

# Hypertrophy/Muscle Building Program



## **ORIGINAL GYMSTERS**

— Your Teammates in Fitness —

This program is designed to help men and women build muscle. The program promotes the tearing of muscle fibers in the gym as well as provides advice for dieting strategies to stimulate muscle recovery. The program requires a training frequency of at least 5 days per week with an optional lifting day and deload week.

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## **Your Body**

This program will help anyone with the determination to stay on track gain muscle. You must work hard and push yourself. Follow the program for 4 weeks at least to see progress and allow your body to adapt.

To build muscle you must:

1. Metabolically Stress Your Body: Progressive Overload
2. Rest Sufficiently
3. Recover with proper nutrients
4. Repeat this Process (it's that simple)

There are a few essentials that you'll need to complete in order to see progress with this program, as it is not specifically geared toward your goals:

1. Consult a doctor about starting a fitness program
2. Consult a nutritionist about specific foods that you can eat to help achieve your goals
3. Drink  $\frac{2}{3}$  your bodyweight in ounces of water plus 16 oz per 30 minutes of exercise daily
4. Sleep a least 7 hours per night
5. Supplements: Multivitamin, Omega fats, Creatine (optional)
6. Track your progress!!!!!!!!!!!!!!
7. Consistency

The next section will include various diet strategies that will help your muscles recover and grow.

## **Diet Strategies**

The following diet strategies will help you build muscle without getting fat:

1. Maximize growth on training days by consuming a higher amount of carbohydrates
2. Consume a protein shake post workout.
3. Consume post training meal 60 to 90 minutes after training for optimal absorption.
4. Keep insulin under control by timing carbohydrate intake properly (mostly pre/post workout).
5. Consume 4 to 5 meals with the largest meals being pre and post workout.
6. Take 10 to 20 minute walks after meals to boost metabolism.
7. Have one cheat meal every week.
8. Eat 4 to 5 meals a day with the heaviest meals coming before and after your workouts.
9. Eat every 2 to 4 hours. Try not to exceed 4 hours without eating.
10. Consume omega fats and multivitamins.
11. Increase calories by 200-300 every week.
12. Track your progress!- MyFitnessPal

**TIP:** Diet is very important when trying to build muscle. Food and proper nutrients allow the muscles to repair and grow.

## **Macronutrient Guide: use MyFitnessPal**

1. Calories: bodyweight (lbs) x 12-15
2. Protein: 1g/lb of bodyweight
3. Carbohydrates: 2g/ lb of bodyweight
4. Fats: the remainder of the calories
5. Sodium: 500-750mg per liter of water

## **Weight Training Program**

This training program is designed to stimulate muscle growth and repair while on a calorie surplus. It is essential that you work very hard and practice proper form and full range of motion. You should be sweating during your workouts. The reps in this program are not prescriptions. Every set should be difficult.

*Please refer to the B.E.A.S.T Fit Training program for proper warm up and preparation techniques such as dynamic warm ups and foam rolling. Each workout is to occur after proper warm up of the relevant joints and muscles.*

### 1. Day 1: Chest and Legs

Exercise	SxR	Rest	Notes
Squat Variation	5x10	60s	Back Squat/ Leg Press/ Goblet Squat
Flat Barbell Bench Press	5x10	60s	
Dumbbell Romanian Deadlift	3x15	60s	
Walking Lunges	3x12/ea	0s	No Rest, Go at your own pace
Superset: DB Incline Bench Press and DB Chest Fly	3x10/ 3x15	60s	
Superset: Seated Leg Curl and Leg Extensions	3x15/ 3x15	60s	Or Lying Leg Curl
Calf Raise	3x15/ 3x25	30s	Seated or Standing

2. Day 2: Back and Shoulders

Exercise	SxR	Rest	Notes
Machine Rows	5x10	60s	
Superset: Bent Over Lateral Raises and Standing Lateral Raises	3x15/ 3x15	60s	
Wide Grip Pulldown	5x10	60s	
Seated DB Military Press	4x12	60s	
Superset: Cable Face Pulls and Cable Upright Row	3x15 / 3x15	60s	
Superset 2 ab exercises	3x25/ 3x25	30s	Choose an ab crunch and a leg raise

3. Day 3: Rest

4. Day 4: Legs

Exercise	SxR	Rest	Notes
Squat Variation	5x10	60s	Back Squat/ Leg Press/ Goblet Squat/Front Squat
Leg Extensions	5x15	60s	
Seated Single Leg Curl	4x12/ea	60s	
Bodyweight Squats	5x25	30s	
Calf Raise	3x15/ 3x25	30s	Seated or Standing

5. Day 5: Chest and Back

Exercise	SxR	Rest	Notes
Bent Over Barbell Rows	5x10	60s	Back Squat/ Leg Press/ Goblet Squat
Incline Dumbbell Bench Press	5x10	60s	
Superset: One Arm Dumbbell Rows and One Arm DB Flat Bench Press	3x10/ea/ 3x10/ea	60s	
Seated Cable Row	4x12	60s	
Incline DB Flyes	4x12	60s	
Superset 2 Ab exercises	3x25/ 3x25	30s	Choose an ab crunch and a leg raise

6. Day 6: Shoulders and Arms

Exercise	SxR	Rest	Notes
Barbell Push Press	5x8	60s	
Giant Set: Bent Over Lateral Raise/ Standing Lateral Raise/ Front Raise	3x10/ 3x10/ 3x10	60s	
Machine Overhead Press	3x12	60s	
Dumbbell Shrugs	3x25	60s	
Close Grip Smith Machine Press	5x10	60s	
Barbell Curl	5x10	60s	
Superset: DB Hammer Curl and Overhead DB Tricep Extension	3x15/ea/ 3x15	60s	

7. Day 7: Active Rest : B.E.A.S.T Fit Program

