

# Training and diet program

**Sets:** always 4, regardless of exercise

**Rep range:** 5–30 (with few exceptions)

**Progressive overload:** Count how many reps you can do in the heavy exercises, such as bench press, dumbbell press, pull ups, standing barbell rows, leg press and squats, and try to do more reps and increase the weight over time. Make notes if you do not remember.

**Day 1: Back and biceps:** pull ups with bodyweight, pull-downs (wide grip), pull-downs (close-grip), seated row in machine, standing row with barbell, dead lifts, standing dumbbell curls (both arms simultaneously), standing barbell curls, standing dumbbell hammer curls (both arms simultaneously), seated dumbbell curls (both arms simultaneously).

**Day 2: Chest and triceps:** barbell bench press, dumbbell chest press, dumbbell chest press (incline), flies, dips (with bodyweight), standing

push-downs (with rod), standing push-downs (with rope), over head extensions (with dumbbell)

**Day 3:** Shoulders and abs: seated dumbbell press, standing dumbbell lateral raises, seated dumbbell lateral raises, bent over lateral raises (rear deltoids), face pulls, rear delt machine, raised leg crunches, abs machine, leg raises

**Day 4:** Legs (thighs and calves): squats, leg press, lunges with dumbbells, Romanian dead lifts with dumbbells, leg curls in machine (lying), leg curls in machine (seated), standing calf raises with dumbbells, standing calf raises (machine), seated calf raises

**Day 5:** Rest

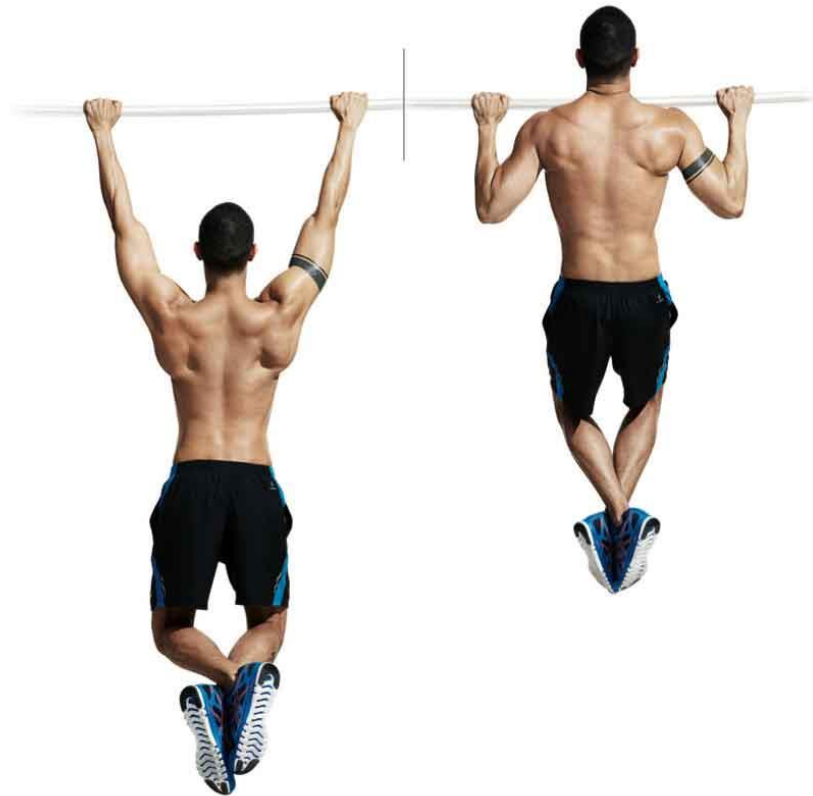
Then repeat the program and take days off only if you're sick or have other serious priorities. Thus train 5-6 days on average every week.

## **Diet schedule each day**

**Clean bulk period:** 200 grams of protein (mainly chicken, eggs, fish and beef), 300 grams of carbohydrates (mainly bread, fruits and vegetables), 50 grams of fat, 2 litres of cold water.

**Shred down period:** 250 grams of protein, 150 grams of carbohydrates (mainly fruits and vegetables), 50 grams of fat, 2 litres of cold water. Cut down on 80% of all sugar and bread.

## Appendix: Exercise pictures



**Pull ups**



**Pull downs (wide grip)**



**Pull downs (close-grip)**

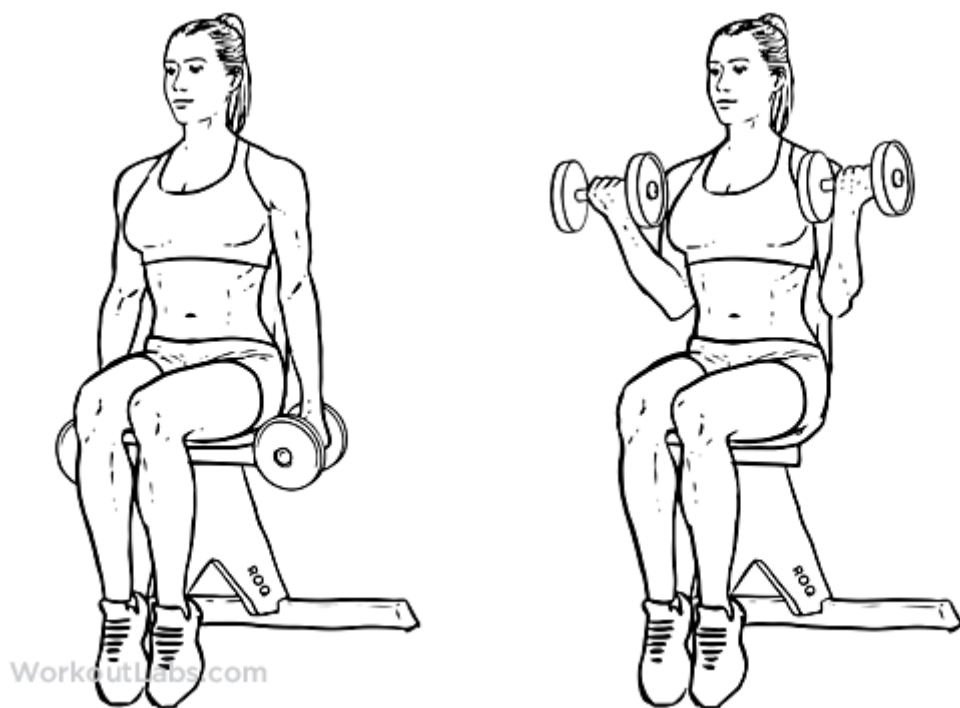


**Seated row in machine**



**Standing barbell row**





**Seated dumbbell curls**



**Dumbbell press (incline)**



**Over head extensions with dumbbell**



**Push downs (with rod)**



**Push downs (with rope)**



**Seated dumbbell press**

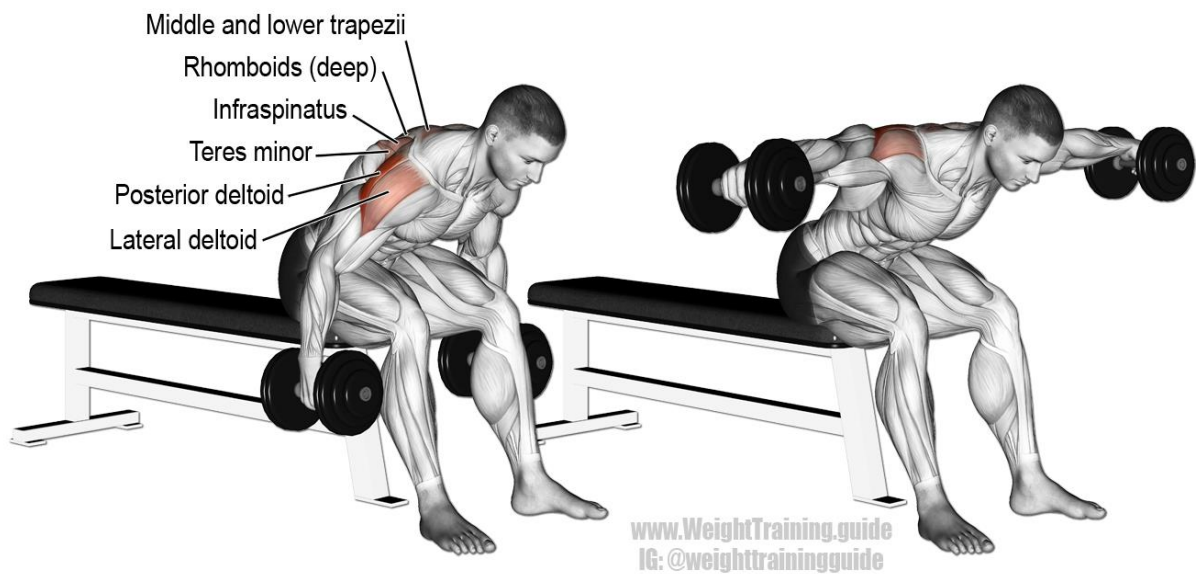


**Standing lateral raises**





## Seated lateral raises



## Bent over lateral raises



**Face pulls for rear delts**



**Rear delt machine**





**Raised leg crunches**



**Abs machine**



**Leg raises**



**Lunges with dumbbells**



**Romanian deadlifts with dumbbells**



**Leg curls in machine (seated)**



**Leg curls in machine (lying)**



**Standing calf raises (machine)**





**Seated calf raises**