

BODYVOLVE

GYM ADVANCED MUSCLE BUILDING PROGRAM

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OVERVIEW

What to expect from this plan

This is a 5 day program focused on each muscle group, twice. The repetitions decrease from 15 downwards each week to 12, then 10 and then 8 in the first 4 weeks and then it reverses from 8 to 10 to 12 and then 15 on the next 4 weeks

On the first set of every exercise, it's important to save some reps in the tank so you can perform the following sets. With your first set, you should be able to complete another 3 reps (any more than that and the weight is too light) the second set 2 reps and the third set 1 rep or pushing to failure (it's okay if you don't complete the last 2-3 reps on the very last set)

If you can't complete the all repetitions in the first to third set, the weight is too heavy.

As the repetitions decrease each week you must increase the weight for the first 4 weeks. The second 4 weeks you decrease the weight and add more reps. You will also be doing 4 sets on the last 4 weeks except for when you hit 15 reps you are only doing 2 sets as this is your "deload week". This week is basically a rest week to get you ready for a new block.

Example - DB Bench Press

Week 1 - 3 x 15 at 50lbs,

Week 2 - 3 x 12 at 55lbs,

Week 3 - 3 x 10 at 60lbs,

Week 4 - 3 x 8 at 65lbs,

Week 5 - 4 x 8 at 65lbs (go heavier if you can) and so on

Look at the rest periods in between sets. It's important that you stick to that time. I know it may seem like you are waiting around too long for the next set, but it's crucial for muscle building.

*For best results you should eat a well balanced diet. For more information on nutrition visit my blog at <https://www.bodyvolvefitness.com/blog>.

Week 1

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	3	15	2:00	
Single Arm Row	3	15	2:00	
Incline DB Press	3	15	2:00	
Lat Pull Down	3	15	2:00	
Decline Flys	3	20	1:00	
Cable Rows	3	15	2:00	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	3	15	2:00	
DB Upright Row	3	15	2:00	
Machine Shoulder Press	3	15	2:00	
Cable Push Downs	3	20	1:00	
Cable Curls	3	20	1:00	

Week 1

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	15	2:00	
Split Squat	3	15	2:00	
Leg Extensions	3	20	1:00	
Leg Curls	3	20	1:00	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	15	2:00	
Close Grip Pulldown	3	15	2:00	
Decline DB Press	3	15	2:00	
Close Grip Pull In	3	15	2:00	
DB Bicep Curls	3	20	1:00	
Skull Crushers	3	20	1:00	

Week 1

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	3	15	2:00	
Romanian Dead Lifts	3	15	2:00	
DB Lunges	3	15	2:00	
Barbell Press	3	15	2:00	
Arnold Press	3	15	2:00	

Week 1 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 2

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	3	12	2:15	
Single Arm Row	3	12	2:15	
Incline DB Press	3	12	2:15	
Lat Pull Down	3	12	2:15	
Decline Flys	3	15	1:15	
Cable Rows	3	12	2:15	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	3	12	2:15	
DB Upright Row	3	12	2:15	
Machine Shoulder Press	3	12	2:15	
Cable Push Downs	3	15	1:15	
Cable Curls	3	15	1:15	

Week 2

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	12	2:15	
Split Squat	3	12	2:15	
Leg Extensions	3	15	1:15	
Leg Curls	3	15	1:15	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	12	2:15	
Close Grip Pulldown	3	12	2:15	
Decline DB Press	3	12	2:15	
Close Grip Pull In	3	12	2:15	
DB Bicep Curls	3	15	1:15	
Skull Crushers	3	15	1:15	

Week 2

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	3	12	2:15	
Romanian Dead Lifts	3	12	2:15	
DB Lunges	3	12	2:15	
Barbell Press	3	12	2:15	
Arnold Press	3	12	2:15	

Week 2 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 3

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	3	10	2:30	
Single Arm Row	3	10	2:30	
Incline DB Press	3	10	2:30	
Lat Pull Down	3	10	2:30	
Decline Flys	3	12	1:30	
Cable Rows	3	10	2:30	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	3	10	2:30	
DB Upright Row	3	10	2:30	
Machine Shoulder Press	3	10	2:30	
Cable Push Downs	3	12	1:30	
Cable Curls	3	12	1:30	

Week 3

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	10	2:30	
Split Squat	3	10	2:30	
Leg Extensions	3	12	1:30	
Leg Curls	3	12	1:30	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	10	2:30	
Close Grip Pulldown	3	10	2:30	
Decline DB Press	3	10	2:30	
Close Grip Pull In	3	10	2:30	
DB Bicep Curls	3	12	1:30	
Skull Crushers	3	12	1:30	

Week 3

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	3	10	2:30	
Romanian Dead Lifts	3	10	2:30	
DB Lunges	3	10	2:30	
Barbell Press	3	10	2:30	
Arnold Press	3	10	2:30	

Week 3 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 4

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	3	8	2:45	
Single Arm Row	3	8	2:45	
Incline DB Press	3	8	2:45	
Lat Pull Down	3	8	2:45	
Decline Flys	3	10	1:45	
Cable Rows	3	8	2:45	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	3	8	2:45	
DB Upright Row	3	8	2:45	
Machine Shoulder Press	3	8	2:45	
Cable Push Downs	3	10	1:45	
Cable Curls	3	10	1:45	

Week 4

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	8	2:45	
Split Squat	3	8	2:45	
Leg Extensions	3	10	1:45	
Leg Curls	3	10	1:45	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	8	2:45	
Close Grip Pulldown	3	8	2:45	
Decline DB Press	3	8	2:45	
Close Grip Pull In	3	8	2:45	
DB Bicep Curls	3	10	1:45	
Skull Crushers	3	10	1:45	

Week 4

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	3	8	2:45	
Romanian Dead Lifts	3	8	2:45	
DB Lunges	3	8	2:45	
Barbell Press	3	8	2:45	
Arnold Press	3	8	2:45	

End of Month Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 5

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	4	8	2:45	
Single Arm Row	4	8	2:45	
Incline DB Press	4	8	2:45	
Lat Pull Down	4	8	2:45	
Decline Flys	4	10	1:45	
Cable Rows	4	8	2:45	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	4	8	2:45	
DB Upright Row	4	8	2:45	
Machine Shoulder Press	4	8	2:45	
Cable Push Downs	4	10	1:45	
Cable Curls	4	10	1:45	

Week 5

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	8	2:45	
Split Squat	4	8	2:45	
Leg Extensions	3	10	1:45	
Leg Curls	3	10	1:45	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	8	2:45	
Close Grip Pulldown	4	8	2:45	
Decline DB Press	4	8	2:45	
Close Grip Pull In	4	8	2:45	
DB Bicep Curls	4	10	1:45	
Skull Crushers	4	10	1:45	

Week 5

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	4	8	2:45	
Romanian Dead Lifts	4	8	2:45	
DB Lunges	4	8	2:45	
Barbell Press	4	8	2:45	
Arnold Press	4	8	2:45	

Week 5 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 6

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	4	10	2:30	
Single Arm Row	4	10	2:30	
Incline DB Press	4	10	2:30	
Lat Pull Down	4	10	2:30	
Decline Flys	4	12	1:30	
Cable Rows	4	10	2:30	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	4	10	2:30	
DB Upright Row	4	10	2:30	
Machine Shoulder Press	4	10	2:30	
Cable Push Downs	4	12	1:30	
Cable Curls	4	12	1:30	

Week 6

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	10	2:30	
Split Squat	4	10	2:30	
Leg Extensions	4	12	1:30	
Leg Curls	4	12	1:30	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	10	2:30	
Close Grip Pulldown	4	10	2:30	
Decline DB Press	4	10	2:30	
Close Grip Pull In	4	10	2:30	
DB Bicep Curls	4	12	1:30	
Skull Crushers	4	12	1:30	

Week 6

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	4	10	2:30	
Romanian Dead Lifts	4	10	2:30	
DB Lunges	4	10	2:30	
Barbell Press	4	10	2:30	
Arnold Press	4	10	2:30	

Week 6 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 7

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	4	12	2:15	
Single Arm Row	4	12	2:15	
Incline DB Press	4	12	2:15	
Lat Pull Down	4	12	2:15	
Decline Flys	4	15	1:15	
Cable Rows	4	12	2:15	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	4	12	2:15	
DB Upright Row	4	12	2:15	
Machine Shoulder Press	4	12	2:15	
Cable Push Downs	4	15	1:15	
Cable Curls	4	15	1:15	

Week 7

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	12	2:15	
Split Squat	4	12	2:15	
Leg Extensions	4	15	1:15	
Leg Curls	4	15	1:15	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	12	2:15	
Close Grip Pulldown	4	12	2:15	
Decline DB Press	4	12	2:15	
Close Grip Pull In	4	12	2:15	
DB Bicep Curls	4	15	1:15	
Skull Crushers	4	15	1:15	

Week 7

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	4	12	2:15	
Romanian Dead Lifts	4	12	2:15	
DB Lunges	4	12	2:15	
Barbell Press	4	12	2:15	
Arnold Press	4	12	2:15	

Week 7 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Where do you think you can improve more on?

Week 8

Workout 1 - Chest & Back

Exercise	Sets	Reps	Rest	Weight
DB Bench Press	2	15	2:00	
Single Arm Row	2	15	2:00	
Incline DB Press	2	15	2:00	
Lat Pull Down	2	15	2:00	
Decline Flys	2	20	1:00	
Cable Rows	2	15	2:00	

Workout 2 - Shoulders & Arms

Exercise	Sets	Reps	Rest	Weight
DB Shoulder Press	2	15	2:00	
DB Upright Row	2	15	2:00	
Machine Shoulder Press	2	15	2:00	
Cable Push Downs	2	20	1:00	
Cable Curls	2	20	1:00	

Week 8

Workout 3 - Legs

Exercise	Sets	Reps	Rest	Weight
Leg Press	2	15	2:00	
Split Squat	2	15	2:00	
Leg Extensions	2	20	1:00	
Leg Curls	2	20	1:00	

Workout 4 - Chest, Back & Arms

Exercise	Sets	Reps	Rest	Weight
Bench Press	2	15	2:00	
Close Grip Pulldown	2	15	2:00	
Decline DB Press	2	15	2:00	
Close Grip Pull In	2	15	2:00	
DB Bicep Curls	2	20	1:00	
Skull Crushers	2	20	1:00	

Week 8

Workout 5 - Shoulders & Legs

Exercise	Sets	Reps	Rest	Weight
Squats	2	15	2:00	
Romanian Dead Lifts	2	15	2:00	
DB Lunges	2	15	2:00	
Barbell Press	2	15	2:00	
Arnold Press	2	15	2:00	

End of Program Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you stick to this program?

Previous Weight:

Current Weight:

Congratulations for finishing the Advanced Muscle Building Program!

You can repeat the program again or check out my website

(<https://www.bodyvolvefitness.com/>) for more services.

Follow me on instagram for nutrition and training tips!



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