



MUSCLE GAIN PROGRAM *With Ash*

BEGINNERS GUIDE

MUSCLE GAIN PROGRAM

NAME

WEIGHT

DATE

BODY PART	EXCERCISE	SETS	REPS	REST
CHEST	BENCH PRESS	3	10-12	60s
BACK	PULLDOWNS WIDE	3	10-12	60s
LEGS	SQUATS	3	10-12	60s
SHOULDERS	MILITARY PRESS	3	10-12	60s
BICEPS	BARBELL CURLS	3	10-12	60s
TRICEPS	PUSH DOWNS	3	10-12	60s
CALVES	STANDING CALVE RAISES	3	10-12	60s
ABS	SIT UPS	3	10-12	60s

MONDAY-WEDNESDAY-FRIDAY-

Notes

- 1- Be patient with results
- 2- Stay focused and observe
- 3- Perform every rep with good form
- 4- Always ask friendly team if you need advice
- 5- Always try to have a small snack (1hr before training)
- 6- Drink plenty water while training (throughout day)
- 7- Carry a towel at all time
- 8- Put weights away after us
- 9- Warmup 15min prior to training avoid injuries
- 10- Depends on individual training plan can be split into two plans.