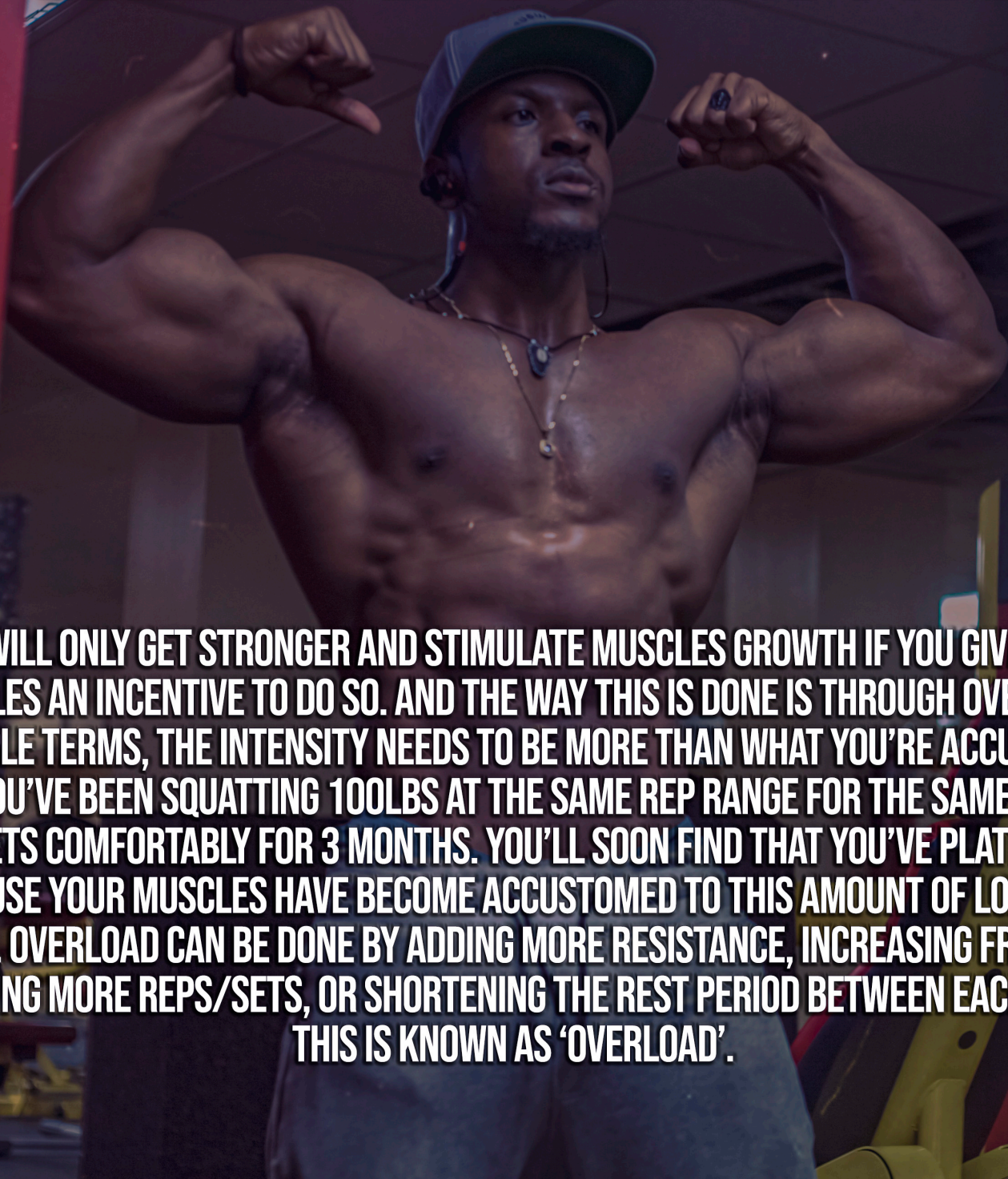




# MUSCLE BUILDING PROGRAM

# THE SCIENCE OF BUILDING MUSCLE



YOU WILL ONLY GET STRONGER AND STIMULATE MUSCLES GROWTH IF YOU GIVE YOUR MUSCLES AN INCENTIVE TO DO SO. AND THE WAY THIS IS DONE IS THROUGH OVERLOAD. IN SIMPLE TERMS, THE INTENSITY NEEDS TO BE MORE THAN WHAT YOU'RE ACCUSTOMED TO. IF YOU'VE BEEN SQUATTING 100LBS AT THE SAME REP RANGE FOR THE SAME AMOUNT OF SETS COMFORTABLY FOR 3 MONTHS. YOU'LL SOON FIND THAT YOU'VE PLATEAUED BECAUSE YOUR MUSCLES HAVE BECOME ACCUSTOMED TO THIS AMOUNT OF LOAD AND VOLUME. OVERLOAD CAN BE DONE BY ADDING MORE RESISTANCE, INCREASING FREQUENCY, ADDING MORE REPS/SETS, OR SHORTENING THE REST PERIOD BETWEEN EACH SET. THIS IS KNOWN AS 'OVERLOAD'.

**[CLICK HERE](#) TO LEARN MORE ABOUT MUSCLE BUILDING!**

# THE MUSCLE BUILDING DIET



**YOUR DIET WILL BE THE BIGGEST CONTRIBUTOR TO YOUR ABILITY TO GAIN MUSCLE MASS. YOUR CALORIC INTAKE MUST BE IN A SURPLUS IF YOUR GOAL IS TO PACK ON POUNDS OF MUSCLE. COUNTING CALORIES IS OPTIONAL BUT IT'S IN YOUR BEST INTEREST TO DO SO AND IT'S HIGHLY RECOMMENDED. THE PROPORTIONING OF YOUR MACRONUTRIENTS IS ALSO VERY IMPORTANT IN ORDER TO ACHIEVE YOUR IDEAL BODY COMPOSITION.**

**DURING THIS PHASE OF MUSCLE BUILDING YOU WILL WANT TO ENSURE THAT YOUR PROTEIN INTAKE IS SUFFICIENT. DUE TO THE HIGH AMOUNT OF RESISTANCE, YOUR BODY WILL REQUIRE MORE PROTEIN.**

**YOUR MUSCLES ARE 70% WATER, 22% PROTEIN AND 8% FATTY ACIDS AND GLYCOGEN. YOUR MUSCLES ALSO ACCOUNT FOR 36-45% OF TOTAL BODY WEIGHT MAKING IT THE MOST PLENTIFUL TISSUE IN THE BODY (OVER 600 DIFFERENT MUSCLES, RANGING FROM A FEW CENTIMETERS SUCH AS THE MUSCLES IN THE EYE TO A FEW INCHES SUCH AS THE SARTORIUS IN THE LEG).**

**YOU CAN BE DOING ALL THE PERFECT EXERCISES HOWEVER WITHOUT PROPER NUTRITION YOU'LL HARDLY PUT A CENTIMETER OF MUSCLES ON YOUR BICEPS. LOOKING AT YOUR MACRO NUTRIENTS AND PROPORTIONING THEM RESPECTIVELY TO REACH YOUR GOAL IS IMPERATIVE. 1 GRAM OF PROTEIN = 4 CALORIES, 1 GRAM OF CARBS = 4 CALORIES, 1 GRAM OF FAT = 9 CALORIES. CREATING MACRONUTRIENT BALANCE FOR OPTIMAL BODY FUNCTION AND GOAL ACHIEVEMENT IS A MUST. IF YOU'RE MEETING YOUR MACRONUTRIENT REQUIREMENTS YOU DO NOT NEED TO TAKE SUPPLEMENTS. HERE'S THE CONJUNCTION BUT, DEPENDING ON YOUR LIFESTYLE OR SO MANY OTHER VARIABLES, SUPPLEMENTS MAY BE NECESSARY! IF YOUR GOAL IS TO BUILD LEAN MUSCLE MASS, AMINO ACIDS ARE THE BUILDING BLOCKS. EATING 1.5 TO 2.0 GRAMS OF PROTEIN PER KG OF BODY WEIGHT IS GENERALLY RECOMMENDED FOR THE GOAL OF GAINING MUSCLES MASS.**



NEED HELP FINDING YOUR SPECIFIC DIET REQUIREMENTS TO MAXIMIZE YOUR RESULTS ON THIS PROGRAM? [CLICK HERE](#) TO SET YOUR DIETARY REQUIREMENTS.

**EATTHISMUCH.COM**

Nutrition calculator

Current diet type anything

I want to  Low weight  Maintain  Build muscle

Preferred units  U.S. Standard  Metric

I am  Male  Female

Height  ft  in

Weight  lbs

Age  years

Bodyfat  Low  Medium  High

Activity level  Moderately Active

Set a weight goal?  No thanks  Yeah let's do it!

Enter your goal weight  lbs

Weight change rate  Lose  lbs per week

.. ..OR [CLICK HERE](#) TO COMPLETE THE DIET QUESTIONNAIRE AND WE'LL DO THE WORK FOR YOU!

# MUSCLE BUILDING PROGRAM

BY The Fitness Journals X Business Body Elite

## INTRODUCTION

This program is designed to help you gain muscle mass! This program contains calisthenics and weight lifting routines. The routines in the first phase of this program will focus on Endurance & Hypertrophy. The routines in the second phase will greatly be geared towards hypertrophy. If you want to learn more about this training style, we discuss this in our '[INTRODUCTION TO FITNESS PROGRAM](#)'. If you have access to that program, you can review the appropriate lessons. This structure is ideal for a intermediate and advanced levels.



**CLICK HERE AND COMPLETE THE**  
**REGISTRATION FORM BEFORE**  
**MOVING ON!**



FOR EXAMPLES OF EXERCISES YOU'RE UNSURE ABOUT, VIEW OUR '[WORKOUT LIBRARY](#)' WE ARE CONSTANTLY ADDING NEW EXERCISES FOR YOU TO CHOOSE FROM. IF YOU HAVE ANY QUESTIONS, YOU CAN CONTACT AN ELITE COACH OR EMAIL US AT [INFO@BUSINESSBODYELITE.COM](mailto:info@businessbodyelite.com)



### WHAT YOU'LL NEED TO KNOW FOR MAXIMUM RESULTS ON THIS PROGRAM

- WHAT IS TEMPO? [CLICK HERE](#)
- HOW TO FIND YOUR REP MAXIMUM (RM)? [CLICK HERE](#)
- HOW MUCH PROTEIN DO I NEED TO BUILD MUSCLE? [CLICK HERE](#)
- HOW MUCH PROTEIN & FAT DO I NEED PER DAY? [CLICK HERE](#)

### PREREQUISITES:

TAKE PHOTOS PRIOR TO BEGINNING THIS WORKOUT PROGRAM AND/OR RECORD A SHORT VIDEO DESCRIBING YOUR GOALS BY THE END OF THIS PROGRAM. EMAIL IT TO [INFO@BUSINESSBODYELITE.COM](mailto:info@businessbodyelite.com)



## **Liability Disclaimer For Exercise Program Participation**

**Business Body Elite** does not provide liability insurance for the protection of individuals, groups, organizations, businesses, spectators, or others who participate in this workout program.

In consideration of your participation in said activity, the individual, group, organization, business, spectator, or other, does hereby release and forever discharge **Business Body Elite** and its officers, board, and employees, jointly and severally from any and all actions, causes of actions, claims and demands for, upon or by reason of any damage, loss of injury, which hereafter may be sustained by participating in this programs exercise activity.

This release extends and applies to, and also covers and includes, all unknown, unforeseen, unanticipated and unsuspected injuries, damages, loss and the consequences thereof, as well as those now disclosed and known to exist. The provisions of any state, federal, local or territorial law or state providing substance that releases shall not extend to claims, demand, injuries, or damage which are known or unsuspected to exist at this time, to the person executing such release, are hereby expressly waived.

I hereby agree on behalf of my heirs, executors, administrators, and assigns, to indemnify **Business Body Elite** and its officers, board and employees, join and severally from any and all actions, causes of actions, claims and demands for, upon or by reason of any damage, loss or injury, which hereafter may be sustained by participating in this group exercise activity.

It is further understood and agreed that said participation in the group exercise activity is not to be construed as an admission of any liability and acceptance of assumption of responsibility by **Business Body Elite**, its officers, board, and employees, jointly and severally, for all damages and expenses for which **Business Body Elite**, its officers, board and employees, become liable as a result of any alleged act of the parade participant.

By participating in this program you are agreeing to these terms.

# OVERVIEW

## MUSCLE BUILDING PROGRAM

Phase	Week	Set	Goal Reps	Rest period (S*)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
					E* / H*	E* / H*	E* / H*	E* / H*	E* / H*	E* / H*	E* / H*
					Load	Load	Load	Load	Load	Load	Load
E* / H*	1	3	15	30	BW*	15RM*	BW* / 20RM	Rest	BW* / 15RM*	BW*	Rest
	2	3	15	30	BW*	15RM*	BW* / 20RM	Rest	BW* / 15RM*	BW*	Rest
	3	3	15	30	BW*	15RM*	BW* / 20RM	Rest	BW* / 15RM*	BW*	Rest
	4	3	15	30	BW*	15RM*	BW* / 20RM	Rest	BW* / 15RM*	BW*	Rest
H*	5	4	12	60-90	15-30lbs	12RM*	BW* / 20RM	Rest	BW* / 12RM*	15-30lbs	Rest
	6	4	12	60-90	15-30lbs	12RM*	BW* / 20RM	Rest	BW* / 12RM*	15-30lbs	Rest
	7	4	12	60-90	15-30lbs	12RM*	BW* / 20RM	Rest	BW* / 12RM*	15-30lbs	Rest
	8	4	12	60-90	15-30lbs	12RM*	BW* / 20RM	Rest	BW* / 12RM*	15-30lbs	Rest

**E\* = Endurance**

**H\* = Hypertrophy**

**S\* = Seconds**

**BW\* = Body Weight**

**RM\* = Rep Maximum**

# WEEK 1 TO 4

## DAY 1

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	Getting Started	<a href="#">CLICK HERE</a>
Jumping Jacks/Jump Rope	5 - 15 minutes	Keep going until you've begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	ROUTINE EXPLAINED	LOAD	REST PERIOD BETWEEN SETS
Full body endurance routine	SET YOUR TIMER TO 20 MINUTES AND PERFORM 5 PULL UPS X 10 PUSH UPS X 15 SQUATS FOR AS MANY SETS AS YOU CAN BEFORE THE TIMER RUNS OUT.	BODY WEIGHT	MINIMUM TO NO REST

Video of Routine: [CLICK HERE](#)

### COOL DOWN & STRETCH

**Nutrition:** Do not forget to stick with your specific diet for this program! Get your post workout meal in and optimize your gains!



# WEEK 1 TO 4

## DAY 2

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	Getting Lucky	<a href="#">CLICK HERE</a>
Jumping Jacks/ Jump Rope	5 -15 minutes	Keep going until you've begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
Chest Press	15 Reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Squats	15 Reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Shoulder Press	15 Reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Hamstring Curls	15 Reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Biceps Curls	15 Reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Leg Extensions	15 reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Inverted Rows	15 reps x 3 Sets	Body Weight	1-1-1	Under 30 Seconds
Calve Raises	15 reps x 3 Sets	Body Weight	1-1-1	Under 30 Seconds
Triceps Extensions	15 reps x 3 Sets	15RM Load	1-1-1	Under 30 Seconds
Sit Ups	15 reps x 3 Sets	Body Weight	1-1-1	Under 30 Seconds

### COOL DOWN & STRETCH

# WEEK 1 TO 4

## DAY 3

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	“What important to me?”	<a href="#">CLICK HERE</a>
Jumping Jacks/ Jump Rope	5 -15 minutes	Keep going until you’ve begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
Isometric Pullups	5 Reps x 3 Sets	Body Weight	1-10-1	90 Seconds
Isometric Squats	5 Reps x 3 Sets	20RM Load	1-8-1	90 Seconds
Isometric Side Laterals	5 Reps x 3 Sets	20RM Load	1-10-1	60 Seconds
Isometric Glute Bridge	5 Reps x 3 Sets	Body Weight	1-10-1	Under 30 Seconds
Isometric Push Ups	5 Reps x 3 Sets	Body Weight	1-10-1	Under 30 Seconds
Hollow Body Holds	5 Reps x 3 Sets	Body Weight	1-10-1	Under 30 Seconds
Isometric Dips	5 Reps x 3 Sets	Body Weight	1-10-1	60 Seconds
Calve Raise Holds	5 reps x 3 Sets	Body Weight	1-20-1	Under 30 Seconds

### COOL DOWN & STRETCH

# WEEK 1 TO 4

## DAY 4 | REST DAY

### ROUTINE

TAKE THE TIME TO FOCUS ON RECOVERY. FOAM ROLLING, STRETCHING, TRIGGER POINT WORK, AND TAKE A LOOK AT YOUR DIET. HAVE YOU BEEN EATING IN LINE WITH YOUR GOAL? HOW DO YOU FEEL? DO YOU FEEL ENERGIZED, SORE, TIRED? MAKE A NOTE OF THESE THINGS AND IDENTIFY WHAT'S CONTRIBUTING TO YOUR CURRENT STATE, WHETHER IT BE A DESIRABLE FEELING OR A NEGATIVE ONE, MAKE A NOTE OF IT. REMEMBER, RECOVERY IS EQUALLY IMPORTANT AS YOUR PHYSICAL TRAINING. YOUR BODY NEEDS TIME AND REST TO RECOVER, DON'T LET YOU HARD WORK GO IN VAIN!

THIS IS ONLY THE 4TH DAY! STAY FOCUSED, RECOVER AND GET BACK TO IT! THERE ARE GAINS TO BE MADE! [CLICK HERE](#) TO LEARN MORE ABOUT RECOVERY!



# WEEK 1 TO 4

## DAY 5

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	More Knowledge	<a href="#">CLICK HERE</a>
Jumping Jacks/ Jump Rope	5 -15 minutes	Keep going until you've begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
Bodyweight Squats	Pyramids X 5-25-5	Body weight	1-1-1	Under 30 Seconds
Front Squats	15 Reps x 2 Sets	15RM Load	1-1-1	60 Seconds
Deadlifts	15 Reps x 2 Sets	15RM Load	1-1-1	60 Seconds
Lunges	15 Reps x 3 Sets	Body weight	1-1-1	Under 30 Seconds
Glute Bridge Sliders	10 Reps x 2 Sets	Body weight	1-1-1	Under 30 Seconds
Calve Raises	20 Reps x 3 Sets	Body weight	1-1-1	Under 30 Seconds

### COOL DOWN & STRETCH

# WEEK 1 TO 4

## DAY 6

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	Mindset shift	<a href="#">CLICK HERE</a>
Jumping Jacks/Jump Rope	5 - 15 minutes	Keep going until you've begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	ROUTINE EXPLAINED	LOAD	REST PERIOD BETWEEN SETS
Full body endurance routine	SET YOUR TIMER TO 20 MINUTES AND PERFORM 5 PULL UPS X 10 PUSH UPS X 15 SQUATS FOR AS MANY SETS AS YOU CAN BEFORE THE TIMER RUNS OUT.	BODY WEIGHT	MINIMUM TO NO REST

### COOL DOWN & STRETCH

# WEEK 1 TO 4

## DAY 7 | REST DAY

### ROUTINE

ANOTHER REST DAY! EAT TO REFUEL AND REPAIR YOUR BODY. ARE YOU IN A CALORIC SURPLUS? BE SURE YOU ARE, OTHERWISE YOU WILL NOT BE GAINING ANY MUSCLE MASS. [CLICK HERE](#) TO FIND OUT YOUR DIETARY REQUIREMENTS TO MEET YOUR GOAL WHILE ON THIS PROGRAM! DO IT NOW IF YOU HAVE NOT DONE IT, THIS IS VERY IMPORTANT!



## WEEK 2 TO 4

FROM WEEK 2 TO 4, CONTINUE TO FOLLOW THE EXACT STRUCTURE FOR WEEK 1 TO 4 (THE ROUTINES ABOVE). ONCE YOU HAVE COMPLETED WEEK 4, THE ROUTINES FOR **WEEK 5 TO 8** ARE SHOWN BELOW! BE SURE TO COMPLETE EACH WEEK BEFORE JUMPING INTO THE NEXT SET OF ROUTINES. THESE ROUTINES ARE STRATEGICALLY STRUCTURED FOR MAXIMUM RESULTS! DO NOT JUMP AHEAD AND DO NOT SKIP ROUTINES!

WEEK 1  WEEK 2  WEEK 3  WEEK 4   
CHECK OFF EACH BOX AS YOU COMPLETE EACH WEEK!

# WEEK 5 TO 8

**WELCOME TO THE NEXT PHASE OF THIS PROGRAM! FOR THIS PHASE, TOTAL VOLUME WILL INCREASE, THE EXERCISES WILL PREDOMINATELY BE THE SAME, THERE WILL BE CHANGES IN TEMPO, AND REST PERIODS. BE SURE TO FOLLOW THE SPECIFICATIONS OF THE PROGRAM AS ACCURATELY AS POSSIBLE. ONCE AGAIN, DO NOT SKIP EXERCISES AND IF YOU DO, PERFORM AN APPROPRIATE MODIFICATION TO ENSURE STRUCTURAL BALANCE IS BEING MAINTAINED. THESE ROUTINES ARE SPECIFICALLY STRUCTURED FOR MAXIMUM RESULTS, ALL YOU NEED TO DO IS FOLLOW THE PROTOCOL AND YOU WILL CONTINUE TO SEE GREAT RESULTS.**



# WEEK 5 TO 8

## DAY 1

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
<b>Mental Preparation</b>	<b>Remember why you're doing this!</b>	<b>For 5-10 minutes, focus on the reason you are training!</b>
<b>Jumping Jacks/Jump Rope</b>	<b>5 -15 minutes</b>	<b>Keep going until you've begun to lightly sweat</b>
<b>Dynamic Stretches</b>	<b>5-15 minutes</b>	<b>Full body</b>

### ROUTINE

EXERCISE	ROUTINE EXPLAINED	LOAD	REST PERIOD BETWEEN SETS
<b>Full body endurance routine</b>	<b>SET YOUR TIMER TO 20 MINUTES AND PERFORM 5 PULL UPS X 10 PUSH UPS X 15 SQUATS FOR AS MANY SETS AS YOU CAN BEFORE THE TIMER RUNS OUT.</b>	<b>15 -30LBS</b>	<b>MINIMUM TO NO REST</b>

### COOL DOWN & STRETCH

# WEEK 5 TO 8

## DAY 2

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
<b>Mental Preparation</b>	You only get the results you work for!	If you're not putting in the work, you will never see results!
<b>Jumping Jacks/ Jump Rope</b>	5 -15 minutes	Keep going until you've begun to lightly sweat
<b>Dynamic Stretches</b>	5-15 minutes	Full body

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
<b>Chest Press</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-2-1</b>	<b>90 Seconds</b>
<b>Squats</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-2-1</b>	<b>90 Seconds</b>
<b>Shoulder Press</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-1-1</b>	<b>60 Seconds</b>
<b>Hamstring Curls</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Biceps Curls</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Leg Extensions</b>	<b>12 Reps x 4 Sets</b>	<b>12RM Load</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Inverted Rows</b>	<b>15 reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Calve Raises</b>	<b>20 reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Triceps Extensions</b>	<b>12 reps x 3 Sets</b>	<b>12RM Load</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>
<b>Sit Ups</b>	<b>15 reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-1-1</b>	<b>Under 30 Seconds</b>

### COOL DOWN & STRETCH

# WEEK 5 TO 8

## DAY 3

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
<b>Mental Preparation</b>	<b>You are you biggest competitor</b>	<b>It's you vs you! Always try to do better than you did the day before!</b>
<b>Jumping Jacks/ Jump Rope</b>	<b>5 -15 minutes</b>	<b>Keep going until you've begun to lightly sweat</b>
<b>Dynamic Stretches</b>	<b>5-15 minutes</b>	<b>Full body</b>

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
<b>Isometric Pullups</b>	<b>5 Reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-10-5</b>	<b>90 Seconds</b>
<b>Isometric Squats</b>	<b>5 Reps x 3 Sets</b>	<b>20RM Load</b>	<b>1-10-1</b>	<b>90 Seconds</b>
<b>Isometric Side Laterals</b>	<b>5 Reps x 3 Sets</b>	<b>20RM Load</b>	<b>1-10-5</b>	<b>60 Seconds</b>
<b>Isometric Glute Bridge</b>	<b>5 Reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-10-1</b>	<b>Under 30 Seconds</b>
<b>Isometric Push Ups</b>	<b>5 Reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-10-1</b>	<b>Under 30 Seconds</b>
<b>Hollow Body Holds</b>	<b>5 Reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-10-1</b>	<b>Under 30 Seconds</b>
<b>Isometric Dips</b>	<b>5 Reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-10-1</b>	<b>60 Seconds</b>
<b>Calve Raise Holds</b>	<b>5 reps x 3 Sets</b>	<b>Body Weight</b>	<b>1-20-1</b>	<b>Under 30 Seconds</b>

### COOL DOWN & STRETCH

# WEEK 5 TO 8

## DAY 4 | REST DAY

### ROUTINE

AT THIS PHASE, RECOVERY BECOMES MORE IMPORTANT. THE PHYSICAL STRESS AND CNS OVERLOAD IS INCREASING AS YOU GO THROUGH THESE MORE ADVANCED ROUTINES. PROPER NUTRITION AND RECOVERY PROTOCOL IS IMPERATIVE. TAKE THE TIME TO FOAM ROLL AND STRETCH. WE WANT TO AVOID INJURY AND MAXIMIZE THE RECOVERY PROCESS! GREAT RECOVERY DOESN'T HAPPEN BY ACCIDENT, YOU MUST BE INTENTIONAL WITH YOUR EFFORTS! A GREAT RECOVERY ROUTINE CAN INCLUDE STATIC STRETCHING, FOAM ROLLING, COLD PLUNGE (CRYOTHERAPY), TRIGGER POINT WORK, AMONG OTHER THINGS. WHEN YOU RECOVER WELL, YOU PERFORM WELL!



# WEEK 5 TO 8

## DAY 5

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
Mental Preparation	DO NOT QUIT!	You forfeit every chance of succeeding if you quit! Rest but never quit!
Jumping Jacks/ Jump Rope	5 -15 minutes	Keep going until you've begun to lightly sweat
Dynamic Stretches	5-15 minutes	Full body

### ROUTINE

EXERCISE	REP SCHEME X REP COUNT X SETS	LOAD	TEMPO	REST PERIOD BETWEEN SETS
Bodyweight Squats	Pyramids X 5-25-5	30RM Load	1-1-1	Under 30 Seconds
Front Squats	12 Reps x 3 Sets	12RM Load	1-1-1	90 Seconds
Deadlifts	12 Reps x 2 Sets	12RM Load	1-1-1	90 Seconds
Lunges	12 Reps x 3 Sets	12RM Load	1-1-1	Under 30 Seconds
Glute Bridge Sliders	10 Reps x 3 Sets	Body weight	1-1-1	Under 30 Seconds
Calve Raises	20 Reps x 3 Sets	Body weight	1-1-1	Under 30 Seconds

### COOL DOWN & STRETCH

# WEEK 5 TO 8

## DAY 6

### WARM UP

EXERCISE	REP SCHEME X REP COUNT X SETS	NOTES
<b>Mental Preparation</b>	<b>It's not for everyone but you're different!</b>	<b>You're ELITE! Every time you don't feel like taking action, that's when you act!</b>
<b>Jumping Jacks/Jump Rope</b>	<b>5 -15 minutes</b>	<b>Keep going until you've begun to lightly sweat</b>
<b>Dynamic Stretches</b>	<b>5-15 minutes</b>	<b>Full body</b>

### ROUTINE

EXERCISE	ROUTINE EXPLAINED	LOAD	REST PERIOD BETWEEN SETS
<b>Full body endurance routine</b>	<b>SET YOUR TIMER TO 20 MINUTES AND PERFORM 5 PULL UPS X 10 PUSH UPS X 15 SQUATS FOR AS MANY SETS AS YOU CAN BEFORE THE TIMER RUNS OUT.</b>	<b>15 -30LBS</b>	<b>MINIMUM TO NO REST</b>

### COOL DOWN & STRETCH

# WEEK 5 TO 8

DAY 7 | REST DAY

## ROUTINE

**TIME TO REST! LET'S TALK ABOUT OVERTRAINING! WHAT IS OVERTRAINING? "A CONDITION IN WHICH AN INDIVIDUAL TRAINS TOO MUCH, RESULTING IN "STALENESS" OR GENERAL FATIGUE." RIGHT OFF THE BAT I'LL TELL YOU MY OPINION. I DO NOT NECESSARILY BELIEVE IN OVERTRAINING BUT I BELIEVE IN UNDER RECOVERY. I'M SURE WE ARE AWARE OUR BODIES GET STRONGER WHILE AT REST, THE STRENGTH TRAINING IS JUST THE STIMULUS WE CHOOSE TO USE TO DAMAGE THE MUSCLE FIBERS FOR THEM TO REBUILD STRONGER. IF YOU'RE GOING TO TRAIN HARD, BE SMART ABOUT IT! SUFFICIENT REST AND PROPER EATING HABITS NEED TO BE UNDER CLOSE REVIEW ESPECIALLY AS YOUR TRAINING INTENSIFIES.**



**FOR THE REMAINDER OF THIS PROGRAM  
CONTINUE TO REPEAT THE ROUTINES  
LISTED IN THE WEEK 5 TO 8 SECTION.**

**WEEK 5  WEEK 6  WEEK 7  WEEK 8**

**CHECK OFF EACH BOX AS YOU COMPLETE EACH WEEK!**





Congratulations! You have completed your 8 weeks of intense muscle building training! Well done! At this point, you should have seen and felt noticeable changes physically and mentally. Take this time to make a note of these changes and you can move onto more challenging variations, adjust the volume, resistance, or change up your entire program. There's no limits! Please inform us when you have completed this program by sending an email to [info@BusinessBodyElite.com](mailto:info@BusinessBodyElite.com)

The email should include the following:

**Subject:** "Muscle Building Program Complete"

**Body:** "Program Start Date: (MM/DD/YYYY) - Program Completion Date: (MM/ DD/YYYY)"

Note of your results from the program: Weight change, body composition change, strength change, photos, and a short video explaining your experience using this program!

READY FOR A NEW PROGRAM? [CLICK HERE](#) TO BROWSE OUR WORKOUT PROGRAM LIBRARY OR [CLICK HERE](#) BECOME AN ELITE MEMBER AND GET UNLIMITED PROGRAMS FOR FREE!

A grid of 9 workout program thumbnails. The grid is overlaid with a large, red, stylized watermark that reads "ENDLESS PROGRAMS" diagonally from the bottom-left to the top-right. The thumbnails are arranged in a 3x3 grid. The top row contains: "1 WEEK PROGRAM TEMPLATE" (Coming Soon), "8 WEEK PROGRAM TEMPLATE" (Available), and "12 WEEK PROGRAM TEMPLATE" (Coming Soon). The middle row contains: "MUSCLE BUILDING PROGRAMS" (Coming Soon), "BACK BUILDING PROGRAMS" (Coming Soon), and "CORE PROGRAMS" (Coming Soon). The bottom row contains: "LEG BUILDING PROGRAMS" (Coming Soon), "CONDITIONING PROGRAMS" (Coming Soon), and "HUMAN FLAG PROGRAMS" (Coming Soon). Each thumbnail features a photograph of a person performing a workout.

GAIN ACCESS TO FOLLOW ALONG WORKOUT SERIES, WORKOUT PROGRAMS, AND MANY MORE RESOURCES. [CLICK HERE](#)

A grid of workout program thumbnails for a "Beginner Calisthenics Series". The grid is overlaid with a large, red, stylized watermark that reads "FOLLOW ALONG" diagonally from the bottom-left to the top-right. The top row shows a header for the "BEGINNER CALISTHENICS SERIES" with a photo of a person performing a workout. Below this is a navigation bar with options: "REGISTER", "GAIN ACCESS", "NON-MEMBER". The main grid consists of 8 thumbnails labeled "DAY 1" through "DAY 8", each showing a person performing a different calisthenics exercise. The text "BEGINNER CALISTHENICS SERIES" is repeated on each day's thumbnail.

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