

The 4 Best **WORKOUT ROUTINES** **To Build Muscle** **FAST!**



By David Welburn

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Introduction

When I first started training in 1976 I had no idea what I was doing. A Charles Atlas course that had you doing “dynamic tension” calisthenics twice per day was my introduction to the process of building muscle.

But it worked quite well. I went from being one of the skinniest and weakest kids in my year at school to one of the strongest and most athletic in a few months.

Then a couple of years later I invested in a set of weights so I could train with them in my bedroom, much to my mother’s consternation.

I trained according to the instructions in the manual that came with the weight’s set. Looking back it was a perfectly reasonable beginner’s routine I guess, but I had started reading all the muscle mags by that time. And then, as now, there was a lot of misleading information in them, which sent me down completely the wrong path.

A lot of what I read talked about high volume “bodybuilder style” workout routines. And it was constantly stressed that the way to make progress was to “push through the pain barrier” and keep working until your muscles were completely fatigued.

Then there were those in the other camp that said that this was all wrong, and the best way to make progress for the genetically average individual was low volume workouts performed no more than three days per week. But again it was stressed that you should always train as hard as possible. Short extremely intense workouts, pushing to the point of failure (and often beyond), was what was going to put muscle on you faster than anything else.

However I now know that both these approaches are wrong. Or at the very least far from optimal.

If you are genetically average and looking to build muscle in the most effective way possible (without the use of drugs) you can forget the bodybuilding routines that have you training one or two body parts per day with ultra-high volume. And you can forget the very low volume “one set to failure” method as well.

So how should you train to build muscle then? What will really give you the best results? Well, there are a number of different approaches you could take, and that’s what this book is about.

Here I will give details of the 4 best workout routines to build muscle, and I’ll give you examples of each of them (so there are actually more than 4 routines here).

Follow the one that you feel is most appropriate to your current needs and level of experience, taking into account the factors mentioned, and you will make progress.

How much progress? Well that's a very individual thing and is dependent on factors such as genetics and how well you pay attention to recovery factors such as diet and rest.

But you can rest assured that you will make progress. And your eventual results should be nothing short of outstanding, no matter what your genetics are like.

So let's get started...

The Full Body Workout Routine

You see it all the time; someone goes into the gym with little or no training experience and embarks on a “20 sets per body part, 5 day per week split routine” that they read about in some muscle mag or on some website.

They do chest on Monday (obviously ☺), back on Tuesday, legs on Wednesday, shoulders on Thursday and arms on Friday.

They use mostly isolation type exercises, they train to failure on every set, and they have a training partner help them force out a few more reps at the end of their sets.

And 6 months later they look exactly the same.

Why? Simply because the way they are training is completely wrong for them (and for the vast majority of other natural trainees for that matter).

If you are a beginner you are in an unusual (and enviable) situation. For the next several months you will be able to put muscle on much faster than any intermediate or advanced trainee ever could. But you need to train in the right way so you can make the most of that.

And the best way for a beginner to train is with a full body workout routine performed three times per week.

This method of training is also great for early intermediates, or anyone who has been training for a while but has made little progress. If you are skinny (or skinny fat) and not very strong, you should use a full body routine – no matter how long you have been training.

A full body workout does not need to be extremely long. In fact you can train every major muscle group in your body with just three movements – a squat or deadlift variation, an upper body push and an upper body pull.

You could add in an arm exercise at the end of this if you wish, but that’s about all you need at this stage. There’ll be time to add in some other exercises later on when you’ve been training a while.

There are a number of ways you could set up a full body routine. You could do the same workout three times per week. Or you could do two different workouts and alternate them (this is probably the best way to start with). Or you could do three different workouts, so each exercise is performed just once per week, but your whole body is still being trained three times per week.

The Beginners Full Body Workout Routine

For example, perhaps the ideal workout routine to start with is the following...

Workout A

Squats 3 X 5 – 7

Bench Press 3 X 5 – 7

Bent-over Row 3 X 5 – 7

Workout B

Deadlift 2 X 5

Overhead Press 3 X 5 – 7

Chin-Ups 3 X 6 – 8

(3 X 5 – 7 = 3 sets of 5 – 7 reps)

Just alternate these two workouts over your three weekly visits to the gym. Then when you've been training a couple of months you could add in barbell curls to the end of workout A and parallel bar dips to the end of workout B if you wish.

So your routine would now look like this...

Workout A

Squats 3 X 5 – 7

Bench Press 3 X 5 – 7

Bent-over Row 3 X 5 – 7

Barbell Curl 2 X 8 – 10

Workout B

Deadlift 2 X 5

Overhead Press 3 X 5 – 7

Chin-Ups 3 X 6 – 8

Parallel Bar Dips 2 X 8 – 10

The sets listed are your work sets. You should always do a couple of warm-up sets first to prepare your body for the heavier work, and to reduce your risk of injury.

The Three Way Full Body Routine

You can continue with either of the above routines for as long as you are making progress. But once you've been training for several months you may find you'll recover better (and therefore make progress for longer) if you do three different workouts over the course of the week.

So this might look something like the following...

Monday

Squats 3 X 5 – 7

Incline Bench Press 3 X 6 – 8

Bent-Over Row 3 X 5 – 7

Barbell Curl 2 X 8 – 10

Wednesday

Deadlift 2 X 5

Overhead Press 3 X 5 – 7

Pull-Ups 3 X 6 – 8

Parallel Bar Dips 2 X 8 – 10

Friday

Leg Press 3 X 8 – 10

Bench Press 3 X 5 – 7

Cable Row 3 X 6 – 8

Hammer Curls 2 X 8 – 10

Whichever routine you use your main focus should be on progressing in the weights you are using. So when you reach the top end of the recommended rep range for all of your work sets, increase the weight a little next workout.

Focus on getting stronger, especially on the big compound lifts, and you will get bigger.

You can continue to use full body workouts for as long as you wish. If you are making progress there is no reason to change. But at some point, as you get stronger and are using heavier weights, it will become too much to train every body part three times per week.



So at this point you will want to split your body into two different parts, training one part in one workout and the other in a separate workout. And this type of routine is the subject of the next chapter.

The Upper/Lower Split Routine

Once you are past the beginner stage and have made some decent gains you'll probably find you'll make better progress if you split your body into two parts and train each part in separate workouts.

And the most logical way to do this is to use an upper/lower body split routine.

In fact for the vast majority of people who are training regularly the upper/lower split is the very best way there is to build muscle size and strength as quickly and effectively as possible.

With an upper/lower split routine you will train your entire upper body in one workout and your entire lower body in another.

So that means in one workout you will train chest, back, shoulders, biceps and triceps and in the other you will train quads, hamstrings, calves, lower back and abdominals.

Using this approach you could simply do two different workouts and perform each of them twice per week (so you'll be training four times per week in total). Or you could do four different workouts – two for upper body and two for lower body. This later method tends to work better as it allows for improved recovery.

If you can't get to the gym four times per week however, it doesn't matter. You can simply alternate your four workouts over three weekly gym visits. It will still work almost as well. In fact for older trainees (say those over 50), and for people who are very busy or active in other areas, it could work better.

The Bodybuilders Upper/Lower Split

Here's a great example of an upper/lower body split routine that is specifically designed for those whose primary concern is to increase muscle size...

Upper Workout 1

Bench Press 3 x 5 – 7

30 Degree Incline Dumbbell Press 2 x 8 – 10

Bent-over Row 3 x 6 – 8

Close Grip Pulldowns 2 x 8 – 10

Seated Dumbbell Shoulder Press 3 x 8 – 10

Barbell Curl 3 x 8 – 10

Triceps Pressdowns 3 x 8 – 10

Lower Workout 1

Squats 3 x 6 – 8

Split Squats (Rear Foot Elevated) 2 x 10 – 12

Romanian Deadlift 2 x 8 – 10

Calf Raise 4 x 8 – 10

Weighted Crunches 2 x 10 – 12

Upper Workout 2

Decline Bench Press 3 x 6 – 8

Dumbbell Flyes 2 x 10 – 12

Pull-Ups 3 x 6 – 8

Cable Row 2 x 8 – 10

Overhead Press 3 x 5 – 7

Dumbbell Hammer Curls 3 x 10 – 12

Overhead French Press 3 x 10 – 12

Lower Workout 2

Leg Press 3 x 10 – 12

Back Extensions 2 x 10 – 12

Leg Curls 3 x 8 – 10

Seated Calf Raise 4 x 10 – 12

Hanging Leg Raise 2 x 10 – 12

You'll notice that in this routine the upper body workouts are longer than the lower body workouts, so you'll need to keep the pace fairly brisk with these, resting no longer than you need to between sets, to ensure you are able to get them done in a reasonable time period.

The Powerbuilders Upper/Lower Split

And here's a slightly different version that's designed for those whose primary concern is to increase strength, but who still want to pack on as much size as possible as well...

Upper Workout 1

Bench Press 3 x 4 – 6

Bent-over Row 3 x 6 – 8

Close Grip Bench Press 2 x 8 – 10

Close Grip Pulldowns 2 x 8 – 10

Seated Dumbbell Shoulder Press 3 x 8 – 10

Barbell Curl 3 x 8 – 10

Lower Workout 1

Squats 3 x 4 – 6

Back Extensions 2 x 10 – 12

Split Squats (Rear Foot Elevated) 2 x 10 – 12

Calf Raise 4 x 8 – 10

Weighted Crunches 2 x 10 – 12

Upper Workout 2

Overhead Press 3 x 4 – 6

Pull-Ups 3 x 6 – 8

30 Degree Incline Dumbbell Press 3 x 8 – 10

Cable Row 2 x 8 – 10

Parallel Bar Dips 2 x 10 – 12

Dumbbell Hammer Curls 3 x 8 – 10

Lower Workout 2

Deadlift 2 x 5

Leg Press 3 x 8 – 10

Leg Curls 3 x 8 – 10

Seated Calf Raise 4 x 10 – 12

Hanging Leg Raise 2 x 10 – 12



The main focus of this program is on developing strength in the big 4 lifts (squat, bench press, deadlift and overhead press). But sufficient additional exercises and volume are incorporated into the workouts to ensure maximum overall size development, together with proper balance and symmetry.

However, due to the fact that the upper body workouts tend to be longer than the lower body workouts in upper/lower splits, it is possible to modify the approach slightly by putting the arms (or just the biceps) in the lower body workouts. And as biceps tend to respond better to more frequent training than most other body parts, this seems to be a particularly effective way of doing it.

The Modified Upper/Lower Split

So in this case your routine might look something like this...

Upper Workout 1

Bench Press 3 x 5 – 7

Bent-over Row 3 x 6 – 8

Close Grip Bench Press 2 x 8 – 10

Close Grip Pulldowns 2 x 8 – 10

Seated Dumbbell Shoulder Press 3 x 8 – 10

Lower Workout 1

Squats 3 x 6 – 8

Back Extensions 2 x 10 – 12

Split Squats (Rear Foot Elevated) 2 x 10 – 12

Calf Raise 4 x 8 – 10

Barbell Curl 3 x 8 – 10

Upper Workout 2

Overhead Press 3 x 5 – 7

Pull-Ups 3 x 6 – 8

30 Degree Incline Dumbbell Press 3 x 8 – 10

Cable Row 2 x 8 – 10

Parallel Bar Dips 2 x 10 – 12

Lower Workout 2

Deadlift 2 x 5

Leg Press 3 x 8 – 10

Leg Curls 3 x 8 – 10

Seated Calf Raise 4 x 10 – 12

Dumbbell Hammer Curls 3 x 8 – 10

This is the routine I most often recommend as it's very efficient, containing just five exercises per workout. However there is no abdominal training here, so you would need to add that in if you particularly want to train your abdominals. But the stomach will firm up well enough if you simply brace it hard during most of your other exercises – which is what you should be doing anyway.

Again, you can continue to use upper/lower body splits for as long as you want – indefinitely even. But as you become more advanced, or if you just want a more “bodybuilding style” of workout routine, you might want to move on to a three way split system. And these will be the subject of the next two chapters.

The Push/Pull/Legs Split

If you prefer to do a more “bodybuilding style” of workout routine, or if you’ve been doing upper/lower splits for a while and fancy a change, a three way split can be a very good choice, provided you set it up properly.

And probably the most popular three way split routine is the push/pull/legs split.

With this you train all your upper body pushing muscles in one workout (that’s chest, shoulders and triceps), all your upper body pulling muscles in another workout (back and biceps) and your lower body in a third workout (quads, hamstrings, calves and abdominals).

With the push/pull/legs split you can train either three or four times per week, although three times will not give optimum results as you are only training each body part once per week.

Better still you could use the rotating five day cycle, where each workout is done over a five day period. So you would train two days on, one day off, one day on, one day off. And in this case rather than doing push/pull/legs it would be better to do push/legs/pull, as this will mean that your push day is always followed by legs and you always have a day off between leg day and pull (back) day (this is particularly important if you are doing deadlifts on your pull day).

The push/pull/legs split is a very efficient routine as all related muscle groups are trained together in the same workout. So you get maximum overlap of movements within the same workout, and minimum overlap between workouts. And this facilitates recovery, reduces joint strain and helps prevent injury.

Bodybuilders Push/Pull/Legs Split Routine

Here’s an excellent example of a push/pull/legs routine designed for those whose main aim is to increase muscle mass...

Workout 1 – Push

Bench Press 3 X 5 – 7

Seated Dumbbell Shoulder Press 3 X 6 – 8

30 deg. Incline Dumbbell Press 3 X 8 – 10

Side Lateral Raises 2 X 10 – 12

Triceps Pressdowns 3 X 8 – 10

Overhead Triceps Extension 2 X 8 – 10

Workout 2 – Pull

Bent-over Row 3 X 5 – 7

Pull Ups 3 X 6 – 8

Barbell Shrugs 3 X 8 – 10

Face Pulls 2 X 10 – 12

Barbell Curl 3 X 8 – 10

Dumbbell Hammer Curl 2 X 8 – 10

Workout 3 – Legs/Abs

Squats 3 X 6 – 8

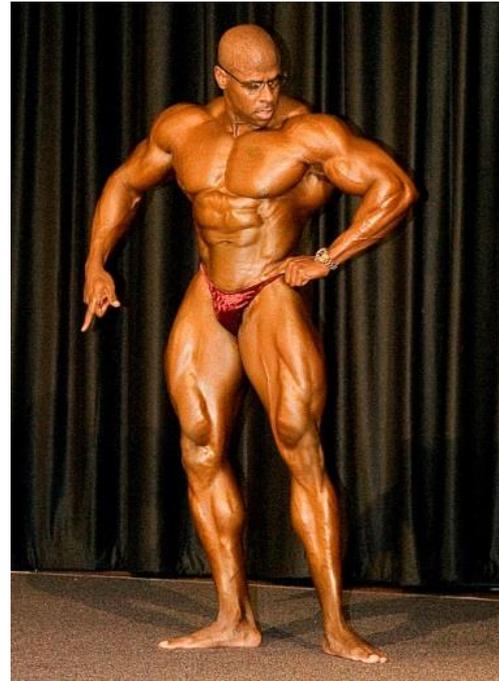
Romanian Deadlifts 2 X 8 – 10

Leg Press 2 X 10 – 12

Leg Curl 2 X 10 – 12

Calf Raise 4 X 8 – 10

Hanging Leg Raise 2 X 10 – 15



Powerbuilders Push/Pull/Legs Split Routine

And here's one for those whose main aim is to increase strength, but who still want to pack on as much mass as possible at the same time...

Workout 1 – Push

Bench Press 3 X 4 – 6

Overhead Press 3 X 6 – 8

30 deg. Incline Dumbbell Press 3 X 8 – 10

Side Lateral Raises 2 X 10 – 12

Parallel Bar Dips 2 X 10 – 12

Workout 2 – Pull

Deadlift 2 X 5

Bent-over Row 3 X 6 – 8

Pull Ups 3 X 6 – 8

Face Pulls 2 X 10 – 12

Barbell Curl 3 X 8 – 10

Workout 3 – Legs/Abs

Squats 3 X 4 – 6

Leg Press 2 X 10 – 12

Leg Curl 2 X 8 – 10

Calf Raise 4 X 8 – 10

Hanging Leg Raise 2 x 10 – 12

With this program the main emphasis is on developing strength in the big 3 lifts (squat, bench press and deadlift). But again there's sufficient additional exercises and volume to ensure maximum size development, together with proper balance and symmetry.

And whilst on the subject of three way splits there's one other that produces great results too...

The Opposing Muscle Groups Routine

Another great way to split your body up into three parts is to do chest and back in one workout, legs and abs in another and shoulders and arms in a third workout.

So with this type of routine, instead of training related muscle groups together in the same workout, you are training opposing muscle groups in the same workout.

The advantage of this is that it gives better intra-workout recovery, so you'll be able to put maximum effort into each body part, whereas this may not always be possible when training related muscle groups.

For instance if you are training shoulders after chest, your shoulders will already be pre-fatigued to some extent by your chest work. This does not happen in a routine that focuses on opposing muscle groups.

There is one small disadvantage though, and that is that there is more of an overlap between workouts. But this should not be a problem if it's set up properly, as it's only an indirect overlap. And, as I said earlier, some of the smaller body parts (particularly biceps) respond well to more frequent training anyway.

This type of routine was a favorite of Arnold and many of the other 70s bodybuilders. He always believed that training opposing muscle groups made sense and you can't argue with the results it gave him.

As with the push/pull/legs split, you can train either three or four times per week when using this program (although three times will not be optimal). Or you can use the rotating five day cycle.

If you're not sure whether this routine or a push/pull/legs split would suit you better, give them both a try for a few weeks and see which you prefer. Or you could use both of them over the course of your training year.

The Opposing Muscle Groups Workout Routine

Workout 1 – Chest & Back

Bench Press 3 X 5 – 7

Bent-over Row 3 X 5 – 7

30 deg. Incline Dumbbell Press 3 X 8 – 10

Pull Ups 3 X 6 – 8

Dumbbell Flyes 2 X 10 – 12

Face Pulls 2 X 10 – 12

Workout 2 – Legs & Abs

Squats 3 X 6 – 8

Romanian Deadlifts 2 X 8 – 10

Leg Press 2 X 10 – 12

Leg Curl 2 X 10 – 12

Calf Raise 4 X 8 – 10

Hanging Leg Raise 2 X 10 – 15

Workout 3 – Shoulders & Arms

Overhead Press 3 X 5 – 7

Side Lateral Raises 2 X 10 – 12

Barbell Curl 3 X 8 – 10

Triceps Pressdowns 3 X 8 – 10

Dumbbell Hammer Curl 2 X 8 – 10

Overhead Triceps Extension 2 X 8 – 10



After three way splits come the four way splits and beyond. But these do not confer any additional advantages to any but the most advanced of trainees. And even then it's doubtful they are needed. So I would never recommend them.

The types of routines I've described in this booklet are the very best you will find for building muscle as fast and as efficiently as possible. But you do need to make sure you hit the right level of intensity and effort, and you also need to pay attention to your diet and recovery. So in the next two chapters I'll briefly discuss these vitally important issues...

A Word about Intensity and Effort

Strictly speaking the term “intensity” refers to the weight you are using in relation to your one rep max (1RM), and “effort” is the level of exertion achieved during an exercise.

Maximum “intensity” therefore would be lifting your one rep max for one repetition, and maximum “effort” would be the point at which muscular failure occurs, whatever the weight being lifted is.

However it’s usual in bodybuilding circles to use the term “intensity” to simply mean the level of effort expended, i.e. “intensity and “effort” are used to mean the same thing.

But what is the ideal “intensity” level? Should you always use the heaviest possible weights and/or train to the point of muscular failure?

In a word, no!

You need to train hard to get big and strong. There’s no doubt about that. But there are limits beyond which any additional effort will not be beneficial, and may even be counterproductive.

Your body can only take so much before your ability to recover properly is compromised. So it’s important to understand what it is you should be aiming for, both in terms of the actual weights you should be using (your training load) and the level of effort you should be expending (how close to failure you should go).

So let’s take a look at each of these factors in turn...

Training Load

If you are past the beginner stage and want to optimize long term muscle growth you should be using a weight that allows you to perform between 6 and 12 reps most of the time.

That rep range provides a good amount of muscle tension and if you keep your rest periods relatively short (around the 90 – 120 second mark for most exercises) you will create plenty of metabolic stress too – both important triggers of muscle growth.

Sometimes however you will want to train a little heavier, i.e. in the 1 – 5 rep range (but usually 3 – 5 reps) in order to build extra strength. This is important because if you are stronger you will be able to use more weight when training in the higher rep ranges, and this will lead to further increases in muscle size.

And sometimes you should train a little lighter, going above 12 reps, to create additional metabolic stress and even more muscle growth through sarcoplasmic hypertrophy.

Degree of Effort

The more effort you put into your sets the more muscle damage occurs (the final major trigger of muscle growth). But as I said earlier, there's only so much you can recover from, so you don't want to push yourself excessively hard.

So let's say you are doing three sets of an exercise; first you'll want to do warm up sets as appropriate, and then your first work set should be stopped a rep or two short of failure. Your second set will be a bit harder due to muscle fatigue (assuming you are keeping your rest periods fairly short). And your final set will be harder still – probably a maximum effort set.

But you should rarely go to the point of actually failing to complete a rep. And you should never do those really slow grinding “death reps” either.

By doing it this way you should be able to complete the same number of reps on all of your sets. And when you reach the top end of the rep range you are working in on all of your sets, you would then increase the weight a little for your next workout.

Stick to doing it this way and you'll make much better long term progress than you would by pushing yourself to your limit on every set.

If you are doing pure strength training however you should rest a little longer between sets to allow for complete recovery, and you should never hit failure.

Diet and Recovery

You don't grow while you are working out. You grow while you are resting and recovering. And proper nutrition is essential to this process.

In fact what you eat is just as important as how you train (if not more so), so you need to get it right if you want to get the best possible results from your efforts in the gym.

So here's a brief guide to putting together the ideal diet plan to build muscle...

First you need a calorie surplus. That is you need to consume more calories than you expend. So if you take your body weight (in pounds) and multiply it by 16, that will give you a good idea of how many calories you should eat each day in order to gain muscular body weight effectively.

However everyone responds differently, so you may need to adjust this figure.

So weigh yourself once per week, first thing in the morning before you eat or drink anything. And then monitor the results you are getting from week to week. If you are not gaining any weight, just increase your calorie intake by about 300 per day. But if you find you are gaining fat, reduce it by 300 per day.

Then simply continue to monitor your progress, adjusting your calorie intake up or down in 300 calorie increments until you are getting the results you want.

Next you need a good amount of protein. About 1g per pound of body weight per day is ideal. You could get away with a bit less, but there are other advantages to keeping your protein intake relatively high, and it won't do you any harm, so I'd stick with this amount.

The best sources of protein are meat, fish, eggs and whey protein; but milk and cheese are also good.

Fats are important too, and should account for around 25 – 30% of your calorie intake. Good sources of healthy fats include oily fish, nuts, seeds, avocados and extra virgin olive oil.

Then when you've calculated your protein and fat requirements, the balance of your calorie intake will come from carbohydrates. Good sources of carbs include rice, oats and other whole grains (provided you tolerate grains well), potatoes, sweet potatoes, quinoa and beans – as well as your fruits and vegetables of course.

So for example, let's say you weigh 180lbs and you want to have a calorie intake of 16 times your body weight; that would equal 2880 calories per day ($180 \times 16 = 2880$).

Then you simply work out how these calories would be divided up between protein, fat and carbohydrates.

You want 1g of protein per pound of body weight, which is 180g. Protein has 4 calories per gram so you are getting $180 \times 4 = 720$ calories from your protein intake.

Fats will account for 25% of your calorie intake, which is again 720 calories. Fat has 9 calories per gram, so that means you'll need 80g of fat ($720/9 = 80$).

The balance of your calories will then come from carbs. That's $2880 - 720 - 720 = 1440$ calories that need to come from carbs. Carbohydrates again have 4 calories per gram, so you need $1440/4 = 360$ g of carbs per day. That just so happens to be 2g per pound of body weight (and 50% of your total calorie intake), which is about ideal for a muscle building diet plan.

Divide these calories/macronutrients up into 3 or 4 meals per day, spread out over the course of the day.

Apart from that the only other thing you need to get right is your pre and post workout meals. Eat a good amount of protein and some carbohydrate about 1.5 – 2 hours before training and again soon after your workout. And concentrate most of your daily calorie consumption into the four hour post workout window.

You also need to ensure you get 8 – 9 hours' sleep each night, don't overdo the cardio or other strenuous activities, avoid or manage stress adequately, and perhaps try to have a short nap in the afternoons whenever you can.

And if you can get a massage a couple of times per month, that will help too.

Recommended Programs

I've covered a lot of information in this booklet about both training and diet, but you should never stop learning if you want to get the best possible long term results. And there are a few programs I particularly recommend to help you do that. These are...

Muscle Gaining Secrets 2.0 by Jason Ferruggia

If you are skinny (or skinny/fat) and you find it difficult to build muscle, this is probably the best workout program for you. Jason Ferruggia tells it like it is, with no fluff or BS. Just solid, practical, useable advice.

There is a beginners program (although if you are an absolute beginner I suggest you stick to the full body routine I described earlier in this booklet for a few months before you move on to this), and the main program. Both of these are upper/lower splits, but the main program is a 12 week course that is divided into three phases, each of which has volume waving and load progression built into it.

Apart from the workouts there's also a huge amount of additional information included, such as the 7 critical factors involved in designing a workout program, how to warm up properly, how to maximize recovery – and much more.

All in all this is a very worthwhile purchase, and one which I highly recommend.

[To learn more about MGS 2.0, or to purchase the program just click here!](#)

The Body Transformation Blueprint by Sean Nalewanyj

If you are tired of gimmicks and over-hyped training programs that fail to deliver, and you just want the real facts about what it takes to build muscle, gain strength and lose fat as effectively as possible, then you want The Body Transformation Blueprint.

Sean Nalewanyj is a well-respected and authoritative figure in the fitness industry, and for the past decade his honest and straightforward advice has helped hundreds of thousands of people to transform not only their bodies but their lives too.

BTB is not just a workout program; it's a complete muscle building and fat loss guide, backed by the very latest scientific discoveries, together with years of experience of helping others reach their fitness goals. Basically it contains everything you'll ever need to achieve the body you want, including access to a comprehensive online video exercise database, three months personal e-mail coaching and much more.

[To learn more about BTB, or to purchase this program just click here!](#)

Bikini Body Workouts by Jen Ferruggia

And for the ladies this guide by Jen Ferruggia (Jason's wife) will tell you everything you need to know to sculpt a lean, strong, curvy, feminine body.

The training program involves antagonistic pairings, which means you do a set of an exercise, rest for about a minute, and then do a set of another exercise for a different (opposing) muscle group. This approach not only builds and firms muscle, but burns fat very effectively too.

There's also information on how best to incorporate cardiovascular training into your regimen, as well as a nutrition guide, supplement recommendations (though you may want to shop around for cheaper alternatives) and a 21 day glutes specialization program.

A video library, with videos grouped together by training day, provides you with demonstrations of all the exercises. So you get a lot of high quality information here for a very reasonable cost.

[To find out more, or to purchase Bikini Body Workouts click here!](#)

The Renegade Diet by Jason Ferruggia

As for diet plans, this one by Jason Ferruggia is my all-time favorite because it's simple, it's extremely effective and it has a strong focus on health as well as performance and improved body composition.

The Renegade Diet incorporates intermittent fasting (16/8 protocol) and carb cycling with specific recommendations for those who want to build muscle, lose fat or do both.

The book also describes how to fix a number of common problems, such as low testosterone, high cortisol, adrenal fatigue and others. It addresses and debunks several common dietary myths; it explains how to fix a broken metabolism – and much more.

Possibly the best thing about this diet though is that you get to eat a large meal every evening – and desert too if you wish.

[To learn more about The Renegade Diet or to purchase the book just click here!](#)

Eat Stop Eat by Brad Pilon

Brad Pilon is a leading authority on fasting, and this highly informative book will tell you everything you could ever want to know about the subject.

Brad recommends 24 hour fasts (that's from dinner one day until dinner the next day) done once or twice per week – or ideally about every 5 days.

By doing this you can eat as normal the rest of the time whilst still reducing your weekly calorie consumption. So you'll lose weight effortlessly and derive a large number of health benefits too, all whilst maintaining (or even increasing) your muscle mass if you go about it the right way.

[To find out more, or to purchase Eat Stop Eat click here!](#)

Supplements

Supplements are not required to build muscle – but they are helpful. And although many of the supplements you see advertised will do little if anything for you (despite their claims), there are a few that will make a very positive contribution to the results you are getting from your efforts in the gym. These include...

Whey Protein

This has the highest biological value of any protein; it is rich in the branched-chain amino acids, is very easily digested and is also extremely convenient to use.

Because of this, whey protein is ideal to use post workout, but it can also be used at any other time of day to give your protein intake a boost if needed.

No need to go over the top though; 1g of protein per pound of body weight per day will be plenty to ensure optimum muscle growth.

Multivitamin or Greens Powder

It's difficult enough for regular sedentary people to get sufficient vitamins and minerals in their diet, but if you are training regularly your micronutrient requirement will be higher than normal. So it makes sense to take a good quality whole food multivitamin supplement, or a greens powder, to make sure you're fully covered.

Avoid synthetic vitamins though as they are poorly absorbed and utilized by the body, and they could even do more harm than good when taken long term or in large doses.

Omega 3 Fish Oils

The omega 3 essential fatty acids (EPA and DHA) are well known for their many health benefits; but on top of that they can also help you build muscle and burn fat too.

For optimum results take 2 – 3g of EPA/DHA per day (check the label as some fish oils contain less than 30% EPA/DHA whereas others contain more than 80%).

The triglyceride form, which is fish oil in its natural state, is by far the best choice here.

Creatine Monohydrate

After whey protein, creatine is probably the most popular bodybuilding supplement there is – probably because it works so well.

Creatine increases energy production in your muscle cells, which results in stronger muscle contractions. And this leads to increased gains in muscle size and strength over time. It also draws additional water into the muscles, making them fuller and harder. And on top of this it aids recovery, both between sets and between workouts.

After a loading phase of 5g taken four times per day for 5 days, just take 3 – 5g per day to maintain tissue saturation.

The product of choice here is **Creapure micronized creatine monohydrate**.

Apart from these, some other supplements that may be worth considering are beta alanine (only when doing higher rep training), BCAA's, digestive enzymes, vitamin D, magnesium and zinc.

For more information on these supplements, including the brands I most recommend, see the following articles...

[Top 7 Muscle Building Supplements For Size And Strength](#)

[Whey Protein Powder: Benefits, Types And Best Brands](#)

[Greens Powder Supplements: Benefits, Risks And Best Brands](#)

[5 Awesome Benefits Of Creatine Monohydrate](#)

Conclusion

So now you know what the very best workout routines are to build muscle size and strength as fast and as efficiently as possible. You also know more about how to train, what to eat, and what supplements to take. And you have a list of useful resources to take your knowledge to the next level.

All that remains to be done now is to select the routine that you feel is most appropriate for you and get started.

Train hard, be diligent and be consistent and you will get the results you are looking for.

Best of luck!

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