

PROGRAM OVERVIEW

PROGRAM OVERVIEW:

This complete 12-Week Muscle Building Program is designed to help you build lean muscle, as well as increase your strength and power. Everything you need to reach your goal is included in this plan, including the Workouts, Nutrition Plan and Supplement Recommendations. The only thing you need to supply is the motivation, commitment and willingness to put the work in.

TRAINING PLAN:

This program is based off a 5-day training split, with each day focusing on a specific body part. It's important to remember that you DO NOT build muscle in the gym. In your workouts you are actually breaking muscle down, and it's in the recovery process that your body rebuilds itself, which means new muscle growth. In other words, you need adequate rest in order to build muscle. This is why there is a rest day in the middle of the week. In order to maximize your gains, try not to deviate from this schedule.

5 DAY TRAINING SPLIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEGS (QUADS & HAMSTRINGS)/ ABS	SHOULDERS, CALVES	OFF/ RECOVERY DAY	BACK	CHEST / ABS	BICEPS & TRICEPS	OFF/ RECOVERY DAY



SETS OVERVIEW

For each exercise in this program you will be doing 4 total sets. For most exercises your first set will be a RECRUITMENT SET, followed by two WORKING SETS and then finish off with a BURN OUT SET. The exception to this will be exercises where you do all sets with the same weight and same reps for each set. An example of this would be Walking Dumbbell Lunges on Leg Day or your Abs Exercises.

SET 1: RECRUITMENT SET

In the program you will see both the sets and reps listed for each exercise. Note that the first set for each exercise is called the “Recruitment Set”, where you will be doing 20 reps. This is NOT a warm-up set, although it will serve to warm up the muscles, preparing you for the next two “Working Sets”, where you will be jumping up in weight. The primary goal of this first “Recruitment Set” is to develop good mind-to-muscle connection, where you really feel the muscle working and burning. This is one of the most important things you will ever learn when it comes to building muscle. This is why this first set uses a little less weight than your Working Sets (sets 2 & 3) which will allow you to focus on good technique and peak contractions. Make sure you really squeeze each rep fully. DO NOT pick a weight that is so light that you can get to 20 reps easily. You need to pick a weight that is heavy enough where the first 15 reps are difficult, and your muscles are screaming – and then you do 5 more. This is critical for this program. If you don’t put the effort in on that first set then you will not see the benefits of this program.

SETS 2/3: WORKING SETS

Your “Working Sets” are where you will jump up in weight and lower your reps to 10 for each set. Make sure to pick a weight that is challenging at 7 reps but you can still squeeze out 3 more reps with good form. Just like the first set, I want you to focus on good technique and squeezing each rep. Remember, building muscle isn’t about slinging around heavy weight – it’s about using a weight that is heavy enough to fatigue the muscle, but not so heavy that you’re forced to use bad technique. In other words, only go as heavy as you can and still maintain good form. Anything heavier than that, you will end up recruiting other muscles to assist with the movement and that defeats the purpose of isolation exercises.

SETS 4: BURN OUT SET

Your final set is going to be your “Burn Out” set. In this set you are going to go back to the exact same weight that you used for set 1, the Recruitment Set. If you did sets 1-3 correctly then you should only be able to get to 15 reps this set instead of your 20 reps that you got on the first set. This is the test to see if you worked hard enough in your previous sets. If you can get to 15 easily then you needed to pick a heavier weight for set 1 and possibly for sets 2 & 3 as well.



MONDAY LEGS

LEG EXTENSIONS

4 SETS

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS

LEG CURLS (LYING OR SEATED)

4 SETS

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS

SQUATS

4 SETS

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS*

WALKING DUMBBELL LUNGES

4 SETS

SET 1-4 WORKING SET _____	20 REPS (10 PER LEG)
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STIFF LEGGED DEADLIFTS

4 SETS

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS

CABLE CRUNCHES

3 SETS

SETS 1-3 WORKING SET _____	15 REPS
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*USE SAME WEIGHT AS SET 1

TUESDAY

SHOULDERS / CALVES

✔ **DUMBBELL BENT OVER FLYS** **4 SETS**

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS*

✔ **DUMBBELL LATERAL RAISES** **4 SETS**

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS*

✔ **DUMBBELL PRESSES** **4 SETS**

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS*

✔ **UPRIGHT ROWS (W/ WIDE HANDS)** **4 SETS**

SET 1 RECRUITMENT SET _____	20 REPS
SET 2/3 WORKING SET _____	10 REPS
SET 4 BURN OUT SET _____	15 REPS*

✔ **DUMBBELL SHRUGS** **3 SETS**

SET 1-3 WORKING SETS _____	10 REPS
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*USE SAME WEIGHT AS SET 1

TUESDAY CONTINUED >>>

TUESDAY

SHOULDERS / CALVES / ABS

SEATED CALF RAISES

SET 1 RECRUITMENT SET

SET 2/3 WORKING SET

SET 4 BURN OUT SET

4 SETS

20 REPS

10 REPS

15 REPS*

STANDING CALF RAISES

SET 1-4 WORKING SET

4 SETS

20 REPS



THURSDAY BACK

✓ **REVERSE GRIP LAT PULLDOWN (MEDIUM GRIP)** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

✓ **PULL DOWNS ON CABLE CROSSOVER** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

✓ **DUMBBELL ROWS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

✓ **BARBELL ROWS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

✓ **STRAIGHT ARM PUSHDOWNS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*



*USE SAME WEIGHT AS SET 1

FRIDAY CHEST W/ ABS

- ▀ **UNILATERAL CABLE PUSH** **4 SETS**
- | | |
|-----------------------------|----------|
| SET 1 RECRUITMENT SET _____ | 20 REPS |
| SET 2/3 WORKING SET _____ | 10 REPS |
| SET 4 BURN OUT SET _____ | 15 REPS* |
- ▀ **DUMBBELL INCLINE BENCH PRESS** **4 SETS**
- | | |
|-----------------------------|----------|
| SET 1 RECRUITMENT SET _____ | 20 REPS |
| SET 2/3 WORKING SET _____ | 10 REPS |
| SET 4 BURN OUT SET _____ | 15 REPS* |
- ▀ **DUMBBELL FLY** **4 SETS**
- | | |
|-----------------------------|----------|
| SET 1 RECRUITMENT SET _____ | 20 REPS |
| SET 2/3 WORKING SET _____ | 10 REPS |
| SET 4 BURN OUT SET _____ | 15 REPS* |
- ▀ **MODIFIED CABLE FLY** **4 SETS**
- | | |
|-----------------------------|----------|
| SET 1 RECRUITMENT SET _____ | 20 REPS |
| SET 2/3 WORKING SET _____ | 10 REPS |
| SET 4 BURN OUT SET _____ | 15 REPS* |
- ▀ **ABDOMINAL REVERSE CRUNCHES** **3 SETS**
- | | |
|---------------------------|---------|
| SET 1-3 WORKING SET _____ | 15 REPS |
|---------------------------|---------|



*USE SAME WEIGHT AS SET 1

SATURDAY

BICEPS / TRICEPS

▼ **DUMBBELL PREACHER CURLS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

▼ **TRICEPS ROPE PUSHDOWNS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

▼ **INCLINE DUMBBELL ALTERNATING CURLS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

▼ **OVERHEAD CABLE EXTENSIONS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

▼ **BARBELL OR EZ BAR CURLS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*

▼ **UNILATERAL CABLE KICKBACKS** **4 SETS**

SET 1 RECRUITMENT SET _____ 20 REPS

SET 2/3 WORKING SET _____ 10 REPS

SET 4 BURN OUT SET _____ 15 REPS*



*USE SAME WEIGHT AS SET 1



MASS12

12 WEEK

MUSCLE BUILDING TRAINING & NUTRITION PLAN

PROGRAM CREATED BY: JAMES GRAGE

NUTRITION OVERVIEW

OVERVIEW:

As I mentioned in the Training Overview, you DO NOT build muscle in the gym. It's in your workouts that you break muscle down, and it's outside the gym in the recovery process where your body repairs and rebuilds itself stronger – meaning new muscle. Adequate rest is an important piece of this rebuilding process but the most important component is the Nutrition piece. This is the part where most people fall short. Let's face it, training in the gym only requires one hour of your time, whereas your nutrition requires discipline and consistency throughout the day. If you want to build muscle and gain size, then you need to pay special attention to this part of the program.

You will notice that your total calorie and macronutrient requirements are slightly different from Training Days to Non-Training Days. The only difference between the two days is the amount of carbohydrates consumed. On Training Days, it's imperative that you get adequate carbohydrates if you're looking to put on muscle. The most important, out of all these meals, is going to be your post-workout nutrition. When doing High Intensity Exercise, your body is going to use stored carbohydrates (Glucose) as its primary source of fuel. During your workout, you are depleting those stores of energy, so immediately after your workout your body is "hungry" to replace those energy stores. In other words, right after your workout is the perfect time to consume more carbohydrates. In addition to carbs, your muscles also need the right amount of proteins to start the rebuilding process (muscle growth). It's important that you get this carb/protein rich meal in right after your workout. This can be difficult to do with actual food, since it requires prepping and packing meals. This is why I've tried to make it easier by adding in supplements to give you those important nutrients.

CALORIE & MACRONUTRIENT REQUIREMENTS:

On training days, you are going to get roughly 20 calories per pound of total bodyweight. A person weighing 180lbs would then need to consume roughly 3,600 calories per day (180 lbs x 20 cal = 3,600 cal). Calculating calories can be a pain, so instead I've put this program together using macronutrient calculations instead. If you follow this formula, you will hit your total daily calorie requirements.

NUTRITION OVERVIEW



PROTEIN:

Protein provides the amino acids needed to repair and grow muscle tissue. It also helps round out your total calorie intake so that you rely less on dietary sources of fat. Your protein requirements will be the same on both Training Days and Non-Training Days. You will need 2 grams of protein for every pound of bodyweight ($\text{Bodyweight} \times 2 = \text{Protein in grams}$). For example, someone who weighs 180lb would need 360 grams of protein ($180\text{lb} \times 2\text{g} = 360\text{ grams of protein}$).



CARBOHYDRATES:

Carbohydrates are your body's preferred source of fuel for high intensity training. Cutting carbs in an effort to quickly shed weight can actually reduce the quality of your workouts and can compromise your body's ability to create and maintain muscle. On Training Days you will do the same exact thing as you did for protein and multiply your total bodyweight by 2 ($\text{Bodyweight} \times 2 = \text{Carbohydrates in grams}$). For example, someone that weighs 180lb would need 360 grams of carbohydrates ($180\text{lb} \times 2\text{g} = 360\text{ grams of carbohydrates}$).

On Non-Training Days you will only need 1.5 grams for every pound of bodyweight instead of 2 ($\text{Bodyweight} \times 1.5 = \text{Carbohydrates in grams}$). For example, our 180lb subject would need 270 grams of carbohydrates ($180 \times 1.5 = 270\text{ grams of carbohydrates}$). Most of the difference in total carbs between training days and non-training days is in the post-workout meal and the early morning shake.



FATS:

Consuming the right healthy fats can actually lead to greater fat loss, improve protein synthesis and maintain healthy testosterone levels. You want to make sure that you get your fats from good sources such as fish, coconut oil, avocados, nuts and seeds. Fat intake will be the same for both training and non-training days. You should be getting a half a gram of fat for every pound of bodyweight ($\text{Bodyweight} \times .5 = \text{fat in grams}$). Our 180lb athlete would need 90 grams of fat ($180 \times .5 = 90\text{ grams of fat}$).



Training Day Sample Meal Plan (Based on 180lb)

Non-Training Day Sample Meal Plan (Based on 180lb)



NUTRITION OVERVIEW

TRAINING DAYS (EXAMPLE FOR 180 LB MALE)

UPON WAKING

3 Scoops **BPI BULK MUSCLE™**
1 Scoop **BPI BEST BCAA™**

CALS: 372; FATS: 4; CARBS 53; PRO: 32

BREAKFAST

4 Whole Eggs
½ Cup Egg Whites
¾ Cup Cream of Wheat

CALS: 735; FATS: 20; CARBS: 72; PRO: 49

MID-MORNING SNACK

1 **BPI BEST PROTEIN BAR™**

CALS: 240; FATS: 9; CARBS: 28; PRO: 20

LUNCH

5oz Boneless, Skinless Chicken Breast
1 Cup Brown Rice
100g Green Beans

CALS: 410; FATS: 5.7; CARBS: 52; PRO: 37

MID-AFTERNOON SNACK

2 Scoops **BPI BEST PROTEIN™**
1 Small Banana

2 TBSP Peanut Butter

CALS: 518; FATS: 20; CARBS: 35; PRO: 57

PRE-WORKOUT MEAL

4oz 99% Fat Free Ground Turkey
2 Cups Sweet Potato
100g Asparagus

*15 Minutes Before Training: 1 Scoop **BPI 1MR VORTEX™**,
1 Scoop **BPI PUMP HD™**, 1 Scoop **BPI BEST BCAA™**,
1 Scoop **BPI BEST GLUTAMINE™**, 1 Scoop **BPI BEST CREATINE™**

CALS: 368; FATS: 2; CARBS: 58; PRO: 32

POST WORKOUT SHAKE

3 Scoops **BPI BULK MUSCLE™**

*immediately After Training: 1 Scoop **Best BPI BCAA™**, 1 Scoop
BEST BPI GLUTAMINE™, 1 Scoop **BPI BEST CREATINE™**

CALS: 372; FATS: 4; CARBS 53; PRO: 32

DINNER:

5oz Top Round London Broil
100g Broccoli

CALS: 330; FATS: 9; CARBS: 7; PRO: 53

LATE-NIGHT SNACK

2 Scoops **BPI BEST PROTEIN™**

1 TBSP Peanut Butter

1 Scoop **BPI BEST GLUTAMINE™**

CALS: 334; FATS: 12; CARBS: 9; PRO 52

TOTAL FOR DAY: CALS: 3,679; FATS: 85.7; CARBS: 367; PRO: 364



NUTRITION OVERVIEW

NON TRAINING DAYS **(EXAMPLE FOR 180 LB MALE)**

UPON WAKING

2 Scoops **BPI BEST PROTEIN™**
1 Scoop **BPI BEST BCAA™**; 1 Scoop **BPI BEST GLUTAMINE™**; 1 Scoop **BPI BEST CREATINE™**

CALS: 240; FATS: 4; CARBS: 6; PRO: 48

BREAKFAST

4 Whole Eggs
½ Cup Egg Whites
¾ Cup Cream of Wheat

CALS: 735; FATS: 20; CARBS: 72; PRO: 49

MID-MORNING SNACK

1 **BPI BEST PROTEIN BAR™**

CALS: 240; FATS: 9; CARBS: 28; PRO: 20

LUNCH

5oz Boneless, Skinless Chicken Breast
1 Cup Brown Rice
100g Green Beans

CALS: 410; FATS: 5.7; CARBS: 52; PRO: 37

MID-AFTERNOON SNACK

2 Scoops **BPI BEST PROTEIN™**

1 Small Banana
2 TBSP Peanut Butter

CALS: 518; FATS: 20; CARBS: 35; PRO: 57

MEAL 6

6oz 99% Fat Free Ground Turkey
2 Cups Sweet Potato
100g Asparagus

CALS: 428; FATS: 3; CARBS: 58; PRO: 45

DINNER

5oz Top Round London Broil

CALS: 296; FATS: 9; CARBS: 0; PRO: 50

LATE-NIGHT SNACK

2 Scoops **BPI BEST PROTEIN™**

1 TBSP Peanut Butter

1 Scoop **BPI BEST GLUTAMINE™**

CALS: 334; FATS: 12; CARBS: 9; PRO: 52

**TOTAL FOR DAY: CALS: 3,201; FATS: 82.7;
CARBS: 260; PRO: 358**