# BODYVOLVE

# ADVANCED MUSCLE BUILDING PROGRAM

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# OVERVIEW

## Thanks for downloading my Advanced Muscle Buidling Program!

## 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 (anymore 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 excpet 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.

# 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 | |

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# 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

Congratulations for completing the Advanced Muscle Building Program!

## 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:

Where do you think you can improve more on?