

The 30 Day

Build Muscle Challenge

Exercise Guide / Workout Plan

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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So you've finally decided that today is the day. The day that you're going to start going to take on your 30 Day Build Muscle Challenge, go the gym, get fit, and transform your body. Great!!!

So when and how do you start? How do you go about building muscle, establishing a plan, and following through on your fitness goals? Where do you envision yourself a week from now? Two weeks? A month? 6 months? A year?

These are all legitimate questions that you have to ask yourself when you first start out and you'd better have an answer to all of them if you're even considering being successful and reaching your fitness potential.

Luckily, that's where this guide comes in. In it, you're going to find the diet, exercise, and motivational tools that you will need in order to carry you through on your fitness goals and finally reach the goals that you've set for yourself.

Who is this Exercise Guide & Workout Plan for?

This exercise guide & workout plan is for those of you who've dabbled in visiting (I say visiting because if you're not going to the gym consistently, then by definition, you're just passing through) the gym but have never made a solid commitment to going 4 or 5 times a week, which is really what you need in order to see real results.

This exercise guide & workout plan is also for those of you who are hard-gainers and have trouble putting on weight and muscle. You need to keep in mind those who are overweight and those who are underweight have different priorities and everyone's body responds in different ways. So there's no such thing as one size fits all here.

What will I learn?

This exercise guide & workout plan will teach you the basics of weightlifting and strength training. It will teach you the core principles involved as well as the most essential bread-and-butter exercises and it is designed to get you comfortably into the gym 4 days a week.

30 Day Build Muscle Challenge

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It will help you break out of the “noob” zone and into a mindset where you’re going to be ready and eager to hit the weights every week because you know what to do, how to do it, and what you’re aiming for.

Getting Started/Principles

Before getting to the actual 4-week workout plan, it is important to discuss the main principles behind it so that even after the initial 4 weeks, all of you following this guide have an idea of how to continue on your fitness path.

One of the most important things to learn as someone who’s just starting to get into lifting is that **compound exercises are KING**. The squat, bench press, and deadlift are going to be your bread-and-butter exercises and I guarantee that you’d see massive gains if you just focused on these.

That said, it’s still going to be important to add a variety of different exercises in order to isolate certain muscle groups and to keep the workout from getting stale. Because this is geared towards the beginner lifter, I’m going to introduce the major exercises and then slowly integrate the more minor exercises as the weeks progress.

The following 4 week exercise program is based on a 4-day-per-week schedule. **Weight training days will be Monday, Tuesday, Thursday, and Friday.**

Wednesday is a rest day as well as the weekend. Exercise sets do not include warm up sets.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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Week 1,2 (Getting Started)

Remember to warm up for at least 10 minutes before lifting. Stretch the legs, back, chest, shoulders, and arms.

For the first week, focus on form for every set and make sure each repetition is performed slowly and squeeze and concentrate on the muscle being worked.

For the second week, make sure to increase the weight for every exercise. These first two weeks are designed to teach you the most essential exercises while at the same time ensuring enough variety and rest between lifting days.

Monday

Exercise	Sets	Reps	Rest
Flat Barbell Bench Press	4	10*	
Incline Barbell Bench Press	4	10*	
Barbell Squat X 5 Sets	5	10*	
Dumbbell Lunges**	4	12 -15	
Deadlift	5	10*	
Pull Ups	In as few sets as possible	40	

* Choose a weight where you fail by the 10th rep and stay with that weight, aiming for 10 reps per set for 4 sets.

** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions

Tuesday

Exercise	Sets	Reps	Rest
Dumbbell Shoulder Press	4	10*	
Barbell Shrugs	4	10*	
Barbell Curls	4	10*	
EZ-Bar Skullcrushers	4	10*	
Dumbbell Hammer Curls	3	10*	
Weighted Dips	3	12**	
Seated Machine Calf Raises	5	20	

* Choose a weight where you fail by the 10th (12th) rep and stay with that weight, aiming for 10

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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(12) reps per set for all sets.

** Choose a weight where you fail by the 10th rep and stay with that weight, aiming for 10 reps per set for all sets.

Wednesday

Exercise	Sets	Reps	Rest
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REST

Thursday

Exercise	Sets	Reps	Rest
Flat Barbell Bench Press	4	10*	
Incline Barbell Bench Press	4	10*	
Barbell Squat X 5 Sets	5	10*	
Dumbbell Lunges**	4	12 -15	
Deadlift	5	10*	
Pull Ups	In as few sets as possible	40	

* Choose a weight where you fail by the 10th rep and stay with that weight, aiming for 10 reps per set for 4 sets.

** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions

Friday

Exercise	Sets	Reps	Rest
Dumbbell Shoulder Press	4	10*	
Barbell Shrugs	4	10*	
Barbell Curls	4	10*	
EZ-Bar Skullcrushers	4	10*	
Dumbbell Hammer Curls	3	10*	
Weighted Dips	3	12**	
Seated Machine Calf Raises	5	20	

* Choose a weight where you fail by the 10th (12th) rep and stay with that weight, aiming for 10 (12) reps per set for all sets.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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** Choose a weight where you fail by the 10th rep and stay with that weight, aiming for 10 reps per set for all sets.

30 Day Build Muscle Challenge

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Week 3, 4 (Adding Some Variety)

For this week, all of the exercise we did in week 1 and 2 with Barbell, we will be switching to dumbbells to add some variety and to target more supporting muscles.

We will also be changing up the Tuesday/Thursday workouts to introduce some new exercises for the non-compound days.

Monday			
Exercise	Sets	Reps	Rest
Flat Dumbbell Bench Press	4	10*	
Incline Dumbbell Bench Press	4	10*	
Barbell Squat X 5 Sets	5	10*	
Barbell Lunges**	4	12 -15	
Dumbbell Deadlift	5	10*	
Pull Ups	In as few sets as possible	40	
* Choose a weight where you fail by the 10 th rep and stay with that weight, aiming for 10 reps per set for 4 sets.			
** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions			

Tuesday			
Exercise	Sets	Reps	Rest
Dumbbell Arnold Press	4	10*	
Rear Delt Machine Flys	4	10*	
Preacher EZ-Bar Curls	4	10*	
Cable Rope Pulldowns	4	10*	
Incline Dumbbell Curls	3	10*	
Dumbbell Triceps Extension	3	10*	
Machine Donkey Raises	5	20	
* Choose a weight where you fail by the 10 th (20 th) rep and stay with that weight, aiming for 10 (20) reps per set for all sets.			

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

Wednesday

Exercise	Sets	Reps	Rest
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REST

Thursday

Exercise	Sets	Reps	Rest
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Flat Dumbbell Bench Press	4	10*	
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Incline Dumbbell Bench Press	4	10*	
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Barbell Squat X 5 Sets	5	10*	
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Barbell Lunges**	4	12 -15	
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Dumbbell Deadlift	5	10*	
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Pull Ups	In as few sets as possible	40	
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* Choose a weight where you fail by the 10th rep and stay with that weight, aiming for 10 reps per set for 4 sets.

** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions

Friday

Exercise	Sets	Reps	Rest
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Dumbbell Arnold Press	4	10*	
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Rear Delt Machine Flys	4	10*	
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Preacher EZ-Bar Curls	4	10*	
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Cable Rope Pulldowns	4	10*	
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Incline Dumbbell Curls	3	10*	
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Dumbbell Triceps Extension	3	10*	
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Machine Donkey Raises	5	20	
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* Choose a weight where you fail by the 10th (20th) rep and stay with that weight, aiming for 10 (20) reps per set for all sets.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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BONUS

(From The 90 Day Transformation Challenge)

Week 5 (Alternative exercises)

Week 1-4 served to teach the most basic and fundamental compound exercises as well as exercises for the smaller, complementary body parts. The last week will serve to expose you to the pyramid repetition scheme which is one of the most fundamental principles in strength training.

Exercises during the last week will be the same as during the first week for Mondays and Thursdays. Tuesdays and Thursdays will serve to further introduce new ways to work different parts of the complementary muscles.

Monday			
Exercise	Sets	Reps	Rest
Flat Dumbbell Bench Press	4	12 : 10 : 8 : 6*	
Incline Dumbbell Bench Press	4	12 : 10 : 8 : 6*	
Barbell Squat X 5 Sets	5	12 : 10 : 8 : 6 : 6**	
Barbell Lunges***	4	12 - 15	
Dumbbell Deadlift	5	12 : 10 : 8 : 6 : 6**	
Pull Ups	In as few sets as possible		50

* Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set.

** Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set until the last 2 sets. Aim to use the same weight for set 4 and 5.

*** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions

Tuesday			
Exercise	Sets	Reps	Rest

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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Shoulder Machine Press?	4	12 : 10 : 8 : 6*
Side Delt Machine Raises	4	12 : 10 : 8 : 8**
EZ-Bar 21s	3	21
Overhead Dumbbell Tricep Extensions	4	12 : 10 : 8 : 8**
Standing Dumbbell Curls	3	10*
Triangle Grip Tricep Cable	3	10*
Pulldowns		
Machine Donkey Raises	5	30 : 25 : 20 : 20 : 15*

* Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set.

** Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set until the last 2 sets. Aim to use the same weight for set 3 and 4.

Wednesday

Exercise	Sets	Reps	Rest
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REST

Thursday

Exercise	Sets	Reps	Rest
Flat Dumbbell Bench Press	4	12 : 10 : 8 : 6*	
Incline Dumbbell Bench Press	4	12 : 10 : 8 : 6*	
Barbell Squat X 5 Sets	5	12 : 10 : 8 : 6 : 6**	
Barbell Lunges***	4	12 -15	
Dumbbell Deadlift	5	12 : 10 : 8 : 6 : 6**	
Pull Ups	In as few sets as possible	50	

* Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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** Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set until the last 2 sets. Aim to use the same weight for set 4 and 5.

*** This is an important stretch exercise. Do 12-15 reps per set for 4 sets aiming for slow, controlled repetitions

Friday

Exercise	Sets	Reps	Rest
Shoulder Machine Press?	4	12 : 10 : 8 : 6*	
Side Delt Machine Raises	4	12 : 10 : 8 : 8**	
EZ-Bar 21s	3	21	
Overhead Dumbbell Tricep Extensions	4	12 : 10 : 8 : 8**	
Standing Dumbbell Curls?	3	10*	
Triangle Grip Tricep Cable	3	10*	
Pulldowns?			
Machine Donkey Raises	5	30 : 25 : 20 : 20 : 15*	

* Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set.

** Choose a weight where you feel you will fail on the last rep of each set. Increase weight each set until the last 2 sets. Aim to use the same weight for set 3 and 4.

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30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

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Richard Knight