



Muscle Growth Program For Men





A note from the creators

Our goal is to provide you with a program that will help you sculpt the body you want. We believe that this program is not about perfection. It is about showing up for yourself every day.

This program is designed for men weighing between 90-105kg whose primary goal is to build lean muscle mass, increase strength, and improve overall physique. Follow the training, nutrition, and cardio guidelines consistently for optimal results over 6–8 weeks.

This program cuts through the noise and focuses on what actually drives muscle growth – building strength, fueling your body properly, and training with purpose and consistency. Whether you're struggling to gain size, feeling stuck with little progress, or lacking structure in your routine, this is your opportunity to take control and start seeing real results. No shortcuts, no gimmicks. Just a clear, structured path to building lean muscle, increasing strength, and developing a stronger, more confident version of yourself.

This is not just another plan that you will end up quitting - but a commitment you will keep.

Show up - even when you don't feel like it. You are building discipline - not chasing motivation.

Your transformation starts now,

N & E

How to use this program:

1. Follow the plan consistently (this is everything). Results come from consistency, not perfection. Stick to the training, nutrition, and step targets daily for at least 6–8 weeks before judging progress.
2. Hit your calorie and protein targets first. If you only get one thing right, make it this.
3. Train with effort, not just attendance. Don't just "go through the motions." Push your sets close to failure while maintaining good form. Progressively try to lift heavier or do more reps over time.
4. Use the meal plan as a flexible guide. You don't have to eat the exact same foods every day. Swap meals within the structure as long as you stay within your calorie and macro targets.
5. Don't skip steps or cardio. Fat loss isn't just about gym sessions.
6. Plan your week in advance. Decide ahead of time. This removes decision fatigue and keeps you on track.
Decide:
 - When you'll train
 - What you'll eat
 - When you'll do cardio
7. Track your progress weekly (not daily). Weigh yourself 2–3 times per week and take progress photos. Look for trends over time, not daily fluctuations.
8. Expect challenges — and stick to the program through them. You will have days where motivation drops. That's normal. Discipline, not motivation, is what gets results.
9. Recovery matters. Sleep 6 – 8 hours per night and take your rest days seriously. Fat loss and muscle retention both depend on proper recovery.
10. Adjust only if needed. If after 2–3 weeks, progress is not as desirable:
 - Slightly reduce calories OR
 - Increase daily activity (steps/cardio)
 - Don't make random changes too early.
 - Trust the process

For a more personalized program with one-on-one coaching, scan the QR code to book a **FREE** consultation:





Training Program

Day 1 - Legs (Quads)	Day 2 - Push	Day 3 - Pull	Day 4 - Rest Day
Squats 4 Sets 6-10 Reps	Bench Press 4 Sets 6-10 Reps	Lat Pulldown 4 Sets 8-10 Reps	
Leg Press 4 Sets 8-12 Reps	Shoulder Press 3 Sets 8-10 Reps	Barbell Rows 4 Sets 6-10 Reps	
Walking Lunges 3 Sets 12 Reps	Incline Dumbbell Press 3 Sets 10 Reps	Seated Rows 3 Sets 10 Reps	
Leg Extensions 3 Sets 15 Reps	Tricep Pushdowns 3 Sets 12 Reps	Bicep Curls 3 Sets 12 Reps	

Execution Rules:

Follow the plan. Stay consistent. Track progress.



Training Program

Day 5 - Legs (Glute/Hamstrings)	Day 6 - Upper Body (Hypertrophy)	Day 7 - Rest Day	Cardio Guidelines
Romanian Deadlifts 4 Sets 8 - 10 Reps	Incline Dumbbell Press 3 Sets 10-12 Reps		Daily Steps: 6 000 - 10 000
Hip Thrusts 4 Sets 10 - 12 Reps	Lat Pulldown 3 Sets 10-12 Reps		
Hamstring Curls 3 Sets 12 Reps	Seated Cable Row 3 Sets 10-12 Reps		
Calf Raises 4 Sets 15 Reps	Lateral Raises 3 Sets 12-15 Reps		Optional Cardio: 1 - 2 sessions per week 20 - 30 minutes
	Bicep Curls 3 Sets 12 Reps		
	Tricep Pushdowns 3 Sets 12 Reps		

Important Note: Increase weight or reps weekly.
Once you reach the top of the rep range, increase load.

Meal Guide

Discipline is built in the small things you do daily. These commitments may seem simple - but done consistently, they will change everything.

BREAKFAST OPTIONS (CHOOSE 1):

- Eggs with toast and cottage cheese
- Overnight oats with whey protein and berries
- Protein based smoothie (protein powder of choice, banana, strawberries, milk)

LUNCH OPTIONS (CHOOSE 1):

- Grilled chicken (seasoning of your choice), rice and vegetables of your choice
- Lean mince, baked sweet potato with seasoning of your choice
- Tuna wrap

DINNER OPTIONS (CHOOSE 1):

- Grilled hake with sweet potato fries.
- Honey glazed chicken strips with baby carrots and spinach.
- Lean mince meatballs with, mashed sweet potato and green beans.

SNACK OPTIONS (CHOOSE 1):

- Protein shake
- Fruit of your choice
- Lactose-free yogurt
- Nuts (for extra calories)

RECOMMENDED SUPPLEMENTS:

- Whey Protein
- Creatine Monohydrate
- Zinc Picolinate
- Omega-3
- Magnesium Glycinate

CALORIE AND MACRO TARGETS:

- Calories: 3,000 kcal per day
- Protein: 200g
- Carbohydrates: 360g
- Fats: 85g





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