

THE MUSCLE BUILDING BLUEPRINT

MASTER THE FUNDAMENTALS.
BUILD MUSCLE. BUILD CONFIDENCE.

01 THE BASICS OF MUSCLE BUILDING

Muscle building is simple: challenge your muscles, fuel your body with the right nutrition and allow time to recover.



TRAIN

Stimulate your muscles with progressive overload.



EAT

Eat in a calorie surplus and consume enough protein.



RECOVER

Get enough sleep and allow your muscles time to grow.

02 PROGRESSIVE OVERLOAD

Progressive overload is the key to continuous muscle growth.

WAYS TO APPLY PROGRESSIVE OVERLOAD



INCREASE THE WEIGHT

Lift slightly heavier over time.

EXAMPLE
From 40 kg to 42.5 kg



INCREASE REPS

Do more reps with the same weight.

EXAMPLE
From 8 reps to 10 reps



INCREASE SETS

Add an extra set to your workout.

EXAMPLE
From 3 sets to 4 sets



IMPROVE FORM

Focus on better form and mind-muscle connection.

EXAMPLE
Slower tempo, full range



REDUCE REST TIME

Shorter rest, same performance.

EXAMPLE
From 90 sec to 60 sec



FOCUS ON CONSISTENCY, NOT PERFECTION.

Small daily actions lead to massive results.



03 TRAINING VOLUME

Training volume refers to the total amount of work you do in a given time.

EXPERIENCE LEVEL	WEEKLY SETS PER MUSCLE GROUP
 BEGINNER	10 – 15 SETS
 INTERMEDIATE	15 – 20 SETS
 ADVANCED	20+ SETS

PRO TIP

Spread your sets across 3–6 workouts per week for the best results.

04 REP RANGES

Different rep ranges target different outcomes.

REP RANGE	BENEFIT	EXAMPLE
1 – 5 REPS	MAX STRENGTH	Heavy compound lifts
6 – 12 REPS	MUSCLE GROWTH	Main hypertrophy range
12 – 20 REPS	MUSCLE ENDURANCE	Isolation exercises
20+ REPS	MUSCULAR ENDURANCE	Light weight, high reps

QUICK GUIDE



For muscle building, focus on 6–12 reps for most of your sets.

05 EXAMPLE MUSCLE BUILDING WORKOUT SPLIT



PUSH

(CHEST, SHOULDERS, TRICEPS)

- Bench Press
- Overhead Press
- Incline Dumbbell Press
- Tricep Pushdowns



PULL

(BACK, BICEPS)

- Pull-Ups
- Barbell Rows
- Lat Pulldowns
- Face Pulls
- Bicep Curls



LEGS

(QUADS, HAMSTRINGS, GLUTES, CALVES)

- Squats
- Romanian Deadlifts
- Leg Press
- Leg Curls
- Calf Raises



CORE

(ABS & LOWER BACK)

- Plank
- Hanging Leg Raise
- Russian Twists
- Back Extensions

MON

PUSH

TUE

PULL

WED

LEGS

THU

PUSH

FRI

PULL

SAT

REST

SUN

REST



BE PATIENT. STAY CONSISTENT.

The results you want are built one rep at a time.

