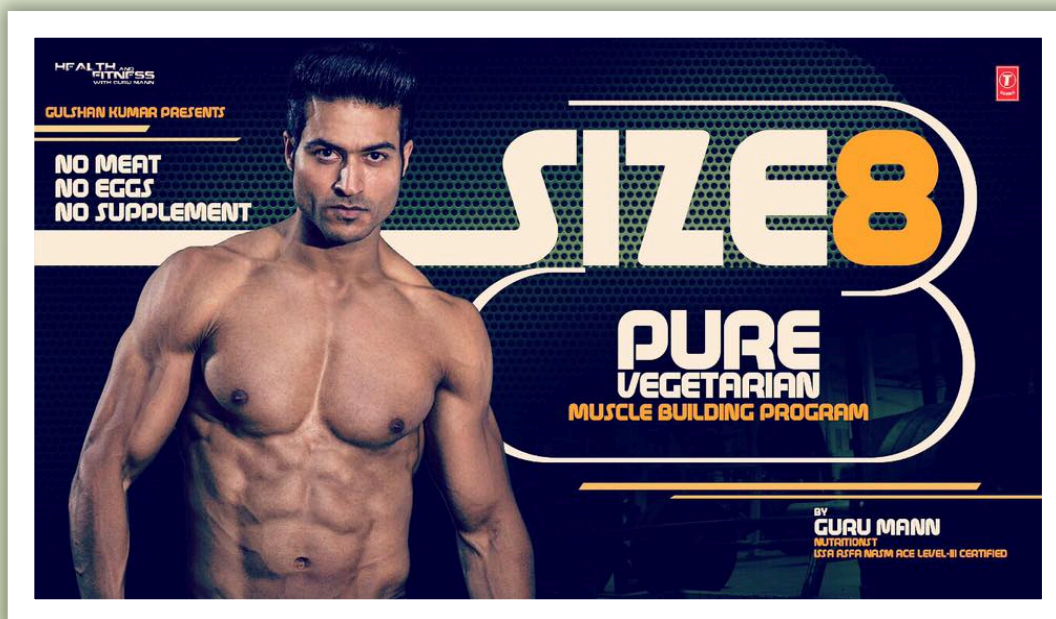


SIZE 8 PROGRAM

MUSCLE BUILDING PROGRAM

BY GURU MANN



**NO EGGS
NO MEAT
NO SUPPLEMENT**



MUSCLE BUILDING PROGRAM

WORKOUT SPLIT

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

MONDAY

EXERCISES CHEST & TRICEPS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)	SET 4 (Reps)	SET 5 (Reps)
1. SUPERSET					
a) Barbell Incline Press (Close Grip)	12	10	8	---	---
b) Barbell Incline press (Regular Grip)	12	10	8		
2. REGULAR SET					
Dumbbell Press (10sec hold last rep)	12	10	8	10	12
3. SUPERSET					
a) Decline Cable Fly (High Angle)	10	10	10	---	---
b) Regular Cable fly (Mid Angle)	10	10	10		
TRICEPS					
4. SUPERSET					
a) Rope Triceps Press down	12	10	8		
b) Dumbbell or Barbell Skull Crusher	12	10	8		
5. SUPERSET					
a) Bar or Rope Overhead Ext.	12	10	8		
b) Triceps Bench Dips (add weight)	12	10	8		

TUESDAY

EXERCISES BACK & BICEPS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)	SET 4 (Reps)	SET 5 (Reps)
1. SUPERSET					
a) Lat bar pull down (Close Grip)	12	10	8	---	---
b) Rope rows (seated on the bench or floor)	12	10	8		
2. DROP SET					
Dumbbell Rows (3rd set is a drop set)	12	10	8+8	---	---
3. SUPERSET					
a) Barbell Rows (Underhand grip)	10	10	10	---	---
b) Hyper Extension (holding weight)	10	10	10		
BICEPS					
4. SUPERSET					
a) DB Hammer Curl	12	10	8	---	---
b) Dumbbell conc. Curl	12	10	8		
5. REGULAR SET					
Prone Incline Barbell Spider Curl	12	12	12	---	---
6. REGULAR SET					
High Angle cable Curl	12	12	12	---	---

WEDNESDAY

EXERCISES CARDIO & ABS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)	SET 4 (Reps)	SET 5 (Reps)
CARDIO: TREADMILL					
– 5min Slow Walk (2.5mph / 4.5kmph)	---	---	---	---	---
– 20min Running (6mph / 10kmph)					
– 5min Cool Down (2.5mph / 4.5kmph)					
ABS					
SUPERSET					
a) Incline Crunch (7+7+7 reps)	21	21	21	---	---
b) Laying Leg Raise	15-20	15-20	15-20		
c) Planks (90-120sec hold)	120sec	100sec	90sec		

THURSDAY

EXERCISES SHOULDERS & TRAPS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)	SET 4 (Reps)	SET 5 (Reps)
1. REGULAR SET Barbell Shoulder Press	12	10	8	---	---
2. DROP SET Dumbbell Press (3rd set is a drop set)	12	10	8+8	---	---
3. SUPERSET a) Rope Face Pull (with rotation) b) Single Hand DB Side Raise	12 12	10 10	8 8	---	---
4. SUPERSET a) DB Rear Delt Fly b) Dumbbell or Barbell Shrugs	12 12	10 10	8 8	---	---

FRIDAY

EXERCISES LEGS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)	SET 4 (Reps)	SET 5 (Reps)
WARM UP SET (Body Weight Squat)	20	20			
1. REGULAR SET Leg Press (Normal Stance)	12	10	8	---	---
2. SUPER SET a) DB Sumo Squat b) DB Deadlift	12 12	10 10	8 8	---	---
3. REGULAR SET Leg Press on Smith Machine (Wide Stance) or Wide stance Leg Press	12	10	8	---	---
4. MULTI-SET Prisoner Lunges & Squats	8+8	8+8	8+8	---	---
5. REGULAR SET Calf Raise on Leg Press	12	12	12		

Do 2 warm up sets before starting any exercise.
Take 120sec rest after each superset.
Take 90sec rest after the regular set.
Take 60sec rest after abs.

NOTE: Guru Mann is not responsible if you got injured during exercise.