

GET STRONG AND EFFECTIVELY BUILD

# MUSCLE MASS



GYM EXPERT WORKOUT GUIDE

“FOR PEOPLE WITH MORE TIME FOR WORKING  
OUT”

FOR BEGINNERS AND PROS.



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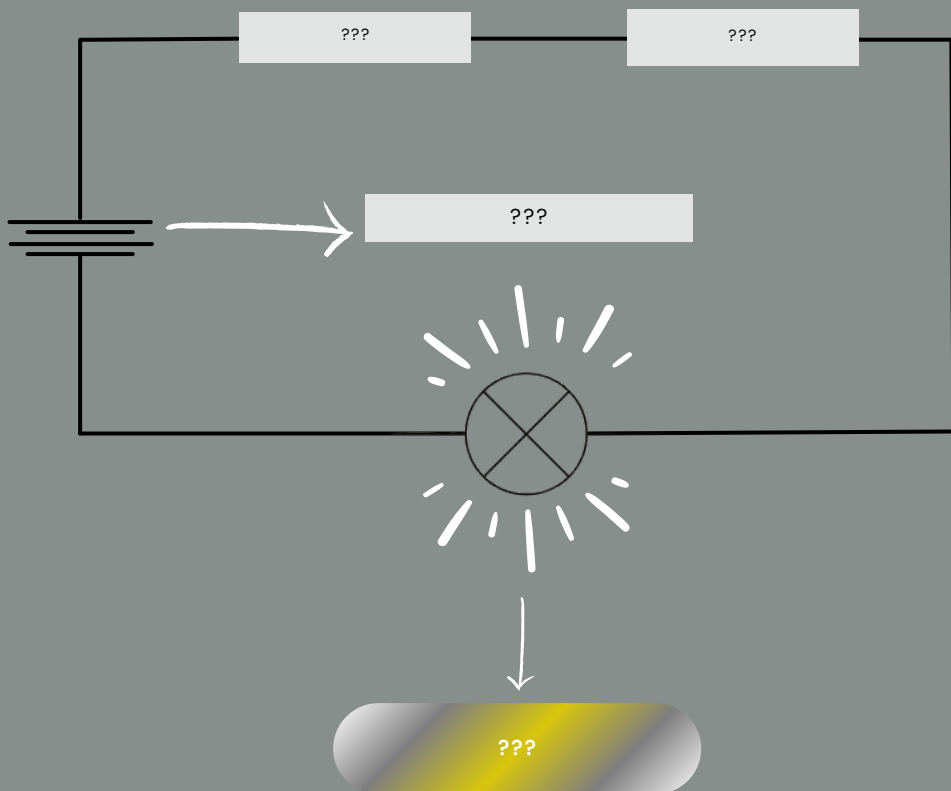
## WORDS FROM ME 23

“BETTER ADVICE, FITTER YOU”

## ARE YOU READY TO GET STRONGER?

???

HERE'S A CIRCUIT I MADE ON HOW TO GET STRONGER AND BUILD MUSCLE.



# WHAT YOU'LL LEARN

WORKING OUT

???

I HAVE EXPERIENCE

???

## WHAT MAKES THIS WORKOUT PLAN UNQIUE

???



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# WHAT YOU GET DECOMPOSED

???

## EFFECTIVE WORKOUTS

PROGRESSIVE OVERLOAD PROGRAM

???

PROGRESS TRACKER

???

PICKING THE WEIGHT TO USE

???

UPDATABLE WORKOUT TEMPLATE

???

## LONGER WORKOUTS

LONGER WORKOUTS

???

HIGH REST BETWEEN SETS

???

MORE SETS, MULTIPLE EXERCISES

???

SUSTAIN MUSCLE GROWTH

???

# LEAVING REPS IN RESERVE & REST

How is leaving reps in reserve beneficial?

???



???

???

???

**REST IS FUNDAMENTAL**

???

# DETERMINING THE WEIGHT FOR EXERCISES

HOW TO DETERMINE HOW MUCH WEIGHT YOU'RE USING FOR EXERCISES

???



???

???



# TIPS / WHAT TO LOOK OUT FOR

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???

## EXTRA TIPS / WHAT TO LOOK OUT FOR

???

???

???

???

**WHAT IS PROGRESSIVELY OVERLOADING?**

???























# THE PROGRESSIVE OVERLOAD SEQUENCE

YOU NOW KNOW THE  
DRILL

???

???

???

EXERCISES  
CATEGORIES

???

???

FOR VISUAL LEARNERS



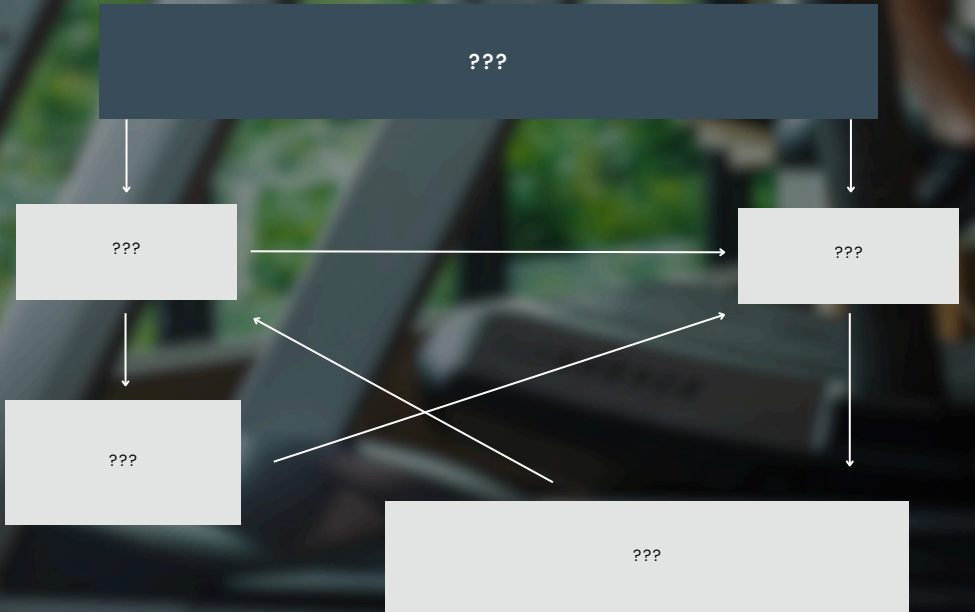
# HANDLING PLATEAUS

WHAT IS A PLATEAU?

NOT ALL PLATEAUS ARE BAD

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# THE STARTER WORKOUT PLAN

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# WORDS FROM ME

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# FOR YOU.

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