

How to build muscle mass?

HYPERTROPHY WORKOUT PLAN

★ Visualize and execute every muscle movement to establish a strong mind-muscle connection to build a symmetrical, strong physique.

Shoulders

DB Shoulder Raises

DB Shrugs

Chest

Pec Fly

DB Decline Press

DB Flat Bench

DB Incline Bench

Abs

Ab Crunch

Hanging Leg Raises

Cable Crunch

Quads

Leg Extension

Leg Press

Hack Squat

Weighted Lunges

Calves

Standing Calf Raises

Pigeon-Toe Calf Raises

Calf Press Machine

Back

Pull Ups

Row Machine

Chest-Seated Row

Lat Pulldown

Glutes

Hip Adduction

Hip Thrust

BB Deadlift

Hamstrings

Leg Curl

Stiff Leg Deadlift

Single Leg Curls

Biceps

Cable Curl

Curl Machine

Reverse Curls

Bicep Pull Ups

Forearm (Optional)

Gripper Machine

Wrist Curls

Triceps

Cable Pulldown

Tricep Press Machine

Dips



**TRAIN EACH MUSCLE
2X WEEKLY**

**RECOVER TO GROW
USE REST DAYS**

**RESULTS FROM
SMART EFFORT**

MUSCLE GROWTH

ON CRUISE CONTROL

My Musclez Manual

1. Intro
2. Protein without the Puzzle
- ▶ 3. **Muscle Growth on Cruise Control**
4. Nutrition Made Easy
5. No-fail Meal Plan
6. Benefits and Advantages
7. VAQ

Unlike cardio, which primarily burns calories and improves aerobic fitness, weightlifting targets muscles directly, focusing on promoting their development and building muscle mass and volume. Training to gain muscle can be distinct from training to gain strength or lose weight, but there is much overlap. Muscle is that important.

Progressive Overload

Lifting progressively heavier weights with sufficient intensity is essential for optimal hypertrophy gains. To effectively stimulate muscle growth, exercises need to be challenging, involving weights heavy enough to create muscle fatigue on a consistent weekly basis. I've shared my current workout program below.

★ *What is hypertrophy?*

Hypertrophy, aka building muscle, isn't just for looks—it's one of the healthiest things you can do as you age. Strong muscles protect your joints, keep you mobile, help prevent falls, improves metabolism and supports better overall health.



4-DAY WORKOUT PROGRAM

Chest	Quads	Back + Biceps	Hams
Pec Fly	Leg Extension	Pull Ups	Leg Curl
DB Decline Press	Leg Press	Row Machine	Stiff Leg Deadlift
DB Flat Bench	Hack Squat	Chest-Seated Row	Single Leg Curls
DB Incline Bench	Weighted Lunges	Cable Curl	Hip Abduction
DB Shoulder Raises	Hip Adduction	Curl Machine	Standing Calf Raises
Tricep Cable Pull	Standing Calf Raises	Assisted Pull Ups	Pigeon-Toe Calf Raises
Tricep Press	Pigeon-Toe Calf Raises	Bicep Pull Ups	Hip Thrust
Ab Crunch	Ab Crunch	Ab Crunch	Ab Crunch
Hanging Leg Raises	Hanging Leg Raises	Hanging Leg Raises	Hanging Leg Raises

x3 Sets Each Exercise | **As Many Reps As Possible** Every Set | **15-20 Reps** Target Range



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