

BUFFTASTIC GAINZ!

9 WEEK SIZE-ON



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GUIDELINES:

This is a Pyramid program. Each set you will increase the weight for 4 sets total

***You will need a Gym Membership or something of the sort !**

Set **One** is 12-15 reps of a weight that bring you to near failure.

Set **Two** is 10-12 reps of a weight higher than set **One**. For instance if set one was 15lbs this set should be 20 or more depending on the exercise and muscle group.

Set **Three** is 8-10 reps. you will once again increase the weight from set **Two**. It is ok if you do not make it to 10 but try HARD :)

Set **Four** is also 6-8 reps. you will once again increase the weight from set **Three**. This should be a to fail set. if you fail before 6 do not increase weight next week on this exercise

RULES

Week one find your start weight. If you finish every set easily then it's to light. If you can't finish sets 1 2 and 3 its too heavy. Increase Start weight each week by at least 5 lbs if you complete sets 1-4.

BUFFTASTIC WORKOUT

PULL PUSH LEGS +PULL PUSH (OPTIONAL)

PUSH DAY	Set 1	2	3	4
Bench Press	12-15	10-12	8-10	6-8
Land Mine Press	12-15	10-12	8-10	6-8
Incline DB Press	12-15	10-12	8-10	6-8
Incline Skull Crushers	12-15	10-12	8-10	6-8
Standing Dumbbell Press	12-15	10-12	8-10	6-8
Close Grip Bench Press (Super Set Dips Below)	12-15	10-12	8-10	6-8
Non Weighted Cross Bench Dips	12-15	10-12	8-10	6-8
Tension Band Tricep Pullover	12-15	10-12	8-10	6-8

PULL DAY	Set 1	2	3	4
Angle Pulls	12-15	10-12	8-10	6-8
Seated row to Lying Curl	12-15	10-12	8-10	6-8
One arm Over head pull down	12-15	10-12	8-10	6-8
Face Pulls (Cable)	12-15	10-12	8-10	6-8
Dumbbell Shrugs	12-15	10-12	8-10	6-8
Dumbbell curls + Tension band	12-15	10-12	8-10	6-8
Reverse Curls Cable	12-15	10-12	8-10	6-8

LEG DAY	Set 1	2	3	4
Bar Squat	12-15	10-12	8-10	6-8
Dead Lift	12-15	10-12	8-10	6-8
Hack Squat with half Rep Pause	4+4	4+4	4+4	4+4
Romanian Dead Lift Dumbbells	12-15	10-12	8-10	6-8
Pit Shark / Drop Squat	20	20	20	20
Double Leg Curl	12-15	10-12	8-10	6-8
Double Leg Extension	12-15	10-12	8-10	6-8
Calf Raise	12-15	10-12	8-10	6-8