

## MALE BODYBUILDER Workout Plan

Bodybuilders want and have to look good on and offstage. We believe that the only way to BUILD-A-BODY is through lifting extremely heavy and breaking up body parts correctly. The muscle has to be torn appropriately and then fed continuously to create anabolism and growth. Cardiovascular exercise is also critical in raising fat burning zones and maintaining lean muscle tissue. A Bodybuilder should be training 6 days a week in order to get fantastic results.

**\*\*YOU DEFINATELY CAN OVERTRAIN YOUR BODY. WE BELIEVE THAT LIFTING 4 DAYS A WEEK IS SUFFICIENT.** Below is the order that we believe works best and why: **NOTE:** We believe in doing two sets for each body part very heavy and between 8-10 reps. If you do not lift heavy, you do not breakdown muscle. The more you break it down, the more it wants to grow back harder, leaner and bigger.

**\*\*ABS and CALVES ARE THE TWO MUSCLE GROUPS THAT CAN BE WORKED DAILY. THEY CAN RECUPERATE DAILY AND DO NOT NEED THE REST LIKE OTHER MUSCLE GROUPS.** Calves are used daily and abs are a huge core portion of our bodies that are constantly used but not worked enough. Make sure that you really are isolating the abs and pushing them to major fatigue. Also take appropriate rest between sets. At least one to two minutes.

**Monday = Back/Rear Shoulders / Abs / Calves / Cardio**

**Tuesday = Chest/Front Shoulders / Abs / Calves**

**Wednesday = Cardio / Abs / Calves**

**Thursday = Legs / Abs / Cardio**

**Friday = Biceps / Triceps / Calves / Abs**

**Saturday = Cardio / Calves / Abs**

**Sunday = Rest**

### WORKOUT SCHEDULE AS FOLLOWS

#### MONDAY

##### BACK/REAR SHOULDERS/ABS/CALVES/CARDIO

Think about the what you do when you are working your back. You are already isolating your rear shoulders, so why should you focus on anything else other than that area. Breaking your arms up over two days really is not necessary because you are working your arms almost everyday anyway with exercises other than leg day. We also believe that back or legs should be the first day of your workout routine as it is the largest "full" muscle group on the body. That way you can really focus and concentrate on getting an excellent workout and really using that fresh recuperation after the weekend.

##### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

##### BACK

Exercise	Sets	Reps	Feeling	Rest Period
Lower Back Exercise (Dead Lift)	4	10	Increase Weight Each Set	1 minute
Upper Back Exercise (Lat Pull Down)	4	10	Increase Weight Each Set	1 minute
Rear Shoulder (Rear Flies)	4	10	Increase Weight Each Set	1 minute
Rear Shoulder (Shrugs)	4	10	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

## TUESDAY

### CHEST/FRONT SHOULDERS/ABS/CALVES

You have worked the back part of your body. Now move to the front and isolate the top and bottom portions of the chest. Focus on the front shoulders only in addition to your chest. You will find your shoulders will get worked even more because of your chest workout with the shoulder workout.

#### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

#### CHEST

Exercise	Sets	Reps	Feeling	Rest Period
Upper Chest Exercise (Flat Bench)	4	10	Increase Weight Each Set	1 minute
Lower Interior Chest (Incline)	4	10	Increase Weight Each Set	1 minute
Front Shoulder Outside (Military Press)	4	10	Increase Weight Each Set	1 minute
Front Shoulder Front (Front Raises)	4	10	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

## WEDNESDAY

### CARDIO/ABS/CALVES

You do not want to lift halfway through your week. Let your body rest from lifting and get some muscle recuperation. Midway through the week, you should be feeling a bit beat up

#### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute
Calves	4	20	Heavy Throughout	1 minute

## THURSDAY

### LEGS/ABS/CARDIO

(no calves, you will want them fresh for your leg workout) Focus on the quad as one group and the hamstring as another group. One day is sufficient for legs if you are lifting heavy and doing heavy movements like squats and leg presses.

#### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

#### LEGS

Exercise	Sets	Reps	Feeling	Rest Period
Quadriceps Front (Squat or Leg Press)	4	10	Increase Weight Each Set	1 minute
Quads Posterior (Sitting Leg Curls)	4	10	Increase Weight Each Set	1 minute
Hamstrings (Stiff Leg Deads)	4	10	Increase Weight Each Set	1 minute
Hamstrings (Hamstring Curls)	4	10	Increase Weight Each Set	1 minute

## FRIDAY

### BICEPS/TRICEPS/CALVES/ABS

You have now given your upper body sufficient time to rest and you are ready to kill those arms. Work hard and end strong. Make sure and lift to exhaustion. This can be done by burning out on your last set or increasing the weight.

#### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

#### ARMS

Exercise	Sets	Reps	Feeling	Rest Period
Biceps Interior (Straight Bar Curl)	4	10	Increase Weight Each Set	1 minute
Biceps Exterior (Hammer Curls)	4	10	Increase Weight Each Set	1 minute
Triceps (French Curls)	4	10	Increase Weight Each Set	1 minute
Triceps (Skull Crushers or Pull Downs)	4	10	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

## SATURDAY

### CARDIO/CALVES/ABS

You are now done with all of the major work and are resting the muscles and maintaining what you have worked for.

#### ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute
Calves	4	20	Heavy Throughout	1 minute

## SUNDAY - REST

### CARDIO - How much is adequate?

IN REGARDS TO CARDIO, WE BELIEVE THAT UNLESS YOU ARE ABOVE 15% BODYFAT FOR A MAN AND 20% BODYFAT FOR A WOMAN THAT YOU SHOULD ONLY DO 3- DAYS FOR 20 MINUTES IF YOU ARE BODYBUILDING. Those minutes should be intervals and each minute should become more difficult. If you are over the bodyfat recommendation, than each day should be done for 30 minutes after you are done lifting. NOTE: your warmup for your workout should be done with your ab workout.

#### CARDIO INTENSITY CHART

Minutes	Intensity	Feeling
1	5	Warm up
2	5	Warm up
3	6	Starting to feel tension
4	7	Feeling quite a burn
5	8	Consistent burn
6	9	Hurting Burn
7	6	Starting to feel tension
8	7	Feeling quite a burn

9	8	Consistent Burn
10	9	Hurting Burn
11	6	Starting to feel tension
12	7	Feeling quite a burn
13	8	Consistent Burn
14	9	Hurting Burn
15	6	Starting to feel tension
16	7	Feeling quite a burn
17	8	Consistent Burn
18	9	Hurting Burn
19	10	Excruciating burn
20	5	Rest and recuperate