bench, pull the dumbbell toward your torso. As the dumbbell moves upward, it should drift backward toward your abdomen, which should remain more or less motionless and parallel with the floor. Keep pulling until the dumbbell touches the side of your belly or the bottom of your rib cage, then lower it and return to the starting position.

Also, as this is the first single-limb exercise I've given you, a quick note: one set of a single-limb exercise entails training both limbs. For instance, you've completed 1 set of 10 reps of the one-arm dumbbell row when you've done 10 reps for *each arm*.

The Intermediate Primary Pulling Exercises

Trap-Bar Deadlift



Load the trap-bar with plates. If you aren't strong enough (yet!) to use at least one 45-pound plate on either side of the bar, you'll need to create a platform to ensure that the bar is about eight to ten inches off the floor. To do this, create two stacks of plates to rest the loaded trap-bar on (one on either side of it).

Position your feet about shoulder-width apart inside the center of the trap-bar, and turn your toes out slightly. Stand up tall with your chest out and arms at your sides, take a deep breath into your stomach, and brace your abs. Then get into the starting position shown above by pushing your hips backward and bending at the knees. Don't allow your lower back to round as your hands approach the bar. Instead, arch it slightly.

You'll notice that the trap-bar has high handles, which I'm holding in

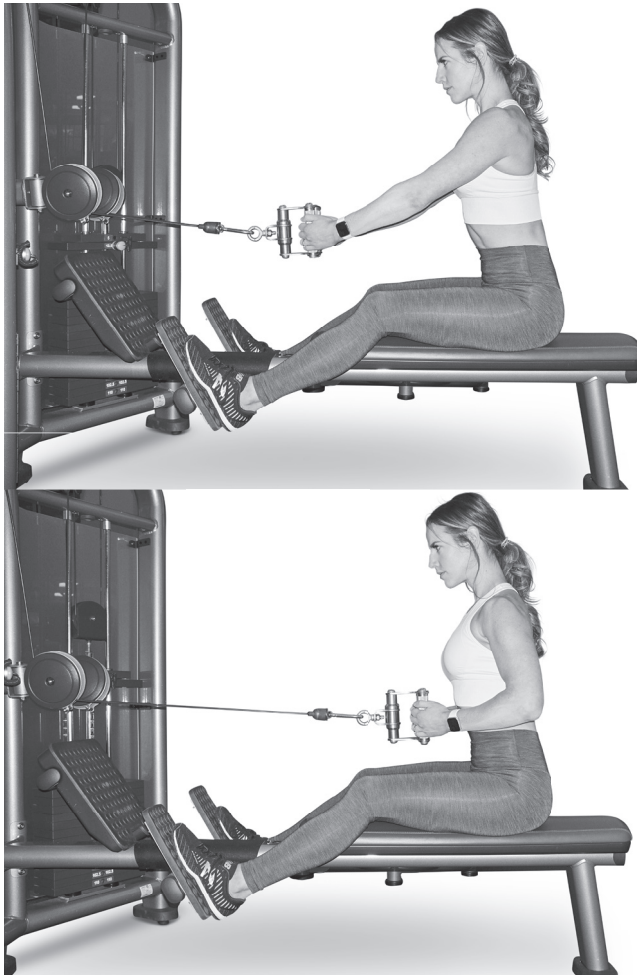
the pictures above, but also low handles underneath, which you can use by flipping the bar over before loading it (so the high handles are pointing toward the ground). The low handles make the exercise more difficult (especially for the lower back), so if you're new to trap-bar deadlifting, you may want to start with the high handles.

With your arms straight and locked, squeeze the handles as hard as you can, and press your upper arms into your sides. As with the dumbbell deadlift, stand up by pushing through your heels, keeping your arms straight, lower back slightly arched, and core tight. Also, remember to ensure that your hips and shoulders rise together and at the same rate, and when you're fully upright, your chest should be out and shoulders down. And there should be no leaning back, hyperextending your back, or shrugging the weight up.

To lower the bar to the floor, begin by pushing your hips backward, not bending at the knees, and, with your lower back slightly arched and core tight, let the bar move straight down. Continue pushing your hips back, lowering the bar in a straight line down to the ground until you return to the starting position. Don't try to lower the bar slowly or quietly—the entire descent should take just one to two seconds.

Once the bar is on the floor, without releasing your grip on it or standing up, adjust your body as needed to get into the proper starting position for the next rep.

Seated Cable Row



Attach a narrow-grip handle to the cable row machine, and get into the starting position shown above. Keeping your back upright, pull the handle to your abdomen, allowing your torso to move backward just enough to help you finish the rep, but no more. Once the handle touches your torso, straighten your arms and return to the starting position.

The Advanced Primary Pulling Exercises

Barbell Deadlift



Load the bar with plates, stand in front of the middle of it, position your feet slightly narrower than shoulder-width apart, turn your toes out slightly, and move the bar toward you until it's over the middle of your feet.

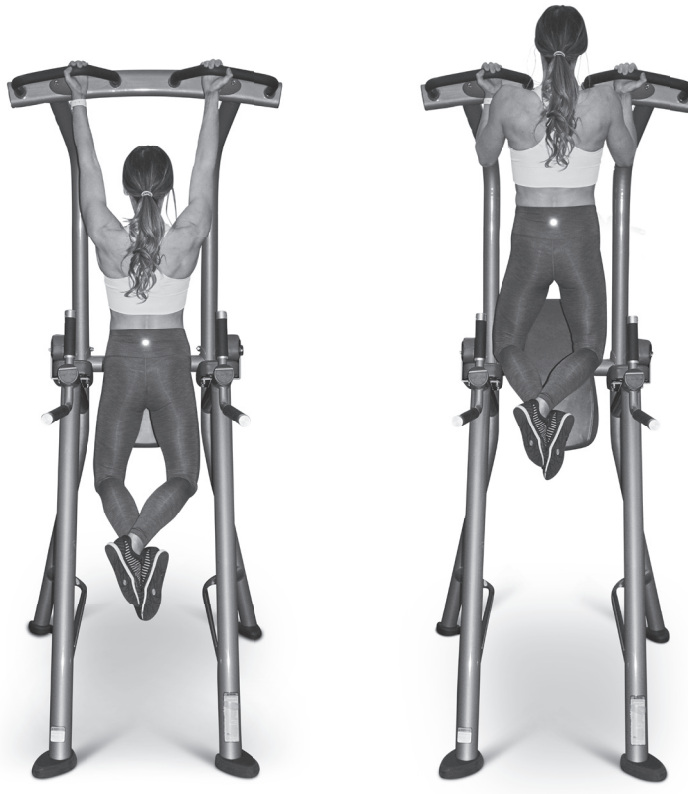
Stand up tall with your chest out and arms at your sides, take a deep breath into your stomach, and brace your abs. Then get into the starting position shown above by pushing your hips backward and bending at the knees. Don't allow your lower back to round as your hands approach the bar. Instead, arch it slightly.

Grip the bar just outside your shins with both palms facing down, squeeze it as hard as you can, and press your upper arms into your sides. The bar should be over (or slightly behind but not in front of) the middle of your feet, and your arms should be straight and locked, with enough room on the sides for your thumbs to clear your thighs as you ascend and descend.

As with the trap-bar deadlift, stand up by pushing through your heels, and keep your arms straight, lower back slightly arched, and core tight. Also, ensure that your hips and shoulders rise together and at the same rate. Once the bar passes your knees, push your hips into it as you continue to stand up, and when you're fully upright, your chest should be out and shoulders down. Don't lean back, hyperextend your lower back, or shrug the weight up.

To lower the bar to the floor, push your hips backward and, keeping your lower back slightly arched and your core tight, let the bar slide straight down your thighs until it clears your knees. Then, maintaining your grip on the bar, allow it to drop to the floor, and adjust your body as needed to get into the proper starting position for the next rep.

Chin-up



Get into the starting position shown above, with your palms facing you and about shoulder-width apart and your arms straight. Without swinging your feet or your knees, pull your body upward until your chin rises above your hands, then lower yourself and return to the starting position.

Pull-up



The pull-up works just like the chin-up, except you begin with your hands facing away from you and about shoulder-width apart.

The Accessory Pulling Exercises

There are two reasons to do accessory pulling exercises:

1. Some of the back muscles and the biceps are stubborn and take their sweet time to grow.
2. The many muscles in your back are difficult to fully develop with primary exercises alone because of how they attach to your skeleton.

Lat Pulldown



Adjust the seat so you can get a full grip on the bar when your butt is about one to two inches above the seat, then adjust the thigh pad so it settles snugly against your legs when seated and prevents your butt from rising off the seat when you pull the bar down.

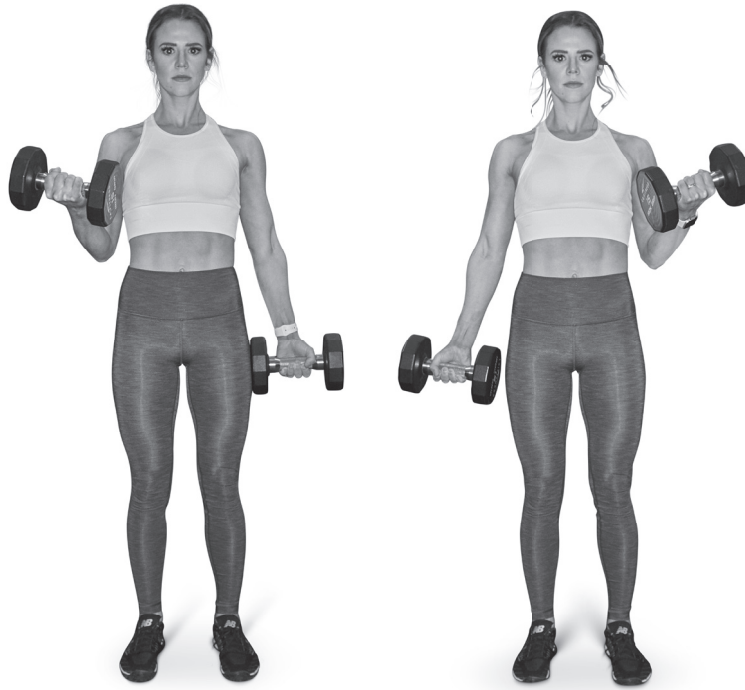
Stand in front of the seat, grab the bar with your palms facing away from you, and sit down, wedging your legs underneath the thigh pad, and fully straighten your arms. Then, pull the bar down until it's a few inches from your collarbone, then raise it and return to the starting position.

Machine Row



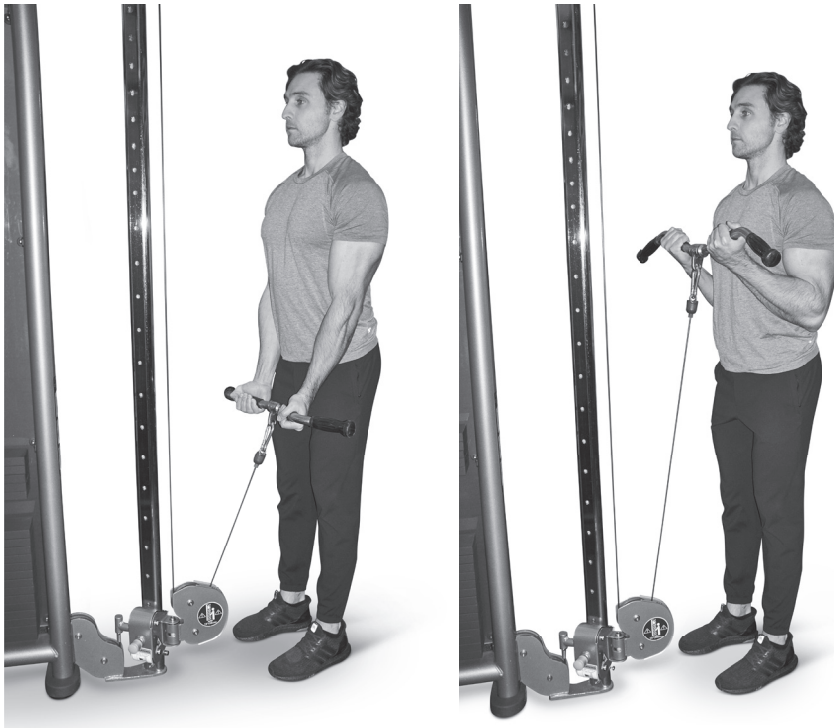
Adjust the seat so the handles are around chest height when seated, and then the chest pad so the handles are barely out of reach when seated. Then reach forward and grab the handles, and sit down with your chest against the pad. Pull the handles toward your torso until they're about level with your chest, then straighten your arms and return to the starting position.

Alternating Dumbbell Curl



Stand tall with the dumbbells at your sides and then, as shown above, curl one hand toward your shoulder until your forearm is roughly perpendicular to the floor. Allow your elbow to move forward slightly as the dumbbell rises. Then lower the dumbbell and return to the starting position.

Cable Biceps Curl



The cable biceps curl is similar to the alternating dumbbell curl, except you use a straight bar or EZ-bar (whichever is most comfortable for you) attached to a cable machine in its lowest position (closest to the floor).

THE *MUSCLE FOR LIFE* SQUATTING EXERCISES

Squatting exercises involve lowering your butt to the floor by bending at your knees and hips simultaneously, often with resistance provided by bands, dumbbells, or a machine or barbell. These exercises primarily train five major muscle groups:

1. Quadriceps
2. Glutes
3. Upper and lower back
4. Hamstrings
5. Calves

THE PRIMARY SQUATTING EXERCISES

The Beginner Primary Squatting Exercises

Bodyweight Squat



Stand up straight with your feet around shoulder-width apart and your toes pointing out at about 20 to 25 degrees (around one and eleven o'clock). Take a deep breath into your stomach, brace your abs, and sit straight down by pushing your hips backward and bending your knees at the same time.

As you lower your butt toward the floor, keep your spine straight, core tight, and chest up (imagine you're trying to show someone a logo on your T-shirt). You should feel like you're dropping your torso between your heels, and if you have trouble maintaining your balance as you descend, keep your arms extended straight out in front of you.

Once your thighs are parallel with the floor (or slightly lower, but not higher), stand up and return to the starting position.

Bodyweight Split Squat



Get into the starting position shown above and, keeping your right foot firmly planted on the floor, lower your butt by bending both knees at the same time. Keep descending until your left knee touches the floor, and then stand up and return to the starting position. When you've reached your rep target, repeat with the other side.

Bodyweight Lunge



Stand up straight with both feet about shoulder-width apart. Take a long step forward with your right foot—about two to three feet—and, with most of your weight on your front foot, lower your body until your left knee touches the floor. Then reverse the motion by pushing off the floor with your front foot and leaning slightly backward, allowing your legs to straighten. Once you're standing, bring your right foot back to the starting position, and then repeat the pattern with your other foot (to complete one full rep).

This is known as the *in-place lunge*, which is ideal for when you have limited space. There are two other versions of the lunge worth learning, though, as they challenge your muscles in slightly different ways:

1. The *reverse lunge*, which is the in-place lunge in reverse (stepping backward instead of forward)
2. The *forward lunge*, which has you walk forward in a sequence of steps instead of remaining in place

To do the reverse lunge, start in the same position as the in-place lunge, but instead of taking a long step forward with your right foot, take a long step backward. With most of your weight on your front foot, kneel until your right knee touches the floor, then reverse the motion by pushing off the floor with your back foot and straightening your legs. Once your legs are straight, bring your right foot back to the starting position, and then repeat the pattern with your other foot (to complete one full rep).

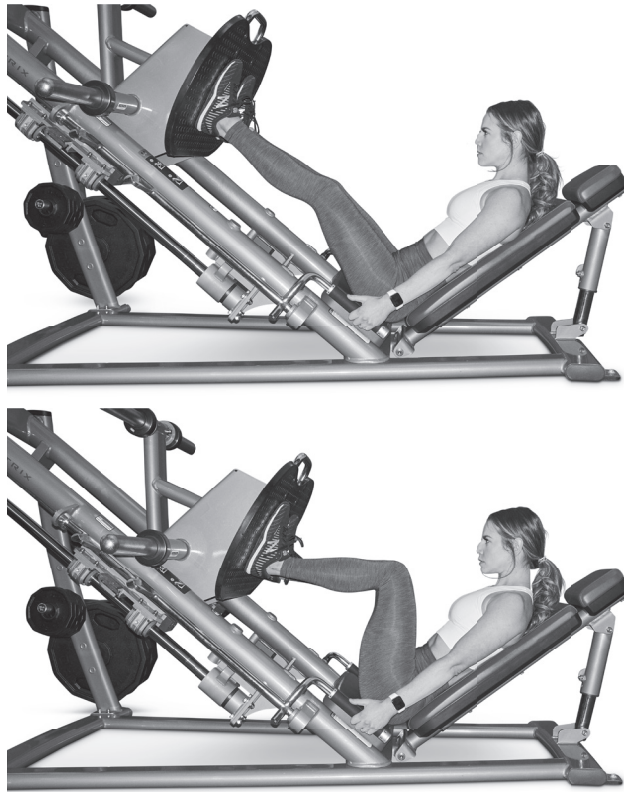
The forward lunge works the same way as the in-place lunge, but instead of returning to the starting position by bringing your front foot to your back one, you bring your back foot to the front (moving you forward).

Bodyweight Step-up



Get into the starting position shown above, and place your right foot on a box, stool, or other surface about knee-height off the floor. Keeping your weight on your right foot, fully straighten your right leg. Then lower your left foot toward the floor and return to the starting position. When you've reached your rep target, repeat with the other side.

Leg Press



Load a leg press with plates and adjust the seat to its lowest position (with the backrest closest to the floor, at about a 30-degree angle). Then get into the starting position shown above, and wedge your butt down into the base of the seat.

Bend your knees slightly, use the safety handles to release the weight, and, ensuring your butt remains firmly in place and your lower back doesn't round, lower the footplate toward your chest until your thighs are twelve to sixteen inches from your torso. Finally, push the footplate upward until your legs are almost but not completely straight (knees slightly bent at the top of the rep).

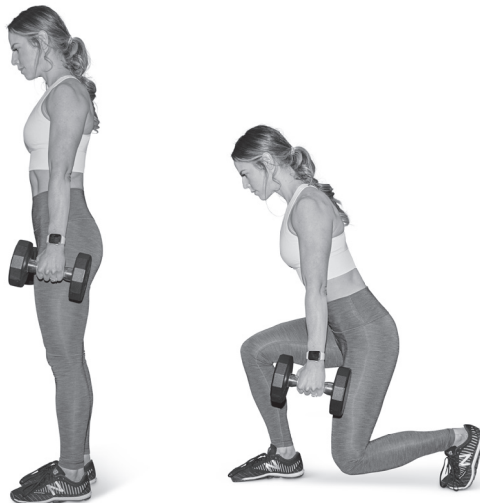
The Intermediate Primary Squatting Exercises

Dumbbell Goblet Squat



The dumbbell goblet squat works the same way as the bodyweight squat, except you hold a dumbbell directly in front of your chest as shown in the images above.

Dumbbell Lunge



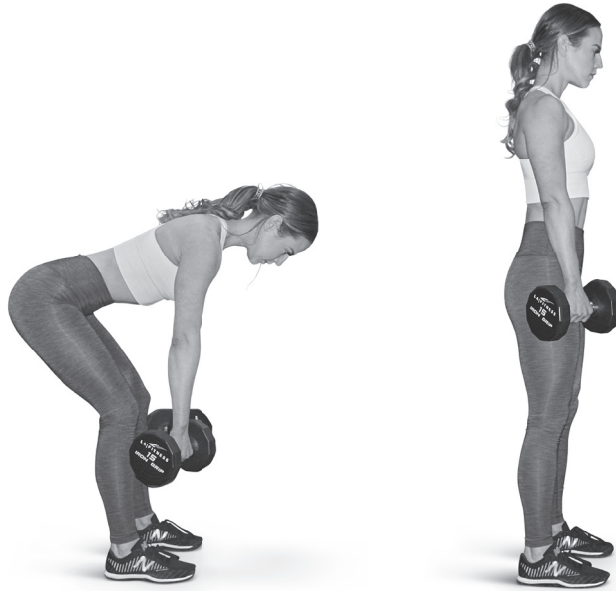
All three variations of the dumbbell lunge (in-place, reverse, and forward) work the same way as their bodyweight counterparts, except you hold a dumbbell in each hand.

Dumbbell Split Squat



The dumbbell split squat works the same way as the bodyweight split squat, except you hold a dumbbell in each hand.

Dumbbell Romanian Deadlift



The dumbbell Romanian deadlift works the same way as the dumbbell deadlift, but there are two important differences:

1. Instead of lowering the dumbbells six to eight inches from the floor, you lower them to just below your knees (where your wrists are directly in front of your kneecaps).
2. Instead of continuing to push your hips backward and bend your knees as the dumbbells pass them, your legs remain slightly bent until the end of the movement (which places more stress on the hamstrings).

The Advanced Primary Squatting Exercises

Barbell Back Squat



Adjust the hooks or pins in a squat rack so the bar is at your midchest, and load it with plates (or not, if the bar alone is enough weight). Grip the bar with your palms facing forward and your hands three to six inches wider than shoulder-width apart. Holding on to the bar for balance, place your feet underneath it about shoulder-width apart, and then move under the bar and place it across your upper-back muscles, directly across your shoulder blades. Tuck your shoulder blades back and down, and gently adjust the bar until you feel it resting on the “shelf” created by the bony protrusions of your shoulder blades and surrounding back muscles. This is the position the bar must remain in throughout the entire exercise.

Next, narrow your grip to tighten your upper-back muscles, and get your

hands as close together as you comfortably can while keeping the bar solidly on your back muscles, not in your hands or on your spine. Get into the starting position shown opposite by unracking the bar and taking one step back with each foot (one at a time). Then adjust your feet so they're shoulder-width apart and your toes are pointing out at about 20 to 25 degrees (around one and eleven o'clock). Stand tall with your chest out, take a deep breath into your stomach, and brace your abs.

As with the bodyweight squat, to descend, sit straight down by pushing your hips backward and bending your knees at the same time. Your gaze should be forward (not down at your toes or up at the ceiling), and keep your spine straight, core tight, and chest up. Feel like you're dropping your torso between your heels in a swift but controlled manner, not simply falling as quickly as you can, because this greatly increases the amount of force placed on the joints. Also, as you descend, keep your knees pointed at your toes to prevent your knees from collapsing inward (into a knock-kneed position), which can irritate them. To help with this, you can imagine you're pushing the floor apart with your feet. Keep sitting down until your thighs are parallel to the floor (or slightly lower, but not higher), and then stop your descent and prepare to stand up.

Start the ascent by driving through your heels and the middle of your feet (not your toes), ensuring your shoulders move upward at the same rate as your hips. Your lower back should remain in a neutral position; your core should stay tight and your gaze forward (not down at your toes or up at the ceiling). Around the halfway mark, begin exhaling, and push your hips forward and underneath the bar by squeezing your glutes, and return to the starting position.

When you're on the last rep of a set of the barbell back squat, finish it fully (legs locked) and then move the bar back to the pins or hooks. Don't

try to squat the bar directly back into the pins or hooks because if you miss, you can fall.

Barbell Romanian Deadlift



Adjust the pins or hooks in a squat rack so the bar is at your midthigh, and load it with plates (or not, if the bar alone is enough weight). If you don't have access to a squat rack, load the bar on the floor instead, and then stand in front of the middle of it with your feet slightly narrower than shoulder-width apart. Get into the starting position shown above by gripping the bar just outside of your thighs with your palms facing you, lifting it off the rack (or floor), taking one step back with each foot (one at a time), and turning your toes out and bending your knees slightly.

Stand up tall with your chest out and arms at your sides, take a deep

breath into your stomach, and brace your abs. Squeeze the bar as hard as you can, press your upper arms into your sides, and, with a flat back, lower the bar toward the floor in a straight line, allowing your butt to move backward as the bar descends. Once you feel a stretch in your hamstrings, bend your knees slightly more, and continue lowering the bar until your lower back begins to round—just below the knees for most people, and about midshin for those who are particularly flexible. Then, stop descending, and bring the bar upward by driving your hips toward it, keeping your arms straight, lower back slightly arched, and core tight, and return to the starting position.

When you're on the last rep of a set of the barbell Romanian deadlift, finish it fully (legs locked), and then move the bar back to the pins or hooks. Don't try to deadlift the bar directly back into the pins or hooks because if you miss, you can fall.

The Accessory Squatting Exercises

As great as primary squatting exercises are, they don't adequately train each of the major muscle groups in the lower body. Dumbbell and barbell squat exercises are phenomenal for training the quadriceps, for instance, but not the hamstrings, and many people struggle to get the glutes they want with primary exercises alone. Accessory exercises allow you to target and further develop these and other muscles that need extra emphasis.

Primary squatting exercises are also some of the most difficult strength training movements to perform and recover from, so you can only profitably do so much of them every week. Accessory exercises, on the other hand, are less demanding, allowing you to train your lower body more without compromising your form or recovery.

Leg Extension



Adjust the back pad so your knees are just in front of the edge of the seat when you're seated, then adjust the leg pad closest to the floor so it touches your shins right above your ankles and puts your feet as close to your butt as possible. If the machine has a leg pad across your thighs as well, adjust it so it's snug when seated but not painful. Grab the handles, push your feet toward the ceiling until your legs are straight, then lower your feet and return to the starting position.

Leg Curl (Lying and Seated)



Adjust the heel pad so it's across your Achilles tendons when you're on the machine, and if you're seated, with your kneecaps a couple of inches off the pad supporting your body. Grab the handles, press your heels toward your butt until your shins are at least perpendicular to your thighs (it's fine to go slightly further), then lower your heels and return to the starting position.

Glute Bridge



Get into the starting position shown above, and lift your butt off the floor by pressing your shoulders into the bench and heels into the floor. Raise your butt and squeeze your glutes until your shoulders, butt, and knees form a straight line, then lower your butt and return to the starting position.

You now have all the know-how you need to start the *Muscle for Life* strength training workouts! You understand how volume, intensity, and progressive overload relate to getting fit and strong, the anatomy of effective strength training, and the exercises that athletes and bodybuilders have been using for over a century to develop powerful and beautiful bodies.

In other words, you now have the ingredients, and all you need next is the recipe—the instructions on how to transform everything you’ve learned into a workout program—and that’s exactly what I’ll give you in the next chapter.

THE BEGINNER STRENGTH TRAINING WORKOUTS

The Women's Beginner Strength Training Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Bodyweight Squat 3 hard sets of 12–15 reps	Push-up 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps
Dumbbell Deadlift 3 hard sets of 12–15 reps	Lat Pulldown 3 hard sets of 12–15 reps	Bodyweight Lunge 3 hard sets of 12–15 reps
Bodyweight Split Squat 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps	Leg Press 3 hard sets of 12–15 reps
Triceps Dip 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps

The Men's Beginner Strength Training Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Push-up 3 hard sets of 12–15 reps	Bodyweight Squat 3 hard sets of 12–15 reps	Machine Shoulder Press 3 hard sets of 12–15 reps
Lat Pulldown 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps
Machine Chest Press 3 hard sets of 12–15 reps	Leg Press 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps
Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps	Cable Biceps Curl 3 hard sets of 12–15 reps

THE INTERMEDIATE STRENGTH TRAINING WORKOUTS

The Women's Intermediate Strength Training Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Trap-Bar Deadlift 3 hard sets of 10–12 reps	Dumbbell Bench Press 3 hard sets of 10–12 reps	Dumbbell Lunge 3 hard sets of 10–12 reps
Dumbbell Split Squat 3 hard sets of 10–12 reps	Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Romanian Deadlift 3 hard sets of 10–12 reps
Leg Curl 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps	Leg Press 3 hard sets of 10–12 reps
Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps

The Men's Intermediate Strength Training Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Dumbbell Bench Press 3 hard sets of 10–12 reps	Trap-Bar Deadlift 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps
Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps
Machine Chest Press 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps	Machine Chest Press 3 hard sets of 10–12 reps
Seated Cable Row 3 hard sets of 10–12 reps	Dumbbell Split Squat 3 hard sets of 10–12 reps	Alternating Dumbbell Curl 3 hard sets of 10–12 reps

THE ADVANCED STRENGTH TRAINING WORKOUTS

The Women's Advanced Strength Training Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Barbell Back Squat 3 hard sets of 8–10 reps	Barbell Bench Press 3 hard sets of 8–10 reps	Dumbbell Lunge 3 hard sets of 8–10 reps
Barbell Deadlift 3 hard sets of 8–10 reps	Lat Pulldown 3 hard sets of 8–10 reps	Barbell Romanian Deadlift 3 hard sets of 8–10 reps
Leg Curl 3 hard sets of 8–10 reps	Incline Barbell Bench Press 3 hard sets of 8–10 reps	Leg Press 3 hard sets of 8–10 reps
Dumbbell Lunge 3 hard sets of 8–10 reps	One-Arm Dumbbell 3 hard sets of 8–10 reps	Leg Curl 3 hard sets of 8–10 reps

The Men's Advanced Strength Training Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Barbell Bench Press 3 hard sets of 8–10 reps	Barbell Back Squat 3 hard sets of 8–10 reps	Seated Dumbbell Overhead Press 3 hard sets of 8–10 reps
Lat Pulldown 3 hard sets of 8–10 reps	Barbell Deadlift 3 hard sets of 8–10 reps	One-Arm Dumbbell Row 3 hard sets of 8–10 reps
Dumbbell Bench Press 3 hard sets of 8–10 reps	Dumbbell Split Squat 3 hard sets of 8–10 reps	Dumbbell Bench Press 3 hard sets of 8–10 reps
One-Arm Dumbbell Row 3 hard sets of 8–10 reps	Leg Curl 3 hard sets of 8–10 reps	Alternating Dumbbell Curl 3 hard sets of 8–10 reps

Exercise	Male Starting Weight (lb.)	Female Starting Weight (lb.)
Machine Chest Press	30	15
Machine Shoulder Press	20	10
Dumbbell Bench Press	30 (per dumbbell)	15 (per dumbbell)
Incline Dumbbell Bench Press	20 (per dumbbell)	10 (per dumbbell)
Seated Dumbbell Overhead Press	20 (per dumbbell)	10 (per dumbbell)
Barbell Bench Press	95	45
Incline Barbell Bench Press	65	45
Cable Triceps Pushdown	30	15
Dumbbell Triceps Overhead Press	20 (per dumbbell)	10 (per dumbbell)
Machine Cable Fly	20 (per handle)	10 (per handle)
Dumbbell Deadlift	10 (per dumbbell)	5 (per dumbbell)
One-Arm Dumbbell Row	30 (per dumbbell)	15 (per dumbbell)
Trap-Bar Deadlift	95	65
Seated Cable Row	40	20
Barbell Deadlift	135	95
Lat Pulldown	30	15
Machine Row	30	15
Alternating Dumbbell Curl	10 (per dumbbell)	5 (per dumbbell)
Cable Biceps Curl	20	10

Exercise	Male Starting Weight (lb.)	Female Starting Weight (lb.)
Leg Press	90	50
Dumbbell Goblet Squat	30 (per dumbbell)	15 (per dumbbell)
Dumbbell Lunge	20 (per dumbbell)	10 (per dumbbell)
Dumbbell Split Squat	20 (per dumbbell)	10 (per dumbbell)
Dumbbell Romanian Deadlift	30 (per dumbbell)	15 (per dumbbell)
Barbell Back Squat	95	65
Barbell Romanian Deadlift	95	65
Leg Extension	40	20
Leg Curl	40	20

Phase 1

Week 1

Workout 1

Monday 8/23/2021

UPPER BODY A

Push-up

12-15 REPS

Set 1:

Set 2:

Set 3:

Lat Pulldown

12-15 REPS

Set 1:

Set 2:

Set 3:

Machine Chest Press

12-15 REPS

Set 1:

Set 2:

Set 3:

Bodyweight Row

12-15 REPS

Set 1:

Set 2:

Set 3:

When you do this workout, you can fill it out like this:

Week 1

Workout 1

Monday 8/23/2021

UPPER BODY A

Push-up

12-15 REPS

Set 1: 13

Set 2: 13

Set 3: 12

Lat Pulldown

12-15 REPS

Set 1: 15

Set 2: 14

Set 3: 14

Machine Chest Press

12-15 REPS

Set 1: 30 x 13

Set 2: 30 x 13

Set 3: 30 x 12

Bodyweight Row

12-15 REPS

Set 1: 12

Set 2: 12

Set 3: 12

Exercise	Substitution #1	Substitution #2
Machine Chest Press	Dumbbell Bench Press	Push-up
Machine Shoulder Press	Seated Dumbbell Overhead Press	Incline Dumbbell Bench Press
Machine Cable Fly	Push-up	Chest Dip
Cable Triceps Pushdown	Triceps Dip	Dumbbell Triceps Overhead Press
Seated Cable Row	One-Arm Dumbbell Row	Bodyweight or Dumbbell Row
Lat Pulldown	Bodyweight or Dumbbell Row	Chin-up or Pull-up
Machine Row	One-Arm Dumbbell Row	Bodyweight or Dumbbell Row
Cable Biceps Curl	Alternating Dumbbell Curl	Bodyweight or Dumbbell Row
Leg Press	Dumbbell Goblet Squat	Bodyweight or Dumbbell Lunge

Exercise	Substitution #1	Substitution #2
Leg Extension	Bodyweight or Dumbbell Split Squat	Bodyweight Step-up
Leg Curl	Dumbbell Romanian Deadlift	Romanian Deadlift

WELL-DESIGNED WORKOUT ROUTINES

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Lower Body A	Cardio	Upper Body A		Lower Body B		
Afternoon/ Evening				Cardio			

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Lower Body A		Upper Body A		Lower Body B	Cardio	Cardio
Afternoon/ Evening							

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Lower Body A	Cardio		Upper Body A		Lower Body B	
Afternoon/ Evening			Cardio	Cardio			

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Upper Body A		Lower Body A			Upper Body B	
Afternoon/ Evening	Cardio	Cardio		Cardio			

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Upper Body A		Cardio	Lower Body A		Upper Body B	
Afternoon/ Evening	Cardio				Cardio	Cardio	

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning	Upper Body A	Lower Body A	Cardio		Upper Body B		Cardio
Afternoon/ Evening					Cardio		

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Morning							
Afternoon/ Evening							

You can take ashwagandha with or without meals, but with food may be better for absorption.

Maca

Maca is a plant related to cruciferous vegetables that has been grown in mountainous regions of Peru for nearly two thousand years. It too is an adaptogen, and its primary benefits are improved libido and sexual function in men and women and enhanced mood in postmenopausal women.

How to Take Maca

Studies on maca that have demonstrated notable benefits used a dose of 3 grams of the root per day (or a concentrated extract providing the equivalent of this), so that's my recommendation.

You can buy maca in pill and powder form, and if you want pills, pick an extract that's between 4:1 and 6:1, allowing you to take just 500 to 800 milligrams per day.

You can take maca with or without meals, but with food may be better for absorption.

Let's now see how these guidelines translate into structured plans you can easily reference and follow.

THE BASIC SUPPLEMENTATION PLAN

If you want to enhance your results on the *Muscle for Life* program but don't have the budget or desire to take many supplements, this plan is for you.

What	Why	When	How
Protein powder	Helps you eat enough high-quality protein to improve your body composition and health	Whenever (pre- and/or post-workout and midafternoon is common)	20 to 40 grams per serving, no more than 50 percent of daily protein from powder
Multivitamin	Boosts intake of vital nutrients that enhance health and well-being	With meal	Follow instructions
Vitamin D	Enhances health and well-being and reduces the risk of many diseases	With meal	2,000 IU per day
Fish oil	Provides essential omega-3 fatty acids that improve health and reduce the risk of disease	With meal	2 to 3 grams of combined EPA and DHA per day
Creatine monohydrate	Increases post-workout recovery and muscle and strength gain	Whenever, although post-workout may be ideal	5 grams per day

THE ALL-IN SUPPLEMENTATION PLAN

If you want all the possible benefits supplementation has to offer, follow this plan.

What	Why	When	How
Protein powder	Helps you eat enough high-quality protein to improve your body composition and health	Whenever (pre- and/or post-workout and midafternoon is common)	20 to 40 grams per serving, no more than 30 percent of daily calories from powders
Multivitamin	Boosts intake of vital nutrients that enhance health and well-being	With meal	Follow instructions
Vitamin D	Enhances health and well-being and reduces the risk of many diseases	With meal	2,000 IU per day
Fish oil	Provides essential omega-3 fatty acids that improve health and reduce the risk of disease and dysfunction	With meal	2 to 3 grams of combined EPA and DHA per day
Creatine monohydrate	Increases post-workout recovery and muscle and strength gain	Whenever, although post-workout may be ideal	5 grams per day
Undenatured type-II collagen	Reduces joint inflammation and helps preserve cartilage	Whenever, by itself or with small meal	20 milligrams per day

What	Why	When	How
Boswellia	Reduces joint swelling and pain	Whenever, ideally with meal	100 to 200 milligrams per day
Curcumin	Reduces joint inflammation and pain and improves joint mobility	Whenever, ideally with meal	200 to 500 milligrams per day of an absorption-enhanced form like Meriva or generic curcumin with black pepper extract (which is often included at 20 milligrams)
DHEA (<i>not</i> 7-Keto DHEA)	Improves hormone profile	Whenever, ideally with meal	50 to 100 milligrams of DHEA per day
Rhodiola (SHR-5 extract)	Reduces mental and physical fatigue	Whenever, ideally with meal	100 to 200 milligrams per day
Ashwagandha (KSM-66 extract)	Increases physical performance and immunity and reduces stress and anxiety	Whenever, ideally with meal	500 to 600 milligrams of KSM-66 per day
Maca	Enhances libido and sexual function	Whenever, ideally with meal	3 grams of root equivalent per day

Instead of the . . .	Do the . . .
Machine Chest Press	Push-up, Dumbbell Bench Press, or Chest Dip
Trap-Bar Deadlift	Dumbbell Deadlift
Leg Curl	Dumbbell Romanian Deadlift
Lat Pulldown	One-Arm Dumbbell Row
Cable Triceps Pushdown	Dumbbell Triceps Overhead Press
Leg Press	Dumbbell Goblet Squat
Seated Cable Row	One-Arm Dumbbell Row
Cable Biceps Curl	Alternating Dumbbell Curl
Machine Shoulder Press	Seated Dumbbell Overhead Press

If You Can't Do the . . .	Do the . . .
Dumbbell Bench Press	Machine Chest Press
Incline Barbell Bench Press	Incline Dumbbell Bench Press
Barbell Bench Press	Dumbbell Bench Press
Barbell Deadlift	Trap-Bar Deadlift
Trap-Bar Deadlift	Dumbbell Deadlift
Seated Dumbbell Overhead Press	Machine Shoulder Press
Barbell Romanian Deadlift	Leg Curl
One-Arm Dumbbell Row	Seated Cable Row
Dumbbell Split Squat	Leg Press

APPENDIX

MEAL PLANS FOR CUTTING

Cutting Meal Plan for a 140-Pound Woman (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	1	70	6	0	5
	2% cottage cheese	1	150	20	10	3
	Avocado	1	120	1	6	10
	Spinach	1	0	0	0	0
	Mushroom, chopped	1	30	2	6	0
	Sweet pepper, chopped	1	30	2	6	0
Total			400	31	28	18
Workout						
Post-workout Shake	Plain 2% yogurt	1	150	20	10	3
	Mango, frozen	1	60	1	15	0
	Blueberry, frozen	1	60	1	15	0
Total			270	22	40	3
Lunch	Skinless, boneless chicken breast	1	130	25	0	3
	Lettuce	1	0	0	0	0
	Carrot, chopped	½	15	1	3	0
	Tomato, chopped	½	15	1	3	0
	Balsamic vinaigrette	1	100	0	2	10
Total			260	27	8	13
Dinner	Tilapia, pan-seared	2	260	50	0	6
	Broccoli	1	30	2	6	0
	Zucchini	1	30	2	6	0
	Cauliflower	1	30	2	6	0
	Olive oil	1	120	0	0	14
Total			470	56	18	20
Daily Total			1,400	136	94	54
Daily Target			1,400	140	90	55

Cutting Meal Plan for a 160-Pound Woman (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Plain 2% Greek yogurt	2	300	40	20	6
	Peach	1	60	1	15	0
	Egg, whole	2	140	12	0	10
Total			500	53	35	16
Lunch	Shrimp	2	260	50	0	6
	Broccoli	3	90	6	18	0
	Olive oil	1	120	0	0	14
Total			470	56	18	20
Snack	Almond	2	160	6	6	14
Total			160	6	6	14
Workout						
Dinner	Tilapia, cooked	1	130	25	0	3
	Green bean	3	90	6	18	0
	Light ice cream (such as Halo Top)	1⅓ cup	180	12	42	4
Total			400	43	60	7
Daily Total			1,530	158	119	57
Daily Target			1,600	160	120	55

Cutting Meal Plan for a 200-Pound Woman (Low-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	3	210	18	0	15
	Ham	1	130	25	0	3
	Tomato, chopped	1	30	2	6	0
	Spinach	1	0	0	0	0
	Mushroom, chopped	1	30	2	6	0
	Sweet pepper, chopped	1	30	2	6	0
Total			430	49	18	18
Lunch	Skinless, boneless chicken breast	2	260	50	0	6
	Lettuce	2	0	0	0	0
	Arugula	1	0	0	0	0
	Carrot, chopped	½	15	1	3	0
	Cucumber, chopped	½	15	1	3	0
	Onion, chopped	½	15	1	3	0
	Sweet pepper, chopped	1	30	2	6	0
	Ranch dressing	2	200	0	4	20
Total			535	55	19	26
Workout						
Snack	2% cottage cheese	2	300	40	20	6
	Blueberry	1	60	1	15	0
Total			360	41	35	6
Dinner	Salmon	2	400	40	0	24
	Brussels sprout	2	60	4	12	0
	Yellow squash	1	30	2	6	0
	Asparagus	1	30	2	6	0
	Eggplant	1	30	2	6	0
	Olive oil	1	120	0	0	14
Total			670	50	30	38
Daily Total			1,995	195	102	88
Daily Target			2,000	200	100	90

Cutting Meal Plan for a 160-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	2	140	12	0	10
	Egg white	1	130	27	2	0
	Banana	2	120	2	30	0
	Butternut squash	3	90	6	18	0
	Apple	1	120	0	0	14
Total			600	47	50	24
Workout						
Lunch	Tilapia, pan-seared	2	260	50	0	6
	Zucchini	2	60	4	12	0
	Carrot	2	60	4	12	0
	Olive oil	1	120	0	0	14
Total			500	58	24	20
Dinner	Skinless, boneless chicken breast	2	260	50	0	6
	Broccoli	3	90	6	18	0
	Butter	1	120	0	0	14
	Light ice cream (such as Halo Top)	$\frac{2}{3}$ cup	90	60	21	2
Total			560	62	39	22
Daily Total			1,630	165	107	66
Daily Target			1,600	160	100	60

Cutting Meal Plan for a 200-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Ham	1	130	25	0	3
	2% cottage cheese	1	150	20	10	3
	Cooked oats	1	120	3	25	1
	Apple	1	60	1	15	0
Total			460	49	50	7
Lunch	Skinless, boneless chicken breast	2	260	50	0	6
	Asparagus	2	60	4	12	0
	Cauliflower	2	60	4	12	0
	Olive oil	1	120	0	0	14
Total			500	58	24	20
Snack	Plain 2% Greek yogurt	2	300	40	20	6
Total			300	40	20	6
Workout						
Dinner	Ribeye steak, trimmed of visible fat	2	400	40	0	24
	Green bean	3	90	6	18	0
	Yellow squash	2	60	4	12	0
	Snickers bar	1.5 ounces	215	3	28	11
Total			765	53	58	35
Daily Total			2,025	200	152	68
Daily Target			2,000	200	150	65

Cutting Meal Plan for a 240-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Plain full-fat Greek yogurt	2	440	40	20	20
	Banana	2	120	2	30	0
	Almond	2	160	6	6	14
Total			720	48	56	34
Lunch	Turkey breast	2	260	50	0	6
	Cheddar cheese	2	240	12	2	20
	Lettuce	½	0	0	0	0
	Tomato	½	15	1	3	0
	Sauerkraut	½	15	1	3	0
	Broccoli	2	60	4	12	0
	Kraft light mayonnaise (or similar)	2	70	0	4	6
	Dijon mustard	3 tsp	15	1	2	0
	Whole-grain bread (such as Dave's Killer Bread)	1 slice	110	5	22	2
Total			785	74	48	34
Snack	Whey protein powder	2	200	40	4	4
	Apple	2	120	2	30	0
Total			320	42	34	4
Workout						
Dinner	Pork chop, trimmed of visible fat	3	390	75	0	9
	Collard greens	2	60	4	12	0
	Butter	1	120	0	0	14
Total			570	79	12	23
Daily Total			2,395	243	150	95
Daily Target			2,400	240	150	95

MEAL PLANS FOR LEAN GAINING

Lean Gaining Meal Plan for a 100-Pound Woman (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	1	70	6	0	5
	Spinach	1	0	0	0	0
	Mushroom, chopped	1	30	2	6	0
	Sweet pepper, chopped	1	30	2	6	0
	Cooked oats	1	120	3	25	1
	Avocado	1	120	1	6	10
Total			370	14	43	16
Workout						
Post-workout Shake	Plain 2% yogurt	1	150	20	10	3
	Whey protein powder	1	100	20	2	2
	Mango, frozen	1	60	1	15	0
	Blueberry, frozen	2	120	2	30	0
Total			430	43	57	5
Lunch	Skinless, boneless chicken breast	1	130	25	0	3
	Lettuce	1	0	0	0	0
	Carrot, chopped	½	15	1	3	0
	Tomato, chopped	½	15	1	3	0
	Sweet pepper, chopped	1	30	2	6	0
	Balsamic vinaigrette	2	200	0	4	20
Total			390	29	16	23
Dinner	Tilapia, pan-seared	1	130	25	0	3
	Broccoli	2	60	4	12	0
	Zucchini	2	60	4	12	0
	Cauliflower	2	60	4	12	0
	Brown rice	1	120	3	25	1
	Olive oil	1	120	0	0	14
Total			550	40	61	18
Daily Total			1,740	126	177	62
Daily Target			1,700	130	170	55

Lean Gaining Meal Plan for a 120-Pound Woman (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Plain 2% Greek yogurt	2	300	40	20	6
	Banana	2	120	2	30	0
	Kiwi	1	60	1	15	0
	Peach	1	60	1	15	0
	Almond	1	80	3	3	7
Total			620	47	83	13
Lunch	Shrimp	2	260	50	0	6
	Broccoli	3	90	6	18	0
	Brown rice	2	240	6	50	2
	Olive oil	1	120	0	0	14
Total			710	62	68	22
Workout						
Dinner	Adobo Sirloin (page 138)	1	237	39	2	7
	Green bean	2	60	4	12	0
	Sweet potato	1	120	3	25	1
	Butter	1	120	0	0	14
	Dark chocolate, 85% cocoa	1 ounce	170	4	11	14
Total			707	50	50	36
Daily Total			2,037	159	201	71
Daily Target			2,040	155	205	70

Lean Gaining Meal Plan for a 140-Pound Woman (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	3	210	18	0	15
	Ham	1	130	25	0	3
	Tomato, chopped	1	30	2	6	0
	Spinach	1	0	0	0	0
	Mushroom, chopped	1	30	2	6	0
	Sweet pepper, chopped	1	30	2	6	0
	Whole-grain bread	2 slices	220	10	44	4
Total			650	59	62	22
Lunch	Skinless, boneless chicken breast	1	130	25	0	3
	Lettuce	2	0	0	0	0
	Arugula	1	0	0	0	0
	Carrot, chopped	1	30	2	6	0
	Cucumber, chopped	½	15	1	3	0
	Onion, chopped	½	15	1	3	0
	Sweet pepper, chopped	1	30	2	6	0
	Chickpea	1	120	3	25	1
	Ranch dressing	2	200	0	4	20
Total			540	34	47	24
Snack	Plain 2% Greek yogurt	2	300	40	20	6
	Banana	4	240	4	60	0
Total			540	44	80	6
Workout						
Dinner	Salmon, farm-raised	2	400	40	0	24
	Brussels sprout	1	30	2	6	0
	Yellow squash	1	30	2	6	0
	Asparagus	1	30	2	6	0
	Eggplant	1	30	2	6	0
	White potato	1	120	3	25	1
Total			640	51	49	25
Daily Total			2,370	188	238	77
Daily Target			2,380	180	240	80

Lean Gaining Meal Plan for a 140-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Egg, whole	3	210	18	0	15
	Egg white	1	130	27	2	0
	Banana	2	120	2	30	0
	Butternut squash	3	90	6	18	0
	Butter	1	120	0	0	14
Total			670	53	50	29
Workout						
Snack	Whey protein powder	1	100	20	2	2
	Apple	2	120	2	30	0
Total			220	22	32	2
Lunch	Raspberry Walnut Chicken Salad Sandwich (page 136)	1	374	29	33	14
	Brown rice	1	120	3	25	0
Total			494	32	58	14
Dinner	Skinless, boneless chicken breast	2	260	50	0	6
	Broccoli	3	90	6	18	0
	Sweet potato	2	240	6	50	2
	Butter	1	120	0	0	14
	Ice cream	$\frac{2}{3}$ cup	300	6	26	20
Total			1,010	68	94	42
Daily Total			2,394	175	234	87
Daily Target			2,380	180	240	80

Lean Gaining Meal Plan for a 160-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	2% cottage cheese	2	300	40	20	6
	Cooked oats	2	240	6	50	2
	Apple	2	120	2	30	0
	Blueberry	1	60	1	15	0
	Almond	1	80	3	3	7
Total			800	52	118	15
Lunch	Skinless, boneless chicken breast	2	260	50	0	6
	Asparagus	2	60	4	12	0
	Cauliflower	2	60	4	12	0
	Olive oil	1	120	0	0	14
Total			500	58	24	20
Snack	Plain full-fat Greek yogurt	2	440	40	20	20
	Banana	2	120	2	30	0
Total			560	42	50	20
Workout						
Dinner	Rib eye steak, trimmed of visible fat	2	400	40	0	24
	Green bean	3	90	6	18	0
	Yellow squash	2	60	4	12	0
	White rice	1	120	3	25	1
	Snickers bar	1.5 ounces	215	3	28	11
Total			885	56	83	36
Daily Total			2,745	208	275	91
Daily Target			2,720	205	270	90

Lean Gaining Meal Plan for a 180-Pound Man (Moderate-Carb)						
Meal	Food	Portion	Calories	Protein	Carbs	Fat
Breakfast	Creamy Blueberry-Banana Smoothie (page 134)	2	446	42	48	20
	Almond	2	160	6	6	14
	Cooked oats	2	240	6	50	2
Total			846	54	104	36
Lunch	Turkey breast	2	260	50	0	6
	Cheddar cheese	2	240	12	2	20
	Lettuce	½	0	0	0	0
	Tomato, sliced	½	15	1	3	0
	Sauerkraut	½	15	1	3	0
	Broccoli	2	60	4	12	0
	Kraft light mayonnaise (or similar)	2	70	0	4	6
	Dijon mustard	3 tsp	15	1	2	0
	Whole-grain bread (such as Dave's Killer Bread)	2 slices	220	10	44	4
Total			895	79	70	36
Snack	Plain 2% Greek yogurt	2	300	40	20	6
	Apple	2	120	2	30	0
	Hummus	½ cup	200	10	17	11
Total			620	52	67	17
Workout						
Dinner	Lasagna with Cottage Cheese and Butternut Squash (page 139)	1	419	38	48	8
	Zucchini	2	60	4	12	0
	Dark chocolate, 85% cocoa	1 ounce	170	4	11	14
Total			649	46	71	22
Daily Total			3,010	231	312	111
Daily Target			3,060	230	305	100

WOMEN'S STRENGTH TRAINING WORKOUTS

Beginner Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Bodyweight Squat 3 hard sets of 12–15 reps	Push-up 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 10–15 reps
Dumbbell Deadlift 3 hard sets of 12–15 reps	Lat Pulldown 3 hard sets of 12–15 reps	Bodyweight Lunge 3 hard sets of 12–15 reps
Bodyweight Split Squat 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps	Leg Press 3 hard sets of 12–15 reps
Triceps Dip 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps

Phase Two

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Bodyweight Lunge 3 hard sets of 12–15 reps	Push-up 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps
Dumbbell Deadlift 3 hard sets of 12–15 reps	One-Arm Dumbbell Row 3 hard sets of 12–15 reps	Bodyweight Step-up 3 hard sets of 12–15 reps
Bodyweight Squat 3 hard sets of 12–15 reps	Machine Shoulder Press 3 hard sets of 12–15 reps	Leg Extension 3 hard sets of 12–15 reps
Triceps Dip 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps	Glute Bridge 3 hard sets of 12–15 reps

Phase Three

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Bodyweight Squat 3 hard sets of 12–15 reps	Push-up 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps
Dumbbell Deadlift 3 hard sets of 12–15 reps	Lat Pulldown 3 hard sets of 12–15 reps	Bodyweight Lunge 3 hard sets of 12–15 reps
Bodyweight Split Squat 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps	Leg Press 3 hard sets of 12–15 reps
Triceps Dip 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps

Intermediate Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Trap-Bar Deadlift 3 hard sets of 10–12 reps	Dumbbell Bench Press 3 hard sets of 10–12 reps	Dumbbell Lunge 3 hard sets of 10–12 reps
Dumbbell Split Squat 3 hard sets of 10–12 reps	Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Romanian Deadlift 3 hard sets of 10–12 reps
Leg Curl 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps	Leg Press 3 hard sets of 10–12 reps
Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps

Phase Two

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Trap-Bar Deadlift 3 hard sets of 10–12 reps	Incline Dumbbell Bench Press 3 hard sets of 10–12 reps	Dumbbell Goblet Squat 3 hard sets of 10–12 reps
Dumbbell Lunge 3 hard sets of 10–12 reps	One-Arm Dumbbell Row 3 hard sets of 10–12 reps	Dumbbell Deadlift 3 hard sets of 10–12 reps
Dumbbell Romanian Deadlift 3 hard sets of 10–12 reps	Dumbbell Bench Press 3 hard sets of 10–12 reps	Leg Extension 3 hard sets of 10–12 reps
Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps

Phase Three

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Trap-Bar Deadlift 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps	Dumbbell Lunge 3 hard sets of 10–12 reps
Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps	Dumbbell Romanian Deadlift 3 hard sets of 10–12 reps
Glute Bridge 3 hard sets of 10–12 reps	Incline Dumbbell Bench Press 3 hard sets of 10–12 reps	Leg Press 3 hard sets of 10–12 reps
Dumbbell Split Squat 3 hard sets of 10–12 reps	Lat Pulldown 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps

Advanced Routine

Phase One

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Barbell Back Squat 3 hard sets of 8–10 reps	Barbell Bench Press 3 hard sets of 8–10 reps	Dumbbell Lunge 3 hard sets of 8–10 reps
Barbell Deadlift 3 hard sets of 8–10 reps	Lat Pulldown 3 hard sets of 8–10 reps	Barbell Romanian Deadlift 3 hard sets of 8–10 reps
Leg Curl 3 hard sets of 8–10 reps	Incline Barbell Bench Press 3 hard sets of 8–10 reps	Leg Press 3 hard sets of 8–10 reps
Dumbbell Lunge 3 hard sets of 8–10 reps	One-Arm Dumbbell Row 3 hard sets of 8–10 reps	Chest Dip 3 hard sets of 8–10 reps

Phase Two

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Barbell Back Squat 3 hard sets of 8–10 reps	Barbell Bench Press 3 hard sets of 8–10 reps	Barbell Deadlift 3 hard sets of 8–10 reps
Barbell Romanian Deadlift 3 hard sets of 8–10 reps	Chin-up 3 hard sets of 8–10 reps	Dumbbell Lunge 3 hard sets of 8–10 reps
Leg Extension 3 hard sets of 8–10 reps	Chest Dip 3 hard sets of 8–10 reps	Incline Barbell Bench Press 3 hard sets of 8–10 reps
Leg Curl 3 hard sets of 8–10 reps	Seated Cable Row 3 hard sets of 8–10 reps	Leg Press 3 hard sets of 8–10 reps

Phase Three

Workout 1 Lower Body A	Workout 2 Upper Body A	Workout 3 Lower Body B
Barbell Back Squat 3 hard sets of 8–10 reps	Barbell Bench Press 3 hard sets of 8–10 reps	Dumbbell Lunge 3 hard sets of 8–10 reps
Barbell Deadlift 3 hard sets of 8–10 reps	Pull-up 3 hard sets of 8–10 reps	Barbell Romanian Deadlift 3 hard sets of 8–10 reps
Leg Curl 3 hard sets of 8–10 reps	Incline Barbell Bench Press 3 hard sets of 8–10 reps	Leg Press 3 hard sets of 8–10 reps
Dumbbell Lunge 3 hard sets of 8–10 reps	One-Arm Dumbbell Row 3 hard sets of 8–10 reps	Chest Dip 3 hard sets of 8–10 reps

MEN'S STRENGTH TRAINING WORKOUTS

Beginner Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Push-up 3 hard sets of 12–15 reps	Bodyweight Squat 3 hard sets of 12–15 reps	Machine Shoulder Press 3 hard sets of 12–15 reps
Lat Pulldown 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps
Machine Chest Press 3 hard sets of 12–15 reps	Leg Press 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps
Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps	Cable Biceps Curl 3 hard sets of 12–15 reps

Phase Two

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Push-up 3 hard sets of 12–15 reps	Bodyweight Split Squat 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps
Lat Pulldown 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps	Machine Row 3 hard sets of 12–15 reps
Machine Shoulder Press 3 hard sets of 12–15 reps	Leg Extension 3 hard sets of 12–15 reps	Push-up 3 hard sets of 12–15 reps
One-Arm Dumbbell Row 3 hard sets of 12–15 reps	Glute Bridge 3 hard sets of 12–15 reps	Alternating Dumbbell Curl 3 hard sets of 12–15 reps

Phase Three

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Push-up 3 hard sets of 12–15 reps	Bodyweight Squat 3 hard sets of 12–15 reps	Machine Shoulder Press 3 hard sets of 12–15 reps
Lat Pulldown 3 hard sets of 12–15 reps	Dumbbell Deadlift 3 hard sets of 12–15 reps	Bodyweight Row 3 hard sets of 12–15 reps
Machine Chest Press 3 hard sets of 12–15 reps	Bodyweight Lunge 3 hard sets of 12–15 reps	Machine Chest Press 3 hard sets of 12–15 reps
Bodyweight Row 3 hard sets of 12–15 reps	Leg Curl 3 hard sets of 12–15 reps	Triceps Dip 3 hard sets of 12–15 reps

Intermediate Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Dumbbell Bench Press 3 hard sets of 10–12 reps	Trap-Bar Deadlift 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps
Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Goblet Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps
Machine Chest Press 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps	Machine Chest Press 3 hard sets of 10–12 reps
Seated Cable Row 3 hard sets of 10–12 reps	Dumbbell Split Squat 3 hard sets of 10–12 reps	Alternating Dumbbell Curl 3 hard sets of 10–12 reps

Phase Two

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Incline Dumbbell Bench Press 3 hard sets of 10–12 reps	Trap-Bar Deadlift 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps
Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Lunge 3 hard sets of 10–12 reps	One-Arm Dumbbell Row 3 hard sets of 10–12 reps
Machine Chest Press 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps	Dumbbell Bench Press 3 hard sets of 10–12 reps
Machine Row 3 hard sets of 10–12 reps	Leg Press 3 hard sets of 10–12 reps	Cable Biceps Curl 3 hard sets of 10–12 reps

Phase Three

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Dumbbell Bench Press 3 hard sets of 10–12 reps	Trap-Bar Deadlift 3 hard sets of 10–12 reps	Seated Dumbbell Overhead Press 3 hard sets of 10–12 reps
Lat Pulldown 3 hard sets of 10–12 reps	Dumbbell Split Squat 3 hard sets of 10–12 reps	Seated Cable Row 3 hard sets of 10–12 reps
Machine Chest Press 3 hard sets of 10–12 reps	Leg Curl 3 hard sets of 10–12 reps	Machine Chest Press 3 hard sets of 10–12 reps
Seated Cable Row 3 hard sets of 10–12 reps	Dumbbell Lunge 3 hard sets of 10–12 reps	Alternating Dumbbell Curl 3 hard sets of 10–12 reps

Advanced Routine

Phase One

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Barbell Bench Press 3 hard sets of 8–10 reps	Barbell Back Squat 3 hard sets of 8–10 reps	Seated Dumbbell Overhead Press 3 hard sets of 8–10 reps
Lat Pulldown 3 hard sets of 8–10 reps	Barbell Deadlift 3 hard sets of 8–10 reps	One-Arm Dumbbell Row 3 hard sets of 8–10 reps
Dumbbell Bench Press 3 hard sets of 8–10 reps	Dumbbell Split Squat 3 hard sets of 8–10 reps	Dumbbell Bench Press 3 hard sets of 8–10 reps
One-Arm Dumbbell Row 3 hard sets of 8–10 reps	Leg Curl 3 hard sets of 8–10 reps	Alternating Dumbbell Curl 3 hard sets of 8–10 reps

Phase Two

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Incline Barbell Bench Press 3 hard sets of 8–10 reps	Barbell Back Squat 3 hard sets of 8–10 reps	Seated Dumbbell Overhead Press 3 hard sets of 8–10 reps
Chin-up 3 hard sets of 8–10 reps	Barbell Deadlift 3 hard sets of 8–10 reps	Seated Cable Row 3 hard sets of 8–10 reps
Chest Dip 3 hard sets of 8–10 reps	Dumbbell Lunge 3 hard sets of 8–10 reps	Dumbbell Bench Press 3 hard sets of 8–10 reps
Seated Cable Row 3 hard sets of 8–10 reps	Dumbbell Romanian Deadlift 3 hard sets of 8–10 reps	Dumbbell Triceps Overhead Press 3 hard sets of 8–10 reps

Phase Three

Workout 1 Upper Body A	Workout 2 Lower Body A	Workout 3 Upper Body B
Barbell Bench Press 3 hard sets of 8–10 reps	Barbell Back Squat 3 hard sets of 8–10 reps	Seated Dumbbell Overhead Press 3 hard sets of 8–10 reps
Pull-up 3 hard sets of 8–10 reps	Barbell Deadlift 3 hard sets of 8–10 reps	One-Arm Dumbbell Row 3 hard sets of 8–10 reps
Incline Dumbbell Bench Press 3 hard sets of 8–10 reps	Leg Press 3 hard sets of 8–10 reps	Dumbbell Bench Press 3 hard sets of 8–10 reps
One-Arm Dumbbell Row 3 hard sets of 8–10 reps	Barbell Romanian Deadlift 3 hard sets of 8–10 reps	Cable Biceps Curl 3 hard sets of 8–10 reps