

24-Week Bodybuilding Plan

Goal – Reach 6%BF and go up 2.5 - 5% in all weight amounts every 1-2 weeks.

Training – Weeks 1 – 4: Beginning Training

Split: **Monday:** Cardio – 30 minutes of sprints
Tuesday: Workout 1
Wednesday: Rest
Thursday: Workout 2
Friday: Cardio – 30 minutes of sprints
Saturday: Cardio – 30 minutes of sprints (Morning), Workout 3 (Afternoon)
Sunday: Rest

Workout 1: Chest, Shoulders, Traps (75 seconds of rest)

Chest:	Smith Machine Bench Presses:	20*, 8, 6, 6
	Incline Dumbbell Presses:	8, 8, 8
	Flat-Bench Dumbbell Flies:	8, 8, 8
Shoulders:	Seated Smith Machine Overhead Presses:	20*, 8, 6, 6
	Rear Dumbbell Laterals On An Incline Bench:	8, 8, 8
	Seated Dumbbell Lateral Raises:	8, 8, 8
Traps:	Dumbbell Shrugs:	20*, 6, 6, 6, 6

Workout 2: Back, Biceps, Triceps (75 seconds of rest)

Back:	Deadlifts:	20*, 6, 6, 4, 4
	Bent-Over Rows:	20*, 8, 8, 8
	Close-Grip Pulldowns:	8, 8, 8
Triceps:	Close-Grip Press:	20*, 8, 8, 8, 8
	Rope Pressdowns:	8, 8, 8, 8
Biceps:	EZ-Bar Curls:	20*, 8, 8, 6, 6
	Incline Dumbbell Curls:	8, 8, 8, 8

Workout 3: Abdominals, Calves, Hamstrings, Quads

Abdominals:	Lying Leg Raises:	20, 20
	Forward Crunches:	20, 20
Calves:	Seated Calf Raises:	10, 10, 10, 10, 10
Hamstrings:	Seated Leg Curls:	20*, 8, 8, 8, 8, 8
Quadriceps:	Leg Extensions:	20*, 8, 8, 8, 8
	Squats:	6, 6, 6
	Leg Presses:	10, 10, 10

Training – Weeks 5-8: Training

Split:	Monday:	Workout 1/1/2/4
	Tuesday:	Workout 2/2/1/1
	Wednesday:	Cardio – 30 minutes sprints
	Thursday:	Rest
	Friday:	Workout 3/3/3/2
	Saturday:	Workout 4/4/4/3
	Sunday:	Rest

Workout 1: Chest, Hamstrings, Abdominals

Chest:	Incline Bench Presses:	20*, 20*, 12, 10, 8, 6
	Dumbbell Bench Presses:	10, 8, 6
	Cable Crossovers:	10, 8, 6
	Decline Dumbbell Presses:	10, 10
Hamstrings:	Romanian Deadlift:	20*, 20*, 10, 10, 10, 8, 8
	Seated Leg Curl:	15, 15, 12, 12
Abdominals:	Rope Crunch:	20, 20, 20, 20, 20
	Reverse Crunch:	15, 15, 15, 12

Workout 2: Back, Traps, Cardio

Back:	Deadlift:	20*, 20*, 8, 8, 6, 4
	Barbell Bent-Over Row:	20*, 12, 10, 8, 6, 4
	Wide-Grip Pull-Ups:	Total of 50
Traps:	Dumbbell Shrug:	20*, 12, 10, 8, 6
Cardio:	Treadmill:	20 minutes (sprints)

Workout 3: Shoulders, Biceps

Shoulders:	Seated Barbell Military Press:	20*, 12, 10, 8, 6
	Dumbbell Lateral Raise:	10, 8, 8, 8
	Reverse Pec-Dec Flye:	8, 8, 8
Biceps:	EZ-Bar Curl:	20*, 10, 8, 6
	Incline Dumbbell Curl:	10, 10, 10
	Machine Preacher Curl:	8, 8, 8
Cardio:	Treadmill:	20 minutes (sprints)

Workout 4: Quads, Triceps, Calves

Quads:	Leg Extension:	20*, 20*, 15, 15, 15
	Squat:	10, 10, 10, 8, 8
	Leg Press:	15, 12, 12
Triceps:	Close-Grip Press:	20*, 10, 8, 6
	Lying French Press:	10, 8, 8
	Rope Pressdown:	12, 10, 8
Calves:	Standing Calf Raise:	10, 10, 10, 8, 8
	Seated Calf Raise:	15, 15, 12

Training – Weeks 9-12: Training

Split:	Monday:	Workout 1
	Tuesday:	Workout 2
	Wednesday:	Rest
	Thursday:	Workout 3
	Friday:	Workout 4
	Saturday:	Rest
	Sunday:	Rest

Workout 1: Chest, Biceps

Chest:	Incline Dumbbell Press:	20*, 10, 10, 10
	Low-Incline (10°) Dumbbell Press:	10, 10, 10
	Cable Crossover:	10, 10, 10
	Dips:	8, 8, 8
Biceps:	EZ-Bar Curl:	20*, 8, 8, 8
	Cable Crossover Curl:	8, 8, 8
	Reverse Barbell Curl:	12, 12, 12
Forearms:	Barbell Wrist Curl	10, 10, 10
	Reverse Barbell Wrist Curl	10, 10, 10
Cardio:	Treadmill:	30 minutes

Workout 2: Quads, Calves

Quads:	Hyperextensions*:	15, 15
	Leg Extensions:	20*, 20* 10, 10, 10
	Squats:	20*, 10, 10, 10
	Barbell Lunge:	10, 10, 10
	Leg Press:	10, 10, 10
Calves:	Leg Press Calf Raise	15, 15, 15
	Seated Calf Raise:	20, 20, 20

Workout 3: Back, Hamstrings, Abs

Back:	Hyperextension*:	15, 15
	Deadlift:	20*, 20*, 6, 6, 6
	Dumbbell Row:	6, 6
	Bent-Over Row:	10, 10, 10
	Close-Grip Pulldown:	10, 10, 10
Hamstrings:	Seated Leg Curl:	20*, 20*, 8, 8, 8
	Dumbbell Romanian Deadlift:	12, 12, 12
Abdominals:	Crunch	20, 20, 20
	<i>Superset w/</i>	
	Reverse Crunch	20, 20, 20

Workout 4: Shoulders, Triceps

Shoulders:	Dumbbell Lateral Raise:	20*, 20*, 12, 12, 12
	Seated Dumbbell Overhead Press:	10, 10, 10
	Seated Smith Machine Overhead Press:	10, 10, 10
	Bent-Over Dumbbell Lateral Raise:	12, 12, 12
Triceps:	Close-Grip Press:	20*, 10, 10, 10
	Dumbbell Overhead Extension:	10, 10, 10
	Rope Pressdown:	10, 10, 10
Cardio:	Treadmill:	30 minutes

Training – Weeks 13-16: Training

Split:	Monday:	Workout 1
	Tuesday:	Workout 2
	Wednesday:	Rest
	Thursday:	Workout 3
	Friday:	Workout 4
	Saturday:	Rest
	Sunday:	Cardio

Workout 1: Quads, Hamstrings, Calves

Quads:	Front Squats:	20*, 20*, 12, 10, 8
	Leg Press:	15, 12, 10
	Leg Extension:	50, 25, 15, 8
Hamstrings:	Seated Leg Curl:	20*, 20*, 25, 25, 25, 25
Calves:	Standing Calf Raise:	25, 25, 25
	Seated Calf Raise:	25, 25, 25

Workout 2: Chest, Shoulders

Chest:	Incline Dumbbell Press:	20*, 20*, 15, 15, 12
	Dumbbell Flye:	15, 15, 15
	Decline Dumbbell Press:	15, 15, 12
Shoulders:	Seated Dumbbell Overhead Press:	20*, 20*, 15, 15, 12
	Dumbbell Lateral Raise:	15, 15, 12
	Reverse Pec-Dec Flye:	15, 15, 12
	Dumbbell Shrug:	12, 12, 12

Workout 3: Back, Abdominals, Cardio

Back:	Hyperextension*	15, 15
	Deadlift:	20*, 20*, 10, 10, 10
	Close-Grip Pulldown:	20*, 15, 15, 12
	Bent-Over Row:	15, 15, 12
Abdominals:	Crunch	20, 20, 20
	<i>Superset w/</i>	
	Leg Raise	15, 15, 15
Cardio:	Treadmill:	30 minutes

Workout 4: Biceps, Triceps

Biceps:	Barbell Curl:	20*, 20*, 15, 15, 12
	Incline Dumbbell Curl:	15, 15, 15
	Alternate Hammer Curl:	12, 12
	Crossover Curl:	15, 15
Triceps:	Close-Grip Press:	20*, 20*, 15, 15, 12, 12
	Seated EZ-Bar Overhead Extension:	15, 15, 15
	Dips:	15, 15, 12
	Rope Pressdown:	20, 15, 15
Cardio:	Treadmill:	30 minutes

Training – Weeks 17-20: Training

Split:	Monday:	Workout 1
	Tuesday:	Workout 2
	Wednesday:	Rest
	Thursday:	Workout 3
	Friday:	Workout 4
	Saturday:	Rest
	Sunday:	Cardio

Workout 1: Quads, Hamstrings, Calves

Quads:	Squats:	20*, 20*, 15, 15, 12
	Leg Press/Leg Extension:	10/10, 12/12, 15/15
	Hack Squat/Dumbbell Lunge:	25/10, 15/8, 25/10
Hamstrings:	Seated Leg Curl:	20*, 20*, 25, 25, 25, 25
Calves:	Standing Calf Raise:	25, 25, 25
	Seated Calf Raise:	25, 25, 25

Workout 2: Chest, Shoulders

Chest:	Incline Dumbbell Press:	20*, 20*, 15, 15, 12
	Dumbbell Flye/Dip:	15/F, 15/F, 15/F
	Smith Machine Bench Press:	15, 15, 12
Shoulders:	Seated Dumbbell Overhead Press:	20*, 20*, 15, 15, 12
	Dumbbell Lateral Raise:	15, 15, 12
	Reverse Pec-Dec Flye:	15, 15, 12
	Dumbbell Shrug:	12, 12, 12

Workout 3: Back, Abdominals, Cardio

Back:	Hyperextension*	15, 15
	Deadlift:	20*, 20*, 10, 10, 10
	Close-Grip Pulldown:	20*, 15, 15, 12
	Bent-Over Row:	15, 15, 12
Abdominals:	Crunch	20, 20, 20
	<i>Superset w/</i>	
	Leg Raise	15, 15, 15
Cardio:	Treadmill:	10 minutes
	Treadmill Sprints:	8 (2-S-35-S-35-S-35-S-35-S-35-S-30-S-30-S)

Workout 4: Biceps, Triceps

Biceps:	Barbell Curl:	20*, 20*, 15, 15, 12
	Incline Dumbbell Curl:	15, 15, 15
	Alternate Hammer Curl:	12, 12
	Crossover Curl:	15, 15
Triceps:	Close-Grip Press:	20*, 20*, 15, 15, 12, 12
	Seated EZ-Bar Overhead Extension:	15, 15, 15
	Dips:	15, 15, 12
	Rope Pressdown:	20, 15, 15
Cardio:	Treadmill:	10 minutes
	Treadmill Sprints:	8 (2-S-35-S-35-S-35-S-35-S-35-S-30-S-30-S)

S = 30 second sprint

Diet – Weeks 1-12: 50/36/14

Goal of Diet: To provide enough nutrients to build muscle while lose fat.

Meal Plan – Days 1, 2, 3, 4, 5, 7

	Calories	Carbs	Protein	Fat
6:00am				
2 EAS Phen-Free	0	0	0	0
TOTAL	0	0	0	0
6:30am				
2 egg whites	34	0	8	0
3 whole eggs	225	0	18	15
16 oz. Orange Juice w/ L-Glutamine (5g)	224	58	2	0
Creatine Monohydrate (5g)	0	0	0	0
3 oz. Pasta	327	69	6	3
2 GNC Megamen Multivitamin Tabs	0	0	0	0
TOTAL	810	127	34	18
9:35am				
1 MHP Methoxy Meal	270	13	45	4
1 ¼ cup oats	375	67	11	8
1 tbsp honey	64	17	0	0
TOTAL	709	97	56	12
10:55am				
2 EAS Phen-Free	0	0	0	0
TOTAL	0	0	0	0
11:25am				
200gm Chicken Breast stir fried w/	217	0	45	4
1 cup cooked Rice	205	44	4	2
1 egg white	17	0	4	0
B-Complex Vitamin Tab	0	0	0	0
TOTAL	422	44	53	6
1:30pm				
MHP Methoxy Meal	270	13	45	4
2 tbsp. Honey	128	34	0	0
2 cups low-fat milk	216	24	16	6
TOTAL	614	71	61	10
3:00pm				
500ml Gatorade	120	30	0	0
1 Small Banana	90	23	1	0
TOTAL	210	53	1	0
3:50pm				
2 EAS Phen-Free	0	0	0	0
TOTAL	0	0	0	0
5:30pm				
Optimum Whey (3 scoops)* w/ PROLAB L-Glutamine (10g)	330	9	63	4.5
1 cup low-fat milk	108	12	8	3
1 tbsp Honey	64	17	0	0
3 scoops Gatorade in 24 oz. Water w/ PROLAB Creatine (5g)	180	45	0	1
1000mg Vitamin C	0	0	0	0
TOTAL	682	83	71	8.5
6:30pm				
7 oz. Chicken Breast	217	0	45	4
2 tbsp. BBQ Sauce	40	10	0	0
1 cups peas and corn	160	34	7	0
TOTAL	417	44	52	4
8:15pm				
3 ZMA Tabs	0	0	0	0
TOTAL	0	0	0	0
8:50pm				
Optimum Whey (1 scoop) w/ L-Glutamine (5g)	110	3	21	1.5
TOTAL	110	3	21	1.5
DAILY TOTALS	3974	522	349	60

On day 6 you can eat whatever you want to eat.

Diet – Weeks 17-20: 17.5/62/21.5

Goal of Diet: To burn fat by using the low-carb diet method.

5:15 AM	Calories	Protein	Carbohydrates	Fat
2 Phen-Free Tabs	0	0	0	0
TOTAL	0	0	0	0
5:45 AM	Calories	Protein	Carbohydrates	Fat
6 egg whites	102	24	0	0
2 whole eggs	150	12	2	10
2 KRAFT Singles	60	10	4	0
½ cup of onions	31	1	7	0
2 GNC Megamen Multivitamin Tabs	0	0	0	0
TOTAL	373	53	11	10
9:35 AM	Calories	Protein	Carbohydrates	Fat
Whey Protein Shake (2 scoops)	220	42	6	4
1 B-Complex Vitamin Tab	0	0	0	0
TOTAL	220	42	6	3
10:55 AM	Calories	Protein	Carbohydrates	Fat
2 Phen-Free Tabs	0	0	0	0
TOTAL	0	0	0	0
11:20 AM	Calories	Protein	Carbohydrates	Fat
Whey Protein Shake (2 scoops)	220	42	6	3
TOTAL	220	42	6	3
1:10 PM	Calories	Protein	Carbohydrates	Fat
1 Methoxy Meal	270	45	13	4
TOTAL	270	45	13	4
3:45 PM	Calories	Protein	Carbohydrates	Fat
2 Phen-Free Tabs	0	0	0	0
TOTAL	0	0	0	0
Post-Workout	Calories	Protein	Carbohydrates	Fat
Whey Protein (2 ½ scoops) w/ L-Glutamine (4g)	275	55	7.5	3.75
Gatorade (3 scoops)	180	0	45	1
1 Chromium Picolinate Tab	0	0	0	0
TOTAL	455	55	52.5	4.75
6:00 PM	Calories	Protein	Carbohydrates	Fat
10 oz. Garoupa Fish Steak	300	50	0	10
1 cup of romaine lettuce w/ 1 tbs olive oil dressing	80	0	1	5
TOTAL	380	50	1	15
8:15 PM	Calories	Protein	Carbohydrates	Fat
Whey Protein (3 scoops)	330	61	9	4.5
TOTAL	330	61	9	4.5
TOTAL	2,248	348	98.5	44.25

Supplements (weeks 1-12)

EAS Phen-Free	Fat Burner
Optimum 100% Whey Protein Powder -	Whey Protein
PROLAB Creatine -	Creatine
Twinlab ZMA Fuel -	ZMA
Twinlab C-1000 Fuel -	Vitamin C
AST Multi-Pro 32X -	Multivitamin
Ultimate Nutrition Super Vitamin B-Complex -	B-Complex
MHP Methoxy Meal -	MRP
Twinlab Fuelplex -	MRP
PROLAB L-Glutamine -	Anti-Catabolic Amino Acid

Supplements (weeks 13-24)

EAS Phen-Free	Fat Burner
Twinlab HMB Fuel	Anti-Catabolic Amino Acid
PROLAB L-Glutamine	Anti-Catabolic Amino Acid
Optimum 100% Whey Protein	Whey Protein
AST Multi-Pro 32X -	Multivitamin
Ultimate Nutrition Super Vitamin B-Complex -	B-Complex