

TEMPLATE 2: MUSCLE GAIN PROGRAM



- CLIENT CATEGORY: MUSCLE HYPERTROPHY
- KEY WORKOUT TYPES: RESISTANCE TRAINING, COMPOUND LIFTS, ISOLATION EXERCISES
- TEMPLATE STRUCTURE:
 - DAY 1: CHEST & TRICEPS (45–60 MINUTES)
 - EXERCISES: BENCH PRESS (4X8–10 REPS), DUMBBELL FLYES (3X10–12 REPS), TRICEP PUSHDOWNS (3X12 REPS)
 - REST: 60–90 SECONDS BETWEEN SETS
 - DAY 2: BACK & BICEPS (45–60 MINUTES)
 - EXERCISES: LAT PULLDOWN (4X8–10 REPS), BENT-OVER ROWS (3X8 REPS), DUMBBELL CURLS (3X12 REPS)
 - REST: 60–90 SECONDS BETWEEN SETS
 - DAY 3: LEGS & SHOULDERS (45–60 MINUTES)
 - EXERCISES: SQUATS (4X10 REPS), LEG PRESS (3X12 REPS), SHOULDER PRESS (3X10 REPS)
 - REST: 60–90 SECONDS BETWEEN SETS
- WARM-UP/COOL-DOWN: 5–10 MINUTES OF LIGHT CARDIO AND DYNAMIC STRETCHING; 5–10 MINUTES OF STATIC STRETCHING AND FOAM ROLLING.

