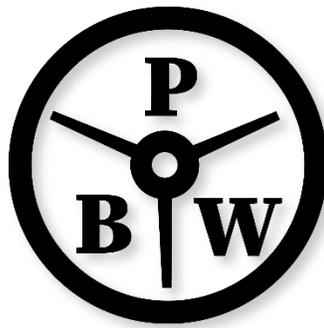


THE MUSCLE BUILDING WORKOUT ROUTINE



An PlanBWorkouts.com Creation

(An excerpt from *Superior Muscle Growth*)

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▶ THE MUSCLE BUILDING WORKOUT ROUTINE

Welcome to the program that I simply call **The Muscle Building Workout Routine**.

Why such a definitive name? Two reasons:

1. It's almost always the default workout routine that I recommend to intermediate and advanced trainees who want to build any amount of muscle as fast as possible, as well as anyone who just wants to improve the way their body looks in any capacity. It's infinitely adjustable, perfectly balanced and highly effective. It's really the ultimate combination of everything that has been proven to work best.
2. It was the first truly intelligent workout routine that I personally used to break out of my rut of consistently getting below-average results. This program was my "game-changer." It was completely different from everything I was doing or hearing about at the time, and it instantly improved my progress and results in a very significant way.

In the years since I originally used it, I've adjusted, modified and tweaked certain aspects of it to make it even **MORE** effective for you than it was for me initially.

The successfulness of these improvements has been fully backed up by my own results and firsthand experience in using it as well as the amazing [results](#) of the thousands of people who have used this program over the last few years.

This newly expanded edition of the routine now also includes additional split and scheduling options to suit every possible need or preference (one of which is my personal favorite of them all), as well as new slightly modified versions of the workouts that may appeal to people with slightly different goals and/or those who are just ready to change things up a little.

So, with all of that out of the way, let's get down to the full details of The Muscle Building Workout Routine...

THE MUSCLE BUILDING WORKOUT ROUTINE: THE SPLIT

The Muscle Building Workout Routine uses one of the most popular, proven and easily programmable weight training splits of all time: the upper/lower split.

This split divides the body up into two very obvious categories:

1. **Upper Body:** chest, back, shoulders, biceps, triceps
2. **Lower Body:** quadriceps, hamstrings, glutes, calves, abs

While most people only know of one or two versions of this split, there are actually many different variations to choose from, and some can definitely be more ideal than others.

Here are the four versions that I feel will work best for most people...

Week #1	Option #1 Classic 4-Day	Option #2 Classic 3-Day	Option #3 Modified 4-Day	Option #4 Every-Other-Day
Monday	Upper Body A	Upper Body A	Upper Body A	Upper Body A
Tuesday	Lower Body A	off	Lower Body A	off
Wednesday	off	Lower Body A	off	Lower Body A
Thursday	Upper Body B	off	Upper Body B	off
Friday	Lower Body B	Upper Body B	off	Upper Body B
Saturday	off	off	Lower Body B	off
Sunday	off	off	off	Lower Body B
Week #2				
Monday	Upper Body A	Lower Body B	Upper Body A	off
Tuesday	Lower Body A	off	Lower Body A	Upper Body A
Wednesday	off	Upper Body A	off	off
Thursday	Upper Body B	off	Upper Body B	Lower Body A
Friday	Lower Body B	Lower Body A	off	off
Saturday	off	off	Lower Body B	Upper Body B
Sunday	off	off	off	off

No matter which version of this split you choose (and I'll explain the pros and cons of each in a minute), each muscle group ends up getting trained **about twice per week**.

That means each muscle group is trained somewhere between once every 3rd day and once every 5th day, which is right within the ideal frequency range that has been proven through research and real world experience to work best for building muscle for practically everyone who is past the beginner's stage.

As it turns out, the upper/lower split is often **THE** split that best allows the majority of the population to meet this optimal frequency.

The only question is...

WHICH VERSION OF THE UPPER/LOWER SPLIT SHOULD YOU USE?

Well, let's take a look at each and find out which is most ideal for you...

OPTION #1: CLASSIC 4-DAY UPPER/LOWER SPLIT

Days	Workouts
Monday	Upper Body A
Tuesday	Lower Body A
Wednesday	off
Thursday	Upper Body B
Friday	Lower Body B
Saturday	off
Sunday	off

This is the classic 4-day upper/lower split, and it is definitely the most basic and common way you see it used.

As you can see, each muscle group ends up getting trained **once every 3rd or 4th day** using a 2-on/1-off/2-on/2-off format.

This is the most frequent of all the upper/lower variations shown, as each muscle group gets trained **exactly** twice per week. For **most** people, this should be just fine. For people with a below-average

capacity to recover, a slightly less frequent version of this split may be a better choice.

This option is also ideal for people who prefer training 4 days per week, and people who would prefer to have the exact same "on" and "off" days each week. Plus, the 2 consecutive days off at the end also makes it perfect for people who would prefer to have the weekends off.

This is all part of what makes this version of the upper/lower split the most popular, as it tends to be the easiest for most people to fit into their schedules and lives.

So, if these benefits appeal to you, then this option is absolutely perfect.

(Note: The specific template shown in the example above is probably the most common way for people to schedule this version of the split over the course of the week (since it gives you the weekends off). However, the exact days you choose really doesn't matter at all as long as the same 2-on/1-off/2-on/2-off format is kept intact.)

OPTION #2: CLASSIC 3-DAY UPPER/LOWER SPLIT

Days	Week #1
Monday	Upper Body A
Tuesday	off
Wednesday	Lower Body A
Thursday	off
Friday	Upper Body B
Saturday	off
Sunday	off
Days	Week #2
Monday	Lower Body B
Tuesday	off
Wednesday	Upper Body A
Thursday	off
Friday	Lower Body A
Saturday	off
Sunday	off

This is the classic 3-day upper/lower split, and it is probably the second most common way you see it used.

It allows for each muscle group to get trained **once every 4th or 5th day** using a 1-on/1-off/1-on/1-off/1-on/2-off format.

This *slightly* reduced frequency makes this version the least frequent of all the upper/lower variations shown, as each muscle group gets trained *about* twice per week. Or, more specifically, 3 times every 2 weeks.

However, while this is *slightly* less frequent than Option #1 (where each muscle got trained once every 3rd or 4th day), it still remains perfectly within the optimal weight training frequency range for building muscle.

This variation also has some potential benefits that Option #1 doesn't have. Most notable is the fact that it only requires you to train 3 days per week

instead of 4.

This makes this option perfect for people who would prefer to work out only 3 days per week or are just only able to fit in 3 workouts per week.

Just like the first option, this version also allows you to keep the exact same "on" and "off" days each week (although upper body and lower body days rotate from week to week, but that's not a

problem at all). And, it also has 2 consecutive days off at the end, which again makes it ideal for people who would prefer to have the weekends off.

Lastly, due to its *slightly* lower (but still perfectly optimal) frequency, this upper/lower split variation is also ideal for people who feel training each muscle group *exactly* twice per week may be a bit too much frequency for their body to recover from properly.

This could be due to age (recovery gets worse as we get older), having a highly stressful life (stress worsens recovery), having a very physical job or life in general (a lot of additional outside activity can hinder recovery), or just having crappy genetics.

Hell, you may just be someone who feels better/stronger/fresher when you train slightly less often, in which case the extra day you have off in this 3-day version will make a world of difference for you.

This is all part of what makes this version of the upper/lower split probably the second most common. It's perfect for a variety of people and a variety of situations and scheduling conflicts.

So, if any of the above sounds like it applies to you, this option is absolutely perfect.

(Note: The specific template shown in the example above is probably the most common way for people to schedule this version of the split over the course of the week (since it gives you the weekends off). However, the exact days you choose really doesn't matter at all as long as the same 1-on/1-off/1-on/1-off/1-on/2-off format is kept intact.)

OPTION #3: MODIFIED 4-DAY UPPER/LOWER SPLIT

Days	Week #1
Monday	Upper Body A
Tuesday	Lower Body A
Wednesday	off
Thursday	Upper Body B
Friday	off
Saturday	Lower Body B
Sunday	off

This is the modified 4-day upper/lower split, and it is nearly identical to the classic 4-day version shown in Option #1.

Each muscle group still ends up getting trained **once every 3rd or 4th day**, however, it reaches this frequency using a 2-on/1-off/1-on/1-off/1-on/1-off format instead.

The obvious “con” you might notice right away is that this version is the first to NOT have 2 consecutive days off at the end, which means you

don't get the weekends off.

For some people, this might be a problem. For others... it might be a solution.

You see, while this split variation still has the same frequency, the same 4 total workouts per week, and the same 3 total rest days per week as Option #1 does, the difference is that here one of those rest days is placed in between two of those workouts.

What's the point, you ask? Simple. To improve recovery.

Training on back-to-back days is a bit more taxing on the body than training on non-consecutive days. This split takes that into account by breaking up the final two workouts, thus potentially improving your ability to recover.

So instead of having two consecutive sets of workouts each week, you just have one.

While this difference isn't quite as significant as Option #2 (the classic 3-day version), this is sort of a middle ground split between Options #1 and #2 that gives you a slight recovery enhancement while still keeping four total workouts per week.

If these benefits appeal to you, and you don't mind not having Saturdays off (or Sundays, if you'd prefer it that way), then this split would be perfect.

(Note: If you'd rather break up the first two workouts and keep the second two on back-to-back days instead, that's perfectly fine.)

OPTION #4: EVERY-OTHER-DAY UPPER/LOWER SPLIT

Days	Week #1
Monday	Upper Body A
Tuesday	off
Wednesday	Lower Body A
Thursday	off
Friday	Upper Body B
Saturday	off
Sunday	Lower Body B

This is the every-other-day upper/lower split, and it may be my personal favorite version of them all.

As you can see, each muscle group ends up getting trained **once every 4th day exactly**, using a 1-on/1-off/1-on/1-off repeating format with no consecutive days on or off at any point.

While Option #1 (classic 4-day) and Option #3 (modified 4-day) are the most frequent versions of the split (every 3rd or 4th day), and Option #2

Days	Week #2
Monday	off
Tuesday	Upper Body A
Wednesday	off
Thursday	Lower Body A
Friday	off
Saturday	Upper Body B
Sunday	off

(classic 3-day) is the least frequent version (every 4th or 5th day), this variation is right in the middle of them all (every 4th day exactly).

So, even though they are ALL within the ideal frequency range, this one is kind of in that “best-of-both-worlds” position, directly in the middle. Meaning, you get a little more frequency than the 3-day version, and a little more rest and recovery than the 4-day versions.

In addition, remember how the modified 4-day version broke up the second set of workouts by putting one of the rest days between them to enhance recovery? Well, this version takes that to the next level by breaking up BOTH sets of workouts so that you never train on consecutive days ever.

But wait, there’s more! Each week ends up rotating between four total workouts per week and three total workouts per week. This is great for people who like the idea of working out more often AND working out less often to improve recovery. Again, it’s the best of both worlds.

So, as you can see here, this version of the upper/lower split basically takes all of the best qualities of the three other options and combines them together perfectly. Well, *almost* perfectly.

You see, despite this big list of positives, there are a couple of potential negatives. First, you don’t get the full weekend off. If you’re someone who wants (or just needs) the weekends off, then this split would be a problem.

The other potential problem is also scheduling related. In all of the other versions, the days you train and the days you don’t remain the same each week. In this version, workout days/rest days rotate from one week to the next.

For some people, this could also be hard to manage and fit into their weekly schedule.

So, while this is the split with the most benefits, it’s also usually the hardest to make work in the real world. But if you can... then this split is absolutely perfect for you.

SELECTING YOUR SPLIT OPTION

Now that you know the differences between the four upper/lower split options, it's time for you to pick the one that suits you best. Again, **ALL** of these options are already highly proven and guaranteed to work extremely well. You really can't go wrong with any of them.

It's just a matter of choosing the one that's most ideal for you. In case you're having trouble making up your mind, here are my recommendations...

- If you want to use a 4-day split that allows for having the same workout/rest days each week AND you don't have a problem training on Saturdays, **Option #3** (modified 4-day) is definitely my recommendation. But if you need the weekends free, go with **Option #1** (classic 4-day).
- If you can only manage to train 3 days per week or would just rather have 3 workouts per week instead of 4, then **Option #2** (classic 3-day) is definitely the option for you. That seems obvious, but I've seen people who, for some reason, think four workouts per week is "better" for them even though it would be MUCH more convenient for their schedule to only have three. So what happens? They try (and fail) to make a 4-day split work. They miss workouts. They're inconsistent. They end up quitting altogether. And all because they were too stubborn to do what was truly ideal for them and best suited for their schedule. So, if 3 days is best for you, please avoid being a dumbass and just use the 3-day version.
- If you feel you have a below-average capacity to recover, have below-average genetics, are older, live a highly stressful life, are involved in an excess of outside physical activity (for example, you have a job that requires lifting stuff all day, you're doing other forms of training, etc.), or just feel you would benefit from having a slightly reduced frequency and therefore a slightly increased amount of rest and recovery between workouts, then **Option #2** (classic 3-day) is definitely the option I'd recommend for you.
- **Option #4** (every-other-day) is easily my favorite split of them all. In an ideal world, it's the upper/lower split variation I'd have everyone using. I highly recommend it if you have a schedule flexible enough to make it work. But if you don't, it's not worth adjusting your life and inconveniencing yourself to try. In this case, go with one of the other three options instead.

Now that the split is all figured out, it's time to get to the actual workouts...

THE MUSCLE BUILDING WORKOUT ROUTINE: THE WORKOUTS

As I explained earlier, an upper/lower split divides everything up into two types of workouts.

One will train your entire upper body to some degree (chest, back, shoulders, biceps, and triceps), and one will train your entire lower body to some degree (quads, hamstrings, glutes, calves, and abs as well).

You will then end up doing two (or *about* two) of each workout per week depending on exactly which variation of the split you decide to use.

And, like I said, no matter which upper/lower split option you end up using, the workouts will all still get done within the optimal frequency range and everything will still work perfectly fine.

As for the workouts themselves, there are actually a few different versions of The Muscle Building Workout Routine that I've used (and seen used) with great success.

I definitely have my favorite (which is really just based on my own personal preferences), but since each version brings a little something different to the table, you'll now have access to every single version there is.

So, without further ado, here are the five versions of the workouts that I've found work best for building muscle...

THE MUSCLE BUILDING WORKOUT ROUTINE: VERSION 1

Here is the most well-known version of this program, and the one that I tend to recommend most often by default.

That doesn't necessarily make it the clear "BEST" version of them all. More so just my personal favorite version, because it's the perfect blend of what I liked best about all of the other versions I experimented with when I put it all together.

So, here's how Version 1 of these workouts will go...

Upper Body A

Order	Exercise	Sets	Reps	Rest
1	Bench Press	3	6-8	2-3 minutes
2	Rows	3	6-8	2-3 minutes
3	Incline Dumbbell Press	3	8-10	1-2 minutes
4	Lat Pull-Downs	3	8-10	1-2 minutes
5	Lateral Raises	2	10-15	1 minute
6	Triceps Pushdowns	3	10-12	1 minute
7	Dumbbell Curls	2	12-15	1 minute

Lower Body A

Order	Exercise	Sets	Reps	Rest
1	Romanian Deadlifts	3	6-8	2-3 minutes
2	Leg Press	3	10-12	1-2 minutes
3	Seated Leg Curls	3	8-10	1-2 minutes
4	Standing Calf Raises	4	6-8	1-2 minutes
5	Abs	-	8-15	1 minute

Upper Body B

Order	Exercise	Sets	Reps	Rest
1	Pull-Ups	3	6-8	2-3 minutes
2	Barbell Shoulder Press	3	6-8	2-3 minutes
3	Seated Cable Row	3	8-10	1-2 minutes
4	Dumbbell Bench Press	3	8-10	1-2 minutes
5	Dumbbell Flyes	2	10-15	1 minute
6	Barbell Curls	3	10-12	1 minute
7	Skull Crushers	2	12-15	1 minute

Lower Body B

Order	Exercise	Sets	Reps	Rest
1	Squats	3	6-8	2-3 minutes
2	Split Squats	3	8-10	1-2 minutes
3	Lying Leg Curls	3	10-12	1-2 minutes
4	Seated Calf Raises	4	10-15	1-2 minutes
5	Abs	-	8-15	1 minute

DETAILS AND CLARIFICATIONS: UPPER BODY A

- The Upper Body A workout starts with the **bench press**. This is meant to be a flat barbell bench press. I recommend having a spotter if possible. Besides being important for obvious safety reasons, not having one may make you afraid of trying for an additional rep, and this could hinder your progress.
- Up next is a **row**, which basically means some type of [horizontal pull](#) (meaning back row exercise). Pretty much any type of row would be fine here, so pick your favorite (bent over barbell or dumbbell rows, t-bar rows, chest supported rows, various Hammer Strength machine rows, whatever).

- For **incline pressing**, I recommend incline dumbbell presses. Technically, any type of incline press would be just as good here. Barbell, dumbbell, machine (Hammer Strength makes an incline chest press that I love). But, my first choice recommendation would definitely be the incline dumbbell press. If you happen to have any preexisting shoulder problems that make incline pressing uncomfortable, try using a neutral grip (where your palms face each other).
- For **lat pull-downs**, I recommend using an underhand grip (meaning your palms will face you) or a neutral grip (palms face each other... this grip is much less stressful on your elbows/wrists). This is because I'm going to recommend an overhand grip (palms face away from you) during the Upper Body B workout. You'll see. These are to be done in front of your head... never behind the neck.
- For **lateral raises**, you can really do whatever lateral raise you want. With dumbbells (seated or standing, one arm at a time or both together), with cables, with a lateral raise machine if your gym has a decent one. Just pick your favorite.
- For the **triceps exercise**, I recommend some form of cable pushdowns, ideally using an overhand grip on some kind of bar attachment or neutral grip using a rope attachment.
- For the **biceps exercise** on this day, I recommend any type of dumbbell curl (standing, seated, on a preacher bench, whatever). Pick your favorite.

DETAILS AND CLARIFICATIONS: LOWER BODY A

- The Lower Body A workout begins with the **Romanian deadlift (RDL)**. I recommend using a double overhand grip for these as opposed to a mixed grip (which would be one hand over, one hand under). If you ever reach a point where the weight you're deadlifting becomes too heavy to hold and your grip becomes an issue, feel free to use straps. Also, if you don't like RDLs, stiff-legged deadlifts (SLDL) could be done instead.
- For the **leg presses**, you can do these the traditional way (both legs at the same time) or single leg if possible. Also, this is meant to be done in a 45 degree leg press. If your gym doesn't have one, then use whatever leg press they do have.
- For the **leg curls**, some gyms have a few different types of leg curl machines... seated, standing, and lying down. You can really pick any one you want.

- Next up is **standing calf raises**. If your gym doesn't have a standing calf raise machine, feel free to do calf presses in the 45 degree leg press.
- For **abs**, do a few sets of whatever you want. Just don't go too crazy... no more than 10 minutes or so. I like various forms of weighted crunches, hanging leg/hip raises, planks, etc. Pick your favorites and keep it simple. [Additional details here](#).

DETAILS AND CLARIFICATIONS: UPPER BODY B

- The Upper Body B workout starts with **pull-ups**. These are meant to be done using an overhand grip (and always do them in front of your head... never behind your neck). If you are unable to do pull-ups, you can do lat pull-downs or some form of assisted pull-up instead (still using an overhand grip). It's perfectly fine. However, if you're doing an assisted pull-up, your eventual goal should be to use less and less assistance until you're using none at all. And if you're someone who can already do the prescribed amount of sets and reps with your own body weight, you need to get yourself a "[pull-up belt](#)" (also called a "[dip belt](#)") and start adding some additional weight.
- For the **shoulder press**, I'd usually recommend doing seated barbell presses (in front of you, not behind the neck). Of course, you could just as easily do seated dumbbell presses instead if you'd really prefer to. It's fine.
- Up next are **seated cable rows**, which would ideally be done with a parallel/neutral grip (palms facing each other). If your gym doesn't have a handle like that, any other grip is fine. If your gym doesn't have a seated cable row for some reason, feel free to do any other similar horizontal back row in its place. Seated cable rows are definitely my first choice though.
- Up next is the **flat dumbbell bench press**. Nothing more to add here really.
- After that we have **dumbbell flies**. These can be done on a flat bench or a low incline if you prefer. Technically, any sort of chest isolation exercise would be equally effective here, so if you happen to prefer some kind of cable or machine fly instead, you can feel free to do that.
- For the **biceps exercise**, I recommend standing barbell curls with an EZ curl bar (it's much less stressful on your wrists/elbows than a straight bar). You could technically do any other type of curl instead if you wanted to, though.

- For the **triceps exercise**, I recommend skull crushers. I'd suggest doing these with an EZ curl bar (it's much more comfortable on the wrists/elbows than a straight bar) or with dumbbells (palms facing each other). These can be done on a flat or decline bench. Also, if preferred, some kind of overhead triceps extension exercise would be perfectly suitable in its place.

DETAILS AND CLARIFICATIONS: LOWER BODY B

- The Lower Body B workout starts with **squats**. That's meant to be barbell back squats, by the way. However, if you happen to be someone who isn't built for squats or you just have a problem doing them for whatever reason, you can replace them with leg presses (ideally using a 45 degree leg press machine).
- For the **split squats**, feel free to use a barbell or dumbbells. If you've never done any kind of split squat or lunge variation before, I'd recommend starting with dumbbells instead of a barbell. It will be easier (and safer) to learn how to balance yourself properly.
- For the **leg curls**, I'd recommend using a different type of leg curl machine than you used in the Lower Body A workout, assuming your gym actually has more than one type of leg curl machine. If your gym only has one kind, do it one leg at a time in the A workout, and both legs together in this workout.
- Up next are **seated calf raises**. Not much more to add here.
- For **abs**, do a few sets of whatever you want. Just don't go too crazy... no more than 10 minutes or so. I like various forms of weighted crunches, hanging leg/hip raises, planks, etc. Pick your favorites and keep it simple. [Additional details here](#).

And that's Version 1 of The Muscle Building Workout Routine, which is most often my personal favorite and the default version I recommend to most people in general.

However, other **equally effective** versions of this program also exist. Some may be more or less ideal for certain goals, situations and training preferences, and some might just be perfect second and third options to use when you feel like it's time to make a change from this first version.

So, here now are those other versions...

HELLO THERE... IT'S ME... TIM.

Thanks for downloading this PDF of Version 1 of The Muscle Building Workout Routine. I hope you liked it, and I hope you enjoyed the additional upper/lower split options that I laid out at the beginning and did not include on the website (hooray for bonus exclusive content!).

I also hope you actually put this program into action. In case you didn't already know, the "putting it into action" part is sort of the biggest key to your success with this (or any) workout.

So... you know... *be sure to actually do that.*

THE OTHER VERSIONS OF THIS WORKOUT...

Everything you just read is a **free preview** from my program, [Superior Muscle Growth](#). In addition to this first version of The Muscle Building Workout Routine, SMG also includes a handful of others.

For example...

- **Version 2**
This version adjusts the rep ranges and the number of sets being done on certain exercises. Specifically, more sets and a slightly lower rep range is used for the primary compound exercises, and a higher rep range is used for the secondary compound exercises.
- **Version 3**
This version modifies the order of the exercises being done, so that more emphasis is placed on generating muscular fatigue (which, along with tension and damage, make up the three training stimuli for muscle growth).
- **Version 4**
This version incorporates supersets/alternating sets, which can be beneficial for many reasons including reducing the amount of time each workout takes (which is ideal for those who need to get their workouts done in the shortest amount of time possible).
- **Version 5**
This is a version that I originally created for myself when I had a shoulder injury that prevented

me from doing any form of overhead pressing. It tends to be ideal for people who want to build muscle (including on their shoulders) without doing any shoulder pressing.

THE OTHER WORKOUTS...

In addition to the other versions of The Muscle Building Workout Routine that I just listed, you may also be interested to know that [Superior Muscle Growth](#) contains ALL of the workouts that I've personally used and recommended to (literally) thousands of other people over the last 10+ years.

This includes...

- **The Beginner Weight Training Workout Routine**
This is a full body workout. There are 3 different versions of it included.
- **Bodybuilding 2.0**
This is a push/pull/legs workout. There are 5 different versions of it included.
- **Upper Body Focused Training**
This uses a modified version of upper/lower. There are 3 different versions of it included.
- **Lower Body Focused Training**
This uses a modified version of lower/upper. There are 2 different versions of it included.
- **Outstanding Arms**
This is a biceps/triceps specialization routine. There are 5 different versions of it included.
- **Targeted Lean Muscle**
This is a modified push/pull workout. There are 9 different versions of it included.
- **3DM**
This is an upper/lower program specifically designed for the 3-day version of the split. There are 5 different versions of it included.
- **Maximum Muscle Hypertrophy**
This uses a modified version of push/pull/legs. There are 4 different versions of it included.

- **The 2-Day Workout Routine**

This is a full body workout that only requires 2 workouts per week. There are 3 different versions of it included.

- **The Fat Loss + Muscle Maintenance Solution**

This is the workout that I recommend when your primary goal is to lose fat *without* losing muscle. There is 1 version included. (My other program, [Superior Fat Loss](#), is actually all about losing fat without losing muscle.)

In addition to all of this, [Superior Muscle Growth](#) also covers different methods of progression, exactly how often to change your workout and exactly what types of changes to make, how often to deload or take a week off, how to warm-up, and a whole lot more.

Not to mention, [Superior Muscle Growth](#) also covers every other aspect of building muscle. This includes diet and nutrition (your ideal calorie, protein, fat and carb intake), cardio, calorie cycling, pre and post workout meals, supplements, lifestyle, and much more.

Basically, [Superior Muscle Growth](#) shows you how to adjust every factor of your diet and workout to build lean muscle as effectively as possible *without* gaining excess body fat along with the way.

If you're interested, you can learn all about it and see photos of some of the awesome transformations people have made here: [Superior Muscle Growth](#)

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And that's about it. I hope you enjoyed this PDF. Be sure to keep an eye on your inbox, because I'm going to have more awesome (free) content to share with you in the future. See ya soon.