



GM NUTRITION

CLEAN MUSCLE GAIN

12 Weeks Clean Bulk Up Program

GYM WORKOUT | NEW EXERCISES | ALL DAY DIET

Designed & Created by
GURU MANN

CLEAN MUSCLE GAIN WORKOUT PLAN

CATAGORY: FAT FREE MUSCLE BUILDING PROGRAM

AGE: 16 TO 60 YEARS

ACTIVITY: GYM WORKOUT

NUTRITION: VEG & NON-VEG

DAYS: 5 DAYS WEIGHT TRAINING / 1 DAY CARDIO / 1 DAYS ABS

DESIGNED & CREATED BY GURU MANN

NOVEMBER 2020



WORKOUT PLAN

DAYS	WORKOUT SPLIT
MONDAY	ARMS
TUESDAY	SHOULDERS & TRAPS
WEDNESDAY	CARDIO & ABS
THURSDAY	CHEST & TRICEPS
FRIDAY	BACK & BICEPS
SATURDAY	LEGS
SUNDAY	OFF

MONDAY - ARMS				
	EXERCISE	SETS	REPS	REST
WARM UP	1. DB CURLS + DB KICK BACK DOWN (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. CABLE CURLS 2B. TRICEPS PRESS DOWN	3	12-10-8	2MIN
SUPERSET	3A. PREACHER CURL 3B. OVERHEAD DB EXTENSION	5 5	12-10-8	2MIN
SUPERSET	4A. HIGH ANGLE CABLE CURL 4B. SINGLE HAND TRICEP EXT.	5 5	12-10-8	2MIN
SUPERSET	5A. SINGLE HAND INWARD CURL 5B. TRICEP PUSHDOWN	2	20-20	2MIN

NOTE: 2 MINUTE REST AFTER EACH SET.

TUESDAY - SHOULDERS & TRAPS

	EXERCISE	SETS	REPS	REST
WARM UP	1. DB PRESSES	2	20-25	--
REGULAR SET	2. BARBELL SHOULDER PRESS	3	12-10-8	2MIN
SUPERSET	3A. DUMBBELL SIDE RAISE 3B. DUMBBELL FRONT RAISE	3	12-10-8	2MIN
REGULAR SET	4. REAR DELT FLY	3	15-12-10	2MIN
SUPERSET	5A. BARBELL UPRIGHT ROWS 5B. BARBELL SHRUGS	3	12-10-8	2MIN

NOTE: 2 MINUTE REST AFTER EACH SET.

WEDNESDAY - CARDIO & ABS

	EXERCISE	SETS	REPS	REST
CARDIO				
TREADMILL	10 MIN WALK + 20 MIN RUNNING	30MIN	--	--
ABS				
REGULAR SET	1. REVERSE CRUNCH	3	15-20	45SEC
REGULAR SET	2. ROPE CRUNCH	3	15-20	45SEC
REGULAR SET	3. WOOD CHOPPER	3	15-20	45SEC
REGULAR SET	4. AB ROLLER OR PLANKS	3	15-20	45SEC

NOTE: 2 MINUTE REST AFTER EACH SET.



THURSDAY - CHEST & TRICEPS

	EXERCISE	SETS	REPS	REST
WARM UP	1. PUSH UPS + TRICEPS PRESS DOWN (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. BARBELL BENCH PRESS 2B. TRICEPS SKULL CRUSHER	3	12-10-8	2MIN
SUPERSET	3A. DUMBBELL INCLINE FLY 3B. CABLE OVERHEAD EXT.	3	12-10-8	2MIN
SUPERSET	4A. CABLE CROSS OVER 4B. BENCH DIPS	3	12-15 12-15	2MIN
REGULAR SET	5. DECLINE DIPS	3	20-15-12	2MIN

NOTE: 2 MINUTE REST AFTER EACH SET.

FRIDAY - BACK & BICEPS

	EXERCISE	SETS	REPS	REST
WARM UP	PULL-UPS	2	MAX	--
SUPERSET	2A. WIDE GRIP LAT PULL DOWN 2B. BARBELL CURL	3	12-10-8	2MIN
SUPERSET	3A. HAMMER ROWS 3B. HAMMER CURLS	3	12-10-8	2MIN
SUPERSET	4A. BARBELL ROWS 4B. ROPE CURLS (ELBOW OUT)	3	12-10-8	2MIN
REGULAR SET	5. HYPER EXTENSION	3	20-20-20	2MIN

NOTE: 2 MINUTE REST AFTER EACH SET.

SATURDAY - LEGS

	EXERCISE	SETS	REPS	REST
WARM UP	1. BODYWEIGHT SQUAT	2	20-25	--
REGULAR SET	2. LEG PRESS	3	12-10-8	2MIN

	EXERCISE	SETS	REPS	REST
REGULAR SET	3. LEG PRESS ON SMITH MACHINE OR BARBELL SQUAT	3	12-10-8	2MIN
SUPERSET	4A. LEG EXTENSION 4B. DB STIFFLEG DEADLIFT	3	12-10-8	2MIN
REGULAR SET	5. SEATED CALF RAISE	3	15-15-15	

NOTE: 2 MINUTE REST AFTER EACH SET.

NOTE: WATCH CLEAN MUSCLE GAIN WORKOUT VIDEOS ON YOUTUBE

Best Wishes to Everyone

*Regards
GM*

12 WEEK PROGRESS TRACKING CALANDER BELOW:

Please check the 12 Weeks Progress Tracker & print it out



PROGRESS TRACKER

Guru Mann Fitness Inc.

WEEK - 1

MEALS	MON	TUES	WED	THUR	FRI	SAT	SUN
BREAKFAST	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed					
MID MORNING	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed					
LUNCH	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed					
WORKOUT	<input type="checkbox"/> Performed <input type="checkbox"/> Missed						
POST W/O	<input type="checkbox"/> Taken <input type="checkbox"/> Missed						
DINNER	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed					
BEFORE BED	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed					
If Missed Why?							
Rate Your Self 0 to 10 Bad - 0 Good - 10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Comment How Was Your Week							



Guru Mann Fitness Inc.

MEASUREMENTS

0th WEEK MEASUREMENTS || Weight: _____ Waist: _____ Stomach: _____ Hip: _____ Thigh: _____

1st WEEK MEASUREMENTS || Weight: _____ Waist: _____ Stomach: _____ Hip: _____ Thigh: _____

Take Before & After Picture