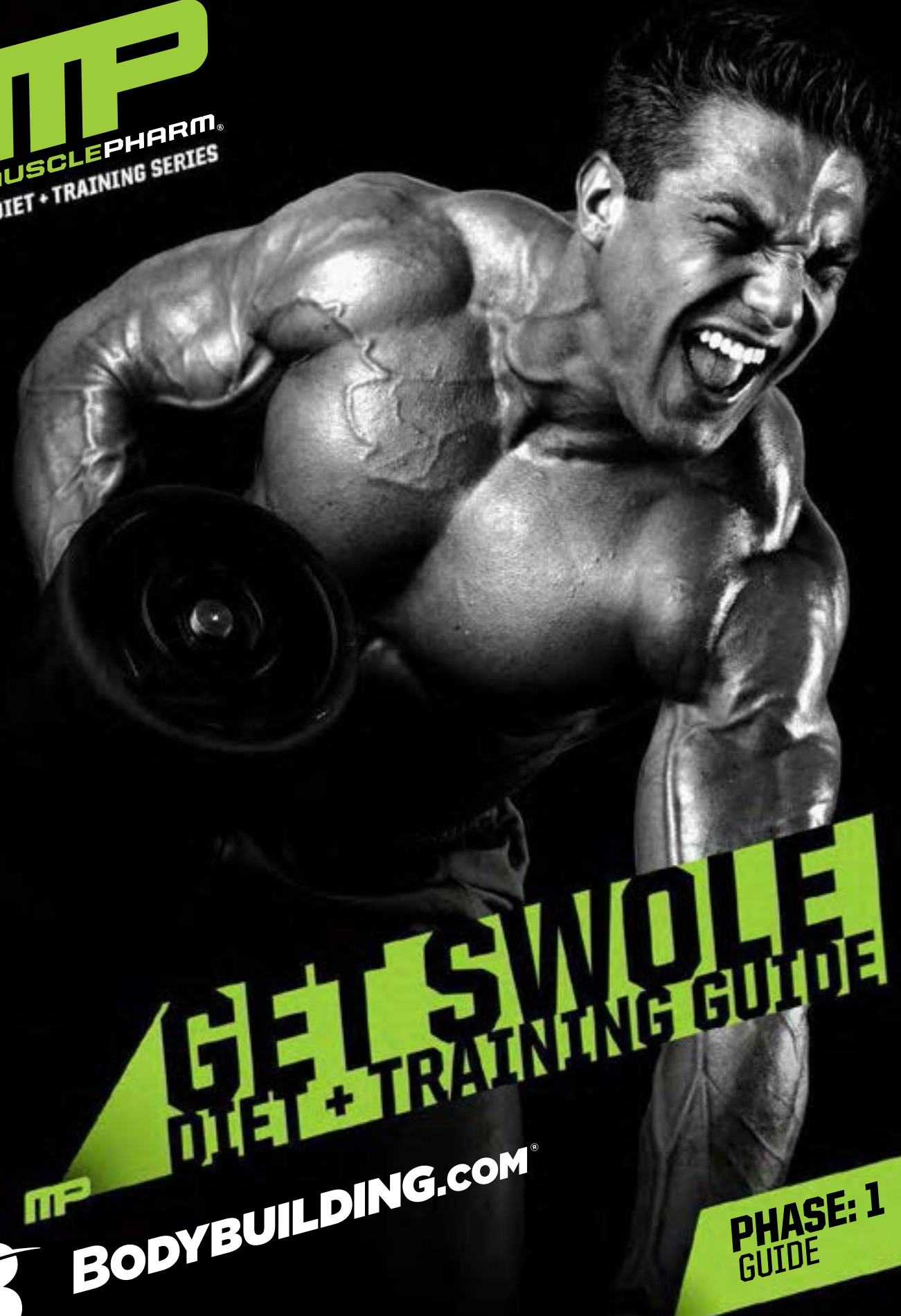


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**PHASE: 1**  
GUIDE

**MEATS:**



- Chicken
- Mackerel
- Salmon
- Tuna
- Lean Beef
- Jerky
- Turkey
- Lunch Meat Ham
- Lunch Meat Roast Beef
- Eggs

**CARBOHYDRATES:**



- Brown Rice
- Sweet Potato
- Quinoa
- Oatmeal
- Whole Wheat Bread
- Ezekiel Bread
- Whole Wheat Spaghetti
- Yams
- Barley
- Rye Bread
- Pumpernickel Bread

**FRUITS:**



- Apples
- Strawberries
- Papaya
- Pears
- Fresh Prunes
- Orange
- Grapefruit
- Kiwi
- Peaches

**VEGETABLES:**



- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash

**FATS:**



- Avocado
- Almonds
- Cashews
- Olive Oil
- Whole Organic Butter
- Walnuts
- Kidney Beans
- Black Beans
- Brazil Nuts

**CONDIMENTS + SEASONINGS:**



- Spicy Mustard
- Hot Sauce
- Crushed Red Pepper
- Mrs. Dash Original Blend
- Mrs. Dash Fiesta Lime
- Mrs. Dash Extra Spicy
- Mrs. Dash Tomato Basil Garlic
- Mrs. Dash Lemon Pepper



**EX. TIME: 7:00AM**

Wake Up



**SUPPLEMENT:**

**RE-CON®:** 1/2 scoop  
\* Take with 8-12 oz. of water.  
**ARMOR-C™:** 6 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

- 3 whole eggs
- 1/4 cup oatmeal
- 1 cup of fruit



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.



**FOOD:**

No Food



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Choose From Food List:**  
**Meat:** 8 oz.  
**Carbohydrate:** 1/2 cup  
**Ex:** 8 oz. of tuna and medium sweet potato



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.



**FOOD:**

No Food



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

**Meat:** 8 oz.

**Carbohydrate:** 2 cups

**Vegetables:** 2 cups

**Ex:** 8 oz. of tuna, medium  
sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

No Food

**SUPPLEMENTS: PRE-WORKOUT**



**ASSAULT™**  
1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

**SUPPLEMENTS: POST-WORKOUT**



**RE-CON®**  
1/2 scoop with 8-12 oz. of water  
immediately after workout.

**BCAA 3:1:2™**  
6 capsules with 8-12 oz. of water  
immediately after workout.

**CREATINE**  
3 scoops with 8-12 oz. of water  
immediately after workout.

**MONDAY: CHEST + BACK**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Wide Grip Pull-Ups	5 x failure	
	Flat Bench	5 x 12	
SUPERSET	Incline Dumbbells	5 x 12	
	Seated Row	5 x 12	
SUPERSET	Wide Grip Pull-Ups	5 x failure	
	Chest Fly	5 x 12	
	Single Dumbbell Pull-Over Across Bench	6 x 12	

**TUESDAY: LEGS + ABS**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Squats	5 x 12	
	Leg Press	5 x 12	
SUPERSET	Stiff Leg Dead Lift	5 x 12	
	Hamstring Curl	5 x 12	
SUPERSET	Barbell Lunges	5 x 12	
	Weighted Calf Raises	5 x 12	
	Ab Wheel	50	

**WEDNESDAY: ARMS**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Arnold Cheat Curls—Straight Bar	6 x 8	
	Incline French Press	6 x 8	
SUPERSET	Incline Alternating Dumbbell Curls	5 x 6, 5-second twist, then 4 more	
	Straight Bar Push-Downs	5 x 20, 20 x 1/4 rep	
SUPERSET	Bench Dips	5 x failure	
	Preacher Curl Machine	5 x 30	

**THURSDAY: SHOULDERS + ABS**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Military Press—Bar	5 x 12	
	Upright Rows	5 x 12	
SUPERSET	Lateral Raises	5 x 12	
	Full Frontals	5 x 12	
	Ab Wheel	1 x 100	

**FRIDAY + SATURDAY + SUNDAY: REST + RECOVER**

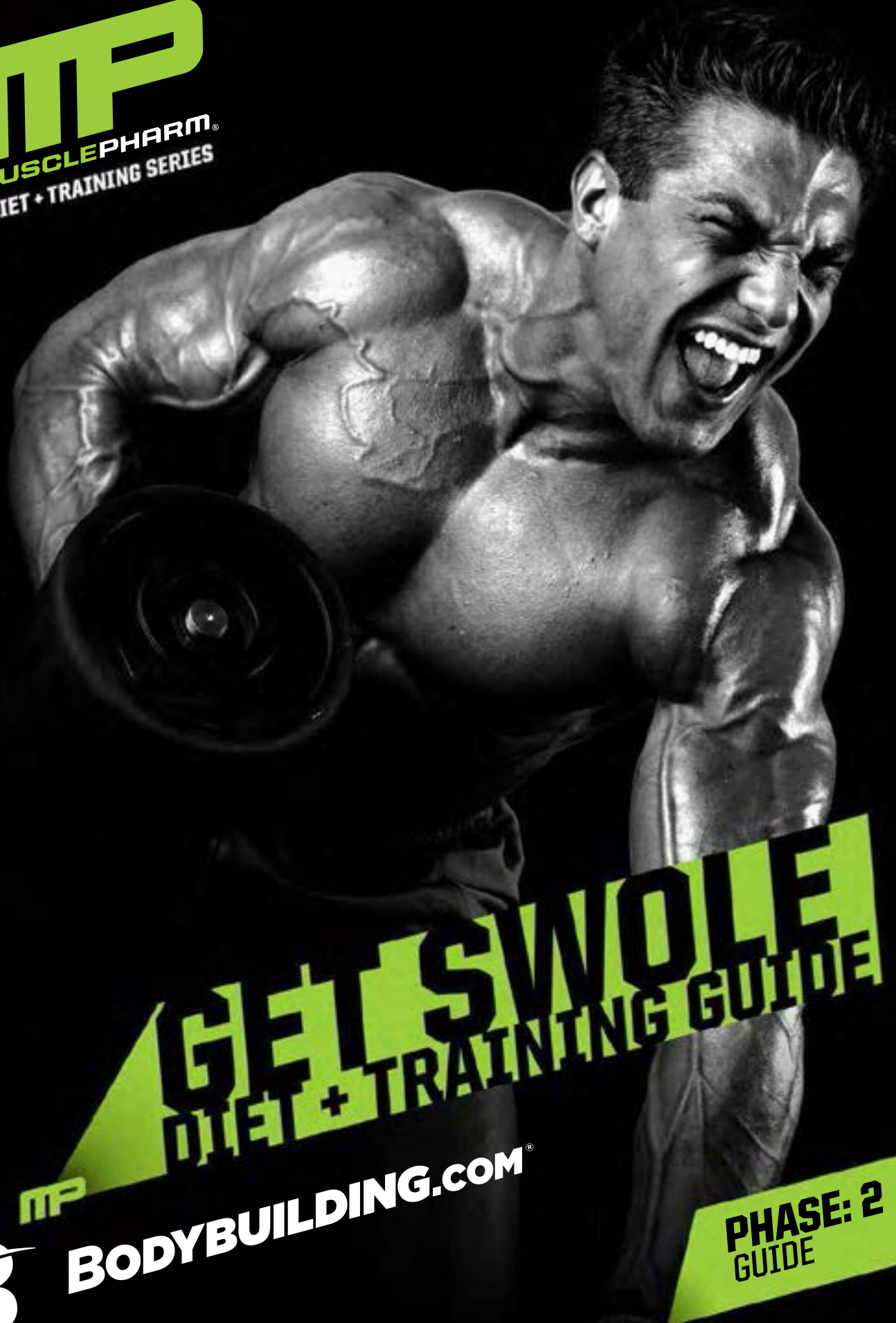
\* In Phase 1, you will take 3 full days off and focus on recovery. Growth occurs when you are not in the gym.

**RECOVERY:**

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

\* This will help you maintain your intensity in training on Monday.

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**PHASE: 2**  
GUIDE



**EX. TIME: 7:00AM**

Wake Up



**SUPPLEMENT:**

**RE-CON®:** 1/2 scoop  
\* Take with 8-12 oz. of water.  
**ARMOR-V™:** 6 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

**Choose One of the Following:**  
**Option 1)** 3 whole eggs, 1/4 cup oatmeal and 1 cup of fruit  
**Option 2)** 2 egg whites, 1 cup of fruit, 1/4 cup of yogurt  
**Option 3)** 2 strips of organic turkey bacon, 1 cup of fruit, 1/4 cup of yogurt



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



**FOOD:**

2 oz. of nuts of choice and 1 cup of fruit



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Choose From Food List:**  
**Meat:** 10 oz.  
**Carbohydrate:** 1/2 cup  
**Ex:** 10 oz. of tuna and medium sweet potato





**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
1 oz. of heavy whipping cream.



**FOOD:**

1 cup of fruit



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Choose From Food List:**

**Meat:** 8 oz.

**Carbohydrate:** 2 cups

**Vegetables:** 2 cups

**Ex:** 10 oz. of tuna, medium  
sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
1 oz. of heavy whipping cream.  
**Z-CORE PM™:** 1 capsule



**FOOD:**

1 cup of fruit

**SUPPLEMENTS: PRE-WORKOUT**



**ASSAULT™**  
1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

**SUPPLEMENTS: POST-WORKOUT**



**RE-CON®**  
1/2 scoop with 8-12 oz. of water  
immediately after workout.

**BCAA 3:1:2™**  
6 capsules with 8-12 oz. of water  
immediately after workout.

**CREATINE**  
3 scoops with 8-12 oz. of water  
immediately after workout.

**MONDAY: CHEST + BACK**

EXERCISE	SET/REPS	TRAINING TIP
Under Grip Pull-ups	4x failure	
Incline Bench Press	12, 10, 8, 6	
Seated Row	12, 10, 8, 8, 8	
Flat Bench	5 x 5	
Wide Grip Pulldowns	15, 12, 10	
Chest fly with 4 count stretch at bottom	5 x 5	

**TUESDAY: LEGS**

EXERCISE	SET/REPS	TRAINING TIP
Squats	20, 15, 12, 10, 8	
Leg Press	20, 15, 12, 10, 8	
Leg Extension	25, 20, 15, 10	
Hamstring Curl	20, 15, 10, 5 x 5	
Calf Raises	25, 20, 25, 20	

**WEDNESDAY: ARMS**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Larry Scott—Preacher Curls Circuit	5 x 5 full, then 5 x 5 half reps	Dumbbells first set, straight bar second set, reverse curl third set
	Dumbbells	5 full, then 5 half reps	
	Straight Bar	5 full, then 5 half reps	
	Reverse Curls	5 full, then 5 half reps	
	Bicpe Curl Machine	30	

**THURSDAY: SHOULDERS + ABS**

<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
Military Press—Bar	15, 12, 10	
Military Press Dumbbells	12, 10, 8	
Lateral Raises	20, 15, 12, 10	
Full Frontals	5 x 5	
Barbell Shrug	5 x 5	5 count at the top and bottom
Abs	100	

**FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO**

\* In Phase 2, you will take 3 full days off from lifting and focus on recovery and cardio.

**CARDIO:**

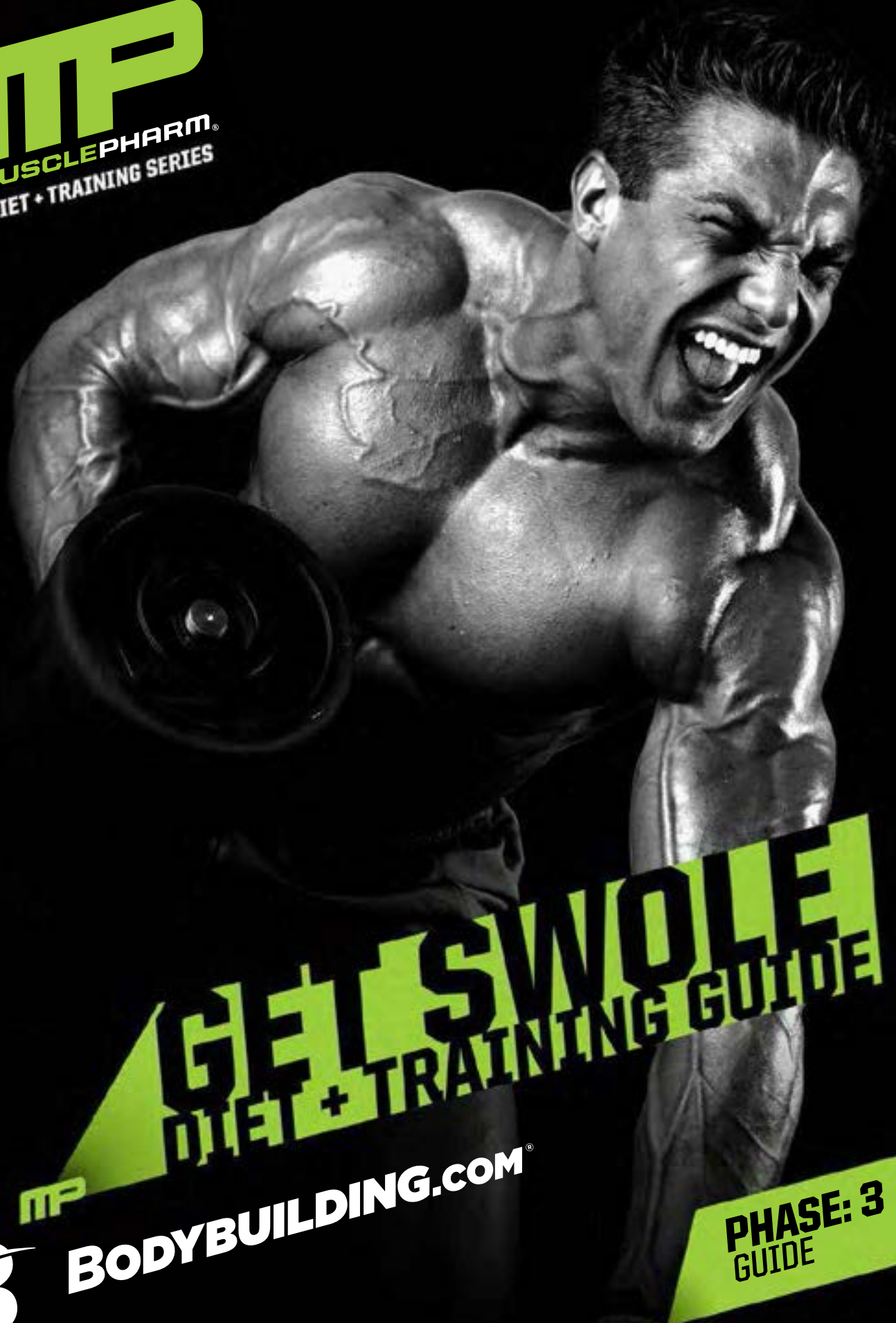
20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense then 1 minute steady.

**RECOVERY:**

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

\* This will help you maintain your intensity in training on Monday.

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**PHASE: 3**  
GUIDE



**EX. TIME: 7:00AM**

Wake Up



**SUPPLEMENT:**

**RE-CON®:** 1/2 scoop  
\* Take with 8-12 oz. of water.  
**ARMOR-V™:** 6 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

**Choose One of the Following:**  
**Option 1)** 4 whole eggs and 2 slices of organic turkey bacon  
**Option 2)** 2 whole eggs, 2 slices of organic turkey bacon and 1 cup of fruit  
**Option 3)** 2 whole eggs and 1 cup of carbs



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



**FOOD:**

1 cup of cottage cheese and 1 cup of fruit



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Choose From Food List:**  
**Meat:** 10 oz.  
**Carbohydrate:** 2 cups  
**Ex:** 10 oz. of tuna and 2 cups of broccoli



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
1 oz. of heavy whipping cream.



**FOOD:**

No Food



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

**Meat:** 10 oz.

**Carbohydrate:** 2 cups

**Vegetables:** 2 cups

**Ex:** 10 oz. of tuna, medium  
sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
1 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

1 cup of fruit

**SUPPLEMENTS: PRE-WORKOUT**



**ASSAULT™**  
1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

**SUPPLEMENTS: POST-WORKOUT**



**RE-CON®**  
1/2 scoop with 8-12 oz. of water  
immediately after workout.

**BCAA 3:1:2™**  
6 capsules with 8-12 oz. of water  
immediately after workout.

**CREATINE**  
3 scoops with 8-12 oz. of water  
immediately after workout.

**MONDAY: CHEST + BACK**

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Dumbbell Press	4 x 12	
	Incline Dumbbell Press	4 x 12	
	Dumbbell Fly	4 x 12	
TRI-SET	Flay Bench	4 x 12	
	Cable Crossover	4 x 15	
	Incline Dumbbell Fly	4 x 12	
TRI-SET	Pull-Ups	4 x 15	
	Dumbbell Pull-Overs	4 x 15	
	Seated Rows	4 x 15	
TRI-SET	Pull-Downs	4 x 15	
	T-Bar Row	4 x 15	
	Stiff Arm Cable Crossover	4 x 15	

**TUESDAY: LEGS**

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Squats	3 x 15	
	Leg Press	3 x 15	
	Leg Extension	3 x 15	
TRI-SET	Stiff Leg Deadlift	3 x 15	
	Hamstring Curls	3 x 15	
	Walking Lunges	3 minutes	

**WEDNESDAY: ARMS**

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Preacher Curls	4 x 15	
	Forehead Curls	4 x 15	
	Hammer Curls	4 x 15	
TRI-SET	3-Way Skull Crushers	3 x 20 to nose, 3 x 20 to forehead, 3 x 20 to behind head	
	Close Grip Preacher Curls	30	
	Straight Bar Push-Downs	3 x 30	

**THURSDAY: SHOULDERS + ABS**

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
	Arnold Press	4 x 20	
TRI-SET	Dumbbell Military Press	4 x 20	
	Lateral Raises	4 x 20	
	Front Raises	4 x 20	
	Shrugs	20	2 count at the top and bottom
	Ab Wheel	100	

**FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO**

\* In Phase 3, you will take 3 full days off from lifting and focus on recovery and cardio.

**CARDIO:**

20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense and 1 minute steady.

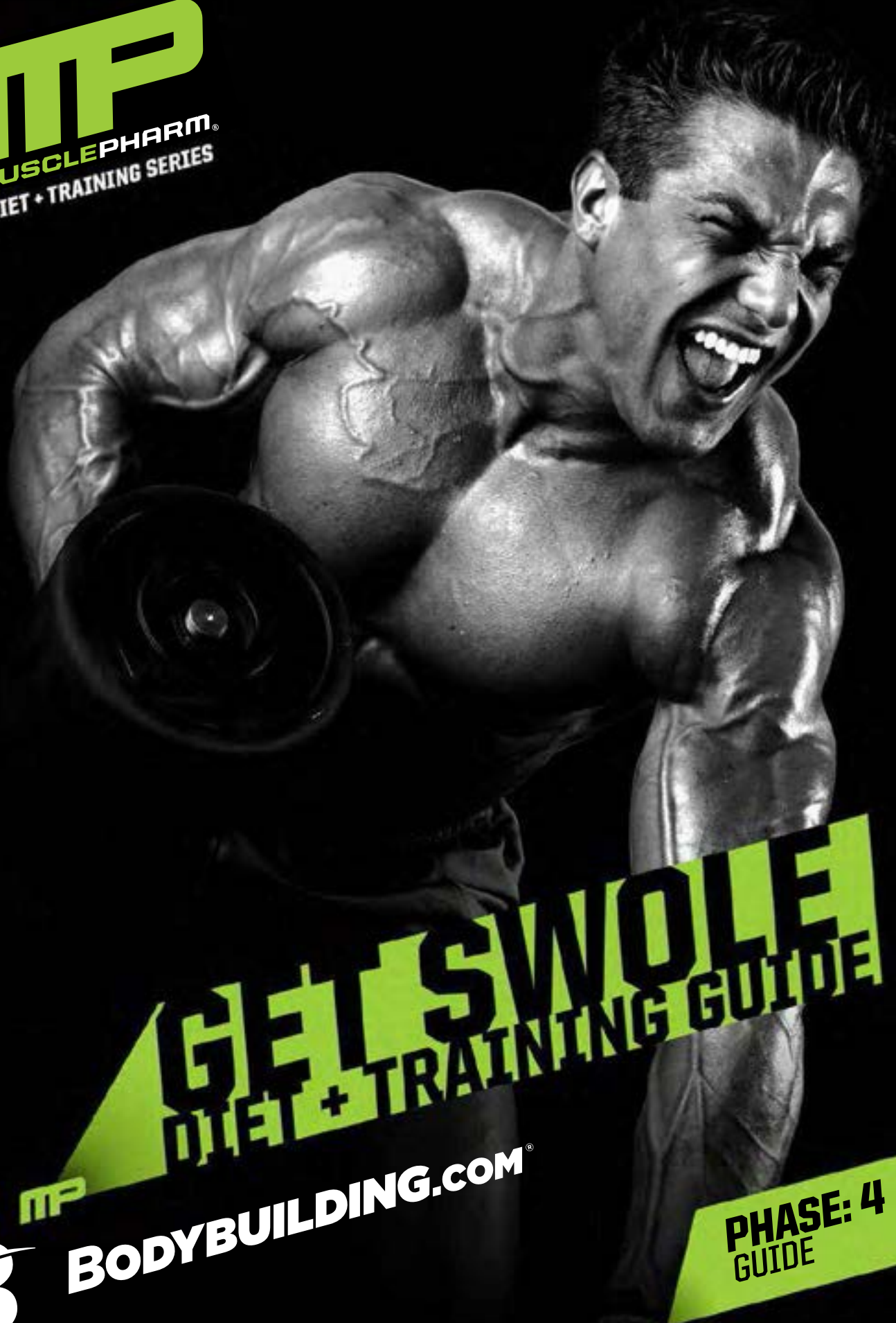
**RECOVERY:**

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

\* This will help you maintain your intensity in training on Monday.



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**PHASE: 4**  
GUIDE



**EX. TIME: 6:30AM**

Wake Up



**SUPPLEMENT:**

**BCAA 3:1:2™:** 6-8 capsules  
\* Take with 8-12 oz. of water.

**SHRED MATRIX™:** 2-3 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

No Food



**EX. TIME: 7:00AM**

Breakfast



**SUPPLEMENT:**

**ARMOR-V™:** 3 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

- 5 Egg whites
- 1/2 cup of carbs
- 1/2 cup of fruit



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

No Supplement



**FOOD:**

1 cup of 1% cottage cheese



**EX. TIME: 12:30PM**

30 Minutes Before Lunch



**SUPPLEMENT:**

**SHRED MATRIX®:** 2-3 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

No Food



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

**ARMOR-V™:** 3 capsules  
\* Take with 8-12 oz. of water



**FOOD:**

**Meat:** 8 oz.  
**Vegetables:** 2 cups  
\* Cook in Olive Oil



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Fat:** 1 cup



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Meat:** 8 oz.  
**Vegetables:** 2 cups  
\* Cook in Olive Oil



**EX. TIME: 10:00PM**

30-45 Minutes Before Bed



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water  
**Z-CORE PM™:** 1 capsule  
**RE-CON®:** 1/2 Scoop  
\* Take with 8-12 oz. of water



**FOOD:**

No Food



Off days on Sundays are truly an off day. Stay on top of your supplement regimen; however, instead of 5 meals, eat only 3 meals. Stay away from fried foods, fructose corn syrup and processed carbohydrates, but don't stay away from carbohydrates completely. Trust in the plan and your body will adjust within the first couple weekends.

**SUPPLEMENTS: PRE-WORKOUT**



**ASSAULT™**  
1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES: YOU GET TO PICK ONE OF THE TWO EXERCISES LISTED FOR EACH DAY.**

**SUPPLEMENTS: POST-WORKOUT**



**RE-CON®**  
1/2 scoop with 8-12 oz. of water immediately after workout.

**BCAA 3:1:2™**  
6 capsules with 8-12 oz. of water immediately after workout.

**CREATINE**  
3 scoops with 8-12 oz. of water immediately after workout.

**MONDAY: CHEST + BACK (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	<b>Alternate on of the following:</b>		
	• Dumbbell Pull-Over • Cable Crossover • Hammer Strength Machine	3-5 x 15	
	<b>Abs, chose one of the following:</b>		
	• Weighted Crunch • Ab Wheel • Kneeling Ab Crunch	100	

**MONDAY: CHEST + BACK (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
	<b>Abs, chose one of the following:</b>		
	• Weighted Crunch • Ab Wheel • Kneeling Ab Crunch	100	

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**  
 YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

**TUESDAY: ARMS (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
	<b>Abs, choose one of the following:</b>		
	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	

**TUESDAY: ARMS (WORKOUT #2)**

\* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	EXERCISE	SET/REPS	TRAINING TIP
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
	<b>Abs, choose one of the following:</b>		
	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**

YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

**WEDNESDAY: LEGS (WORKOUT #1)**

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
<b>Abs, choose one of the following:</b>		
<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	

**WEDNESDAY: LEGS (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
	Heavy Deep Squats	8 x 8	
	Leg Press	4 x 20	
SUPERSET	Leg Extensions	4 x 15	
	Hamstring Curl	4 x 15	
SUPERSET	Seated Calf Machine	28 method, 2-3 sets	
	Standing Calf Machine	28 method, 2-3 sets	
<b>Abs, choose one of the following:</b>			
	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**  
 YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

**THURSDAY: CHEST + BACK (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	<b>Alternate on of the following:</b>		
	<ul style="list-style-type: none"> <li>• Dumbbell Pull-Over</li> <li>• Cable Crossover</li> <li>• Hammer Strength Machine</li> </ul>	3-5 x 15	
<b>Abs, choose one of the following:</b>			
	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	

**THURSDAY: CHEST + BACK (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
<b>Abs, choose one of the following:</b>			
	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Ab Wheel</li> <li>• Kneeling Ab Crunch</li> </ul>	100	



**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**  
 YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

**FRIDAY: ARMS (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
	<b>Abs, choose one of the following:</b>		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

**FRIDAY: ARMS (WORKOUT #2)**

\* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	EXERCISE	SET/REPS	TRAINING TIP
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
	<b>Abs, choose one of the following:</b>		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**  
 YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

**SATURDAY: LEGS (WORKOUT #1)**

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
<b>Abs, choose one of the following:</b>		
• Weighted Crunch	100	
• Ab Wheel		
• Kneeling Ab Crunch		

**SATURDAY: LEGS (WORKOUT #2)**

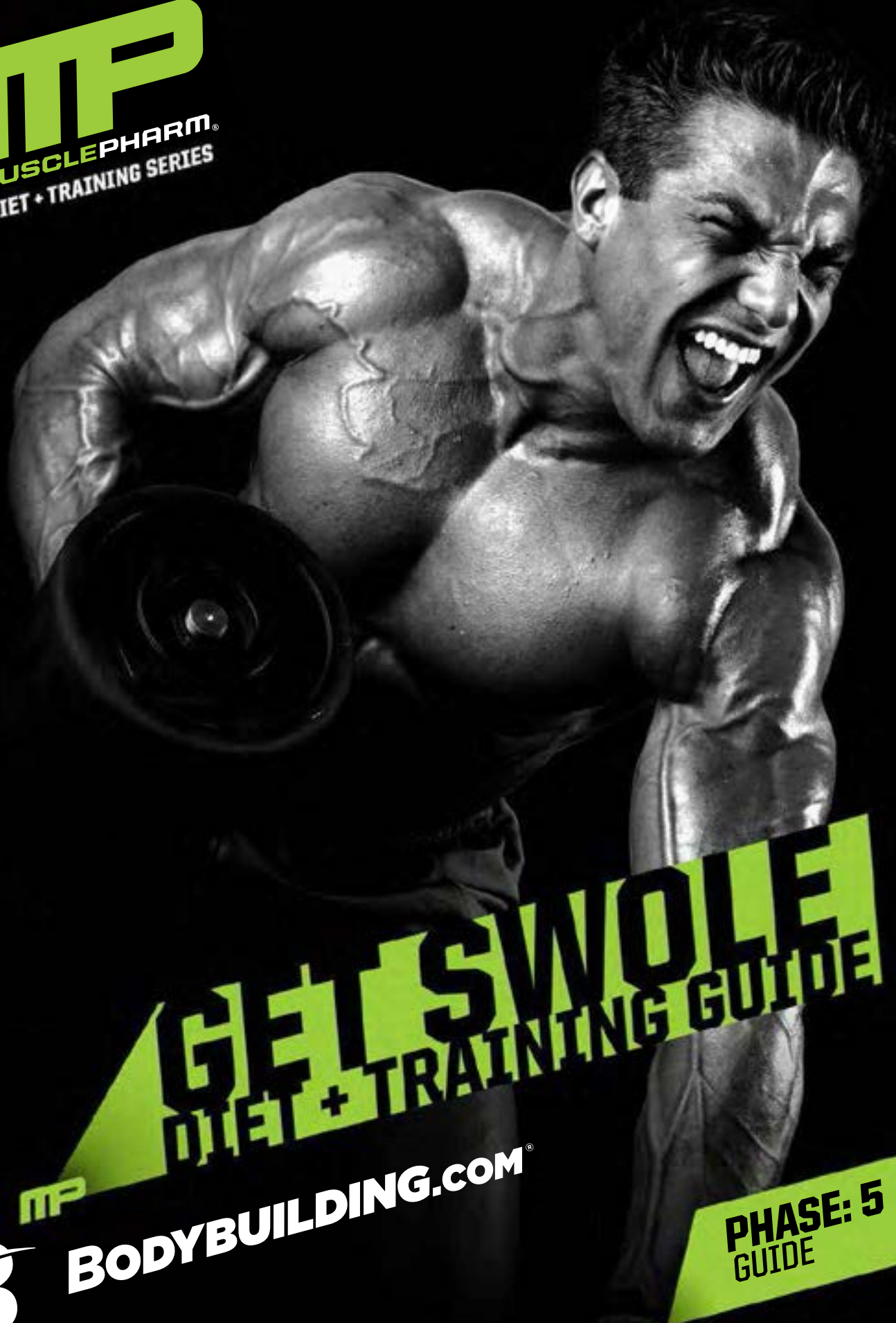
\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
	Heavy Deep Squats	8 x 8	
	Leg Press	4 x 20	
SUPERSET	Leg Extension	4 x 15	
	Hamstring Curl	4 x 15	
SUPERSET	Seated Calf Machine	5 x 15	
	Standing Calf Machine	5 x 15	
<b>Abs, choose one of the following:</b>			
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

**SUNDAY: REST + RECOVER**

\* Use this day to rest and recover from the week's workouts.

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**PHASE: 5**  
GUIDE



**EX. TIME: 7:00AM**

Wake Up



**SUPPLEMENT:**

**RE-CON®:** 1/2 scoop  
\* Take with 8-12 oz. of water.  
**ARMOR-V™:** 6 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

- 3 whole eggs
- 1/4 cup of oatmeal
- 1 cup of fruit



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.



**FOOD:**

No Food



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Choose From Food List:**  
**Meat:** 8 oz.  
**Carbohydrate:** 1/2 cups  
**Ex:** 8 oz. of tuna and a medium sweet potato



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.



**FOOD:**

No Food



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

**Meat:** 8 oz.

**Carbohydrate:** 2 cups

**Vegetables:** 2 cups

**Ex:** 10 oz. of tuna, medium  
sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water &  
2 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

No Food

## PHASE 5

This phase is designed to put on some quality mass by returning to the basics of bodybuilding with barbell and compound full-range movements. These workouts take it back to the blue collar routines that have been performed for years in tiny basement and garage gyms, but with our own little twist incorporated at the end to increase blood flow and pump. Begin each exercise by completing a few warm-up sets until arriving at a solid weight suitable for 5 sets of 5 heavy repetitions. Make sure that the weight is challenging enough that it is difficult to obtain the goal of 5 reps on each set. After the fifth heavy set, decrease the weight and perform the 28 method on the same core movement. This mix of traditional heavy weight and high volume will freak out the nervous system and increase blood flow to the muscle leading to an absolutely sick pump.

### WHAT'S THE 28 METHOD?

Seven full reps, seven extremely slow reps, seven reps at the top half of the movement, and then seven final reps at the bottom half of the movement, giving you 28 total reps.

## MONDAY: CHEST (WORKOUT #1)

EXERCISE	SET/REPS	TRAINING TIP
Incline Barbell Bench press	5 x 5, 1 x 28 method	
Flat Bench Press	5 x 5, 1 x 28 method	
Flat Dumbbell Fly complete with 4 count stretch	5 x 5, 1 x 28 method	
Push-Ups	1 set of 100	

## MONDAY: TRICEPS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Incline Bench Bodyweight Skulls	5 x 15	
	Bench Dips	5 x 20	

## MONDAY: ABS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Ab Wheels	4 x 25	
	Kneeling Cable Crunches	4 x 25	
	Weighted Crunches	4 x 25	

## PHASE 5

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### WHAT'S THE 28 METHOD?

Seven full reps, seven extremely slow reps, seven reps at the top half of the movement, and then seven final reps at the bottom half of the movement, giving you 28 total reps.

## TUESDAY: BACK (WORKOUT #2)

EXERCISE	SET/REPS	TRAINING TIP
T-bar or Bent Over Rows	5 x 5, 1 x 28 method	
Pull-Ups Wide Weighted	5 x 8	
Pull-Down	1 x 28 method	
Seated Rows	5 x 5, 1 x 28 method	

## TUESDAY: BICEPS

EXERCISE	SET/REPS	TRAINING TIP
Arnold Chest Curls	5 x 5	
Barbell Curls	1 x 28 method	
Dave Draper Corehead Curls	5 x 5	
Barbell Curls	1 x 28 method	

## TUESDAY: ABS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Hanging Knee-Ups	5 x 15	
	Toes to Bar	5 x 15	

## PHASE 5

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### WHAT'S THE 28 METHOD?

Seven full reps, seven extremely slow reps, seven reps at the top half of the movement, and then seven final reps at the bottom half of the movement, giving you 28 total reps.

## WEDNESDAY: LEGS (WORKOUT #3)

EXERCISE	SET/REPS	TRAINING TIP
Squats	5 x 5 deep, 1 x 28 easy squat (not method)	
Dead Lifts	5 x 5, 1 x 28 back extensions	
Leg Extensions	5 x 5, 1 x 28 method	
Leg Curls	5 x 5, 1 x 28 method	
Calf Raises (Weighted)	1 x 30, 1 x 20, 1 x 10, 1 x 5	

## WEDNESDAY: ARNOLD ABS

EXERCISE	SET/REPS	TRAINING TIP
Decline Sit-Ups	4 x 25-50	
Hanging Knee-Ups	3 x 25-50	
Kneeling Cable Crunches	4 x 12	
Stick Twists	3 x 50	



## PHASE 5

This phase is designed to put on some quality mass by returning to the basics of bodybuilding with barbell and compound full-range movements. These workouts take it back to the blue collar routines that have been performed for years in tiny basement and garage gyms, but with our own little twist incorporated at the end to increase blood flow and pump. Begin each exercise by completing a few warm-up sets until arriving at a solid weight suitable for 5 sets of 5 heavy repetitions. Make sure that the weight is challenging enough that it is difficult to obtain the goal of 5 reps on each set. After the fifth heavy set, decrease the weight and perform the 28 method on the same core movement. This mix of traditional heavy weight and high volume will freak out the nervous system and increase blood flow to the muscle leading to an absolutely sick pump.

### WHAT'S THE 28 METHOD?

Seven full reps, seven extremely slow reps, seven reps at the top half of the movement, and then seven final reps at the bottom half of the movement, giving you 28 total reps.

## THURSDAY: SHOULDERS (WORKOUT #4)

EXERCISE	SET/REPS	TRAINING TIP
Military Press Barbell	5 x 5, 1 x 28	
Shrugs	5 x 5, 1 set of 28 method	
Rear Delt Flys	5 x 8-12 reps, 1 set of 28 method	
Lateral Raises	5 x 5, 1 set of 28 method	
Front Raises	5 x 5, 1 set of 28 method	
Full Lateral Raises	1 x 100	

## THURSDAY: ABS

EXERCISE	SET/REPS	TRAINING TIP
Weighted Crunches	4 x 25	

## PHASE 5

This phase is designed to put on some quality mass by returning to the basics of bodybuilding with barbell and compound full-range movements. These workouts take it back to the blue collar routines that have been performed for years in tiny basement and garage gyms, but with our own little twist incorporated at the end to increase blood flow and pump. Begin each exercise by completing a few warm-up sets until arriving at a solid weight suitable for 5 sets of 5 heavy repetitions. Make sure that the weight is challenging enough that it is difficult to obtain the goal of 5 reps on each set. After the fifth heavy set, decrease the weight and perform the 28 method on the same core movement. This mix of traditional heavy weight and high volume will freak out the nervous system and increase blood flow to the muscle leading to an absolutely sick pump.

### WHAT'S THE 28 METHOD?

Seven full reps, seven extremely slow reps, seven reps at the top half of the movement, and then seven final reps at the bottom half of the movement, giving you 28 total reps.

## FRIDAY: CARDIO

EXERCISE	SET/REPS	TRAINING TIP
Jump Rope	2 minutes	
Double Unders	50 reps	
Jump Rope	2 minutes	
Double Unders	40 reps	
Jump Rope	2 minutes	
Double Unders	30 reps	
Jump Rope	2 minutes	
Double Unders	20 reps	

## FRIDAY: ABS

EXERCISE	SET/REPS	TRAINING TIP
Decline Situps	4 x 25-50	
Hanging Knee-Ups	3 x 25-50	
Kneeling Cable Crunches	4 x 12	
Stick Twists	3 x 50	

## SATURDAY + SUNDAY: REST + RECOVERY

Use these days to rest and recover from the week's workouts.