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Follow the detailed instructions and exercises for each week and get a free PDF download [The Workout Program to Build Lean Muscle](#). Six weeks is 6 WEEK WORKOUT PLAN What To Expect With Our Week Workout Program This workout program is broken down into two phases. See the exercises, sets, reps, and rest periods for each workout day This is a day program with functional bodybuilding workouts and HIIT workouts per week. Every week, you'll add in the Strength Ladder workout before either the Chest & Triceps workout or Back & Biceps workout. Before we get into the nitty-gritty of the plan, here's a quick disclaimer. The number of sets: If you're a beginner, you can do three sets of each exercise Workout A Barbell squat - x reps, seconds rest. Stick to the following workouts for a full, six weeks while The Ultimate Week Home Workout. It is written to focus on increasing hypertrophy by performing exercises for each muscle group during that muscle's training day, for sets, and reps (although we'll keep everything 8+ here) Set Lift weight at % of your 1RM; perform reps. B Dumbbell bent over row - x reps, seconds rest. C Barbell overhead press - x reps, seconds rest. Set Do reps at % of your 1RM. Weeks and - minutes. Print For those occasions, we've got you covered with a week-long, day workout routine. It will fire up your fat-burning furnace like nothing else. The other sessions you do will take place after your weight training session and those will be High Intensity Interval Training (HIIT) workouts. A sample schedule could look like this: Week Monday: Chest & Triceps. WORKOUT PROGRAM. D Dumbbell lunges - x reps (each side), seconds rest Weeks and - minutes. Learn the benefits of a push/pull/legs split, rep tempo, and muscle protein synthesis This week workout plan combines strength training, supersets and high-intensity interval training to help you build muscle, burn fat and get lean. Cardio acceleration is critical to Shortcut to Shred. The following workout is a day split you can follow for the next weeks to build lean muscle. Cardio acceleration is a technique that Enter HIIT s, M&F 's most efficient program to date for whittling away stubborn body fat in a short period of time. Set Perform reps at % of your 1RM. Download this comprehensive PDF template to have your workout routine at your fingertips. You can pick the type of cardio you do based on what you have access to Follow this day routine to get camera-ready for life after quarantine with large, compound moves and isolation exercises. Weeks and - minutes. Tuesday: HIIT Set Do reps at % of your 1RM. You will notice there are key We've included a sample week from his six-week Project Colossus program. Building a great physique at home is as easy as investing in dumbbells and a bench and doing this lifting routine at your convenience Maximize your fat loss journey with our week HIIT Workout Plan with Weights! Program Duration Weeks Sessions/Week: Four Main Workout Goal: Increase your one-rep max by lbs Target Gender: Male and Female Supportive Equipment: Weightlifting Belt, Lifting Straps, Chalk, Knee Brace, Elbow Brace, Workout's Additional Advantages: Build muscle mass, enhance endurance, and Download a PDF of a science-based workout plan for beginners, intermediates, and pros to gain muscle and strength. The tenets are outlined below, but here's the gist: You're going to lift as hard as you can, eat 6, · About Program