










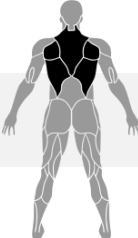












ZUMUB MUSCLE BUILDING WORKOUT PLAN

GOAL: GAIN MUSCLE MASS

LEVEL: INTERMEDIATE


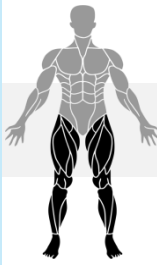









DAY	PART OF THE BODY	EXERCISE	SETS	REPETITIONS
MONDAY		 Cardio—Treadmill 10 minutes		
	 Chest	 Bench Chest Press	4x	6-8x
		 Incline dumbbell flyes	4x	6-8x
		 Dips	4x	AMRAP*
	 Triceps	 Triceps Pushdown	4x	12x
		 Overhead Triceps Extension	4x	12x
	 Core	 Plank	3x	2-3mins
TUESDAY	RESTDAY			
WEDNESDAY		 Cardio – 10 minutes		
	 Back	 Pullups	3x	AMRAP*
		 Bent Over Barbell Row	4x	6-8x
		 Dumbbell Reverse Flyes	4x	10x
	 Biceps	 Barbell Curl	3x	15x
		 Concentration Curl	3x each arm	15x
	 Core	 Side Plank	3x each side	2-3mins



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LEVEL: INTERMEDIATE

DAY	PART OF THE BODY	EXERCISE	SETS	REPETITIONS	
THURSDAY	RESTDAY				
FRIDAY			Cardio—10 minutes		
	 Legs		Rack Squats	4x	6-8x
			Leg Extension	4x	6-8x
			Leg Curl	4x	6-8x
	 Shoulders		Dumbbell Shoulder Press	3x	15/12/10
			Dumbbell Lateral Raise	3x	15/12/10
			Dumbbell Front Raise	3x	15/12/10
	 Back		Back Extension	3x	15/12/10
SATURDAY	RESTDAY				
SUNDAY	RESTDAY				
REST TIME	Between Sets: 2 minutes		Between repetitions: 1.30-2 minutes		

*As many repetitions as possible