



**Main goal :** Build Muscle

**Training level :** Beginner - Full Body

**Program duration :** 20 Weeks

**Days per week :** 3 Days

**Time per workout :** 30-45 Minutes

**Equipments :** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar

**Client :** Male & Female



## 20 Week Quick Start Program

### Main Goal

**Build muscle as quickly as possible using this 20-week program that features 3 unique stages: neuromuscular adaptation, conditioning, and maximization.**

### Workout Description

If you're just starting out, the gym can be overwhelming. From choosing exercises to figuring out a schedule, you want to build muscle as quickly as possible all while not failing like so many other beginners do.

This 20 week quick start program takes you from point A to point Z, providing you with specific workouts and training schedules that will help you make those gains and reach the level of success you are after. This workout program features 3 specific stages:

#### Stage 1 - Neuromuscular Adaptation

The focus during this 4 week stage is on learning the exercises, practicing proper form, and developing the habit of actually getting to the gym and not missing workouts. You will be working out only twice a week but using the same workout each day.

#### Stage 2 - Conditioning and Building

Another 4 week stage. You will train 3 days per week and learn how to push yourself properly on each exercise. Sets will be maximized, and you will start to add strength and muscle.

#### Stage 3 - Maximizing Beginner Gains

This is a 12 week stage that will have your working out 4 days per week. The format will be an upper/lower style of training. You will get as strong as possible using conventional muscle building rep ranges.



## STAGE01 - Neuromuscular Adaptation

This stage is a feeling out stage. Start with a moderately light weight and only add weight to an exercise when the sets feel relatively easy. Don't rush into weight additions.

First and foremost, you want to develop consistency and an understanding of exercise form. Once you hit a nice stride, then slowly add weight as you can. Below is a sample workout schedule:

**Day 1 - Saturday** : Workout A

**Day 2 - Sunday** : Rest

**Day 3 - Monday** : Rest

**Day 4 - Tuesday**: Workout A

**Day 5 - Wednesday** : Rest

**Day 6 - Thursday**: Rest

**Day 7 - Friday** : Rest

### WORKOUT A

EXCERSICE	SETS	REPS
Squats	2	10
Bench Press	2	10
Stiff Leg Deadlift	2	10
Barbell Row	2	10
Military Press	2	10
Skullcrushers	2	10
Dumbbell Curls	2	10
Seated Calf Raises	2	10
Sit Ups	2	10



## STAGE02 - Conditioning & Building

Using good form, start to focus on pushing sets for more and more reps. You do not want to train to failure or perform reps with sloppy form. Add weight when you reach the recommended number of reps for a set. Below is a sample workout schedule:

**Day 1 - Saturday** : Workout A

**Day 2 - Sunday** : Rest

**Day 3 - Monday** : Workout B

**Day 4 - Tuesday**: Rest

**Day 5 - Wednesday** : Workout C

**Day 6 - Thursday**: Rest

**Day 7 - Friday** : Rest

### WORKOUT A

EXCERSICE	SETS	REPS
Squats	3	10
Bench Press	3	10
Leg Curls	3	10
Barbell Rows	3	10
Military Press	3	10
Skullcrushers	3	10
EZ Bar Preacher Curls	3	10
Seated Calf Raise	3	10
Sit Ups	3	10-25



## WORKOUT B

EXCERSICE	SETS	REPS
Stiff Leg Deadlift	3	10
Leg Press	3	10
Dumbbell Flys	3	10
Pull Ups or Lat Pull Down	3	10
Bent Over Reverse Dumbbell Fly	3	10
Dips	3	10
Hammer Curls	3	10
Dumbbell Shrugs	3	10
Dumbbell Side Bends	3	10

## WORKOUT C

EXCERSICE	SETS	REPS
Squats	3	10
Incline Dumbbell Bench Press	3	10
Leg Curls	3	10
One Arm Dumbbell Row	3	10
Seated Arnold Press	3	10
Cable Tricep Extensions	3	10
Dumbbell Curls	3	10
Standing Calf Raises	3	10
Plank	3	60 sec



### Stage03 - Maximizing Beginner Gains

Push every set for as many reps as possible - no exceptions. Never waste a set. Stop each set when you feel like you might fail on the next rep or when your form starts to slip. Add weight when you reach the recommended number of reps per set. Below is a sample workout schedule:

**Day 1 - Saturday :** Workout A

**Day 2 - Sunday :** Workout B

**Day 3 - Monday :** Rest

**Day 4 - Tuesday:** Workout C

**Day 5 - Wednesday :** Workout D

**Day 6 - Thursday:** Rest

**Day 7 - Friday :** Rest

#### WORKOUT A

EXCERSICE	SETS	REPS
Squats	3	10
Leg Extensions	3	10
Leg Curls	3	10
Seated Calf Raises	3	15
Decline Weighted Sit Up	3	15-25
Barbell Shrugs	3	10

#### WORKOUT B

EXCERSICE	SETS	REPS
Bench Press	3	10
One Arm Dumbbell Row	3	10
Military Press	3	10
Dips or Cable Extensions	3	10
Pull Ups	3	AMRAP
EZ Bar Curls	3	10



## WORKOUT C

EXCERSICE	SETS	REPS
Stiff Leg Deadlift	3	10
Squats	2	15
Leg Press	3	15
Standing Calf Raises	3	15
Plank	3	60 sec
Dumbbell Shrugs	3	10

## WORKOUT D

EXCERSICE	SETS	REPS
Incline Dumbbell Bench Press	3	10
Barbell Rows	3	10
Seated Arnold Press	3	10
Close Grip Bench Press	3	10
Pull Ups	3	AMRAP
Seated Dumbbell Curls	3	10

## What's Next?

Once you finish this 20-week program, you're probably wondering what to do next to keep making progress in the gym. A solid diet paired with consistency in the gym will keep you on track to reach your goals.