



WORKOUT LOG

TRAINING



TIME UNDER TENSION: KEY TO GROWTH

First things first, leave your ego at this sentence and forget about it. I know you want to get big and put on as much muscle as fast as you can, but I need you to make a commitment right now that you are going to stop worrying about how much weight you are pushing and start focusing on the quality of your rep by maintain the utmost perfect form and keeping your muscles under tension throughout the entire exercise. The weight on the bar is not the key to muscular growth. The thing that really matters is how hard the targeted muscle is being worked. That muscle doesn't know how heavy the weight is. All it is aware of is how hard it is working – how much tension it is under.

Your muscles have an ideal time under tension, after which they become too depleted and stop responding (failure point). That ideal time frame is 40-70 seconds. So, if you can make your set last between 40-70 seconds, keeping tension on the working muscle, you will be in the mass building zone.

The key to achieving 40-70 second sets is training tempo. That means how fast you lift the weight (concentric), how long you hold the weight at full contraction (isometric) and how fast you lower the weight (eccentric). To achieve maximum time under tension, a good place to start your training tempo is by following this pattern . . .

- Four seconds to lower the weight
- One second pause at full contraction
- Two seconds to raise the weight

That is gives us a training tempo of 4-1-2.

When you train this way the weight feels a whole lot heavier. In fact, you should reduce the weight that you are used to using in order to increase the control that you have over it. This will allow you to squeeze the muscle while working it and to use perfect form. An easy way to break plateaus is simply to change those numbers around.

TRAINING TO FAILURE

The training programs in this guide will prescribe sets and repetitions. You need to train so that the last rep on each set is the last rep you could do with that weight. If you can do more, then you need to bring the weight up slightly so that the last prescribed rep is the last rep you can do without breaking form. THIS IS ONE OF THE MOST COMMON MISTAKES I SEE IN THE GYM AND A MAJOR KEY!!!

STRENGTH & MASS



To build muscle you have to get strong. That's why we have divided the 12 weeks of your training program between strength weeks and hypertrophy weeks. The key focus on the strength weights is to increase the weights you are using. During the hypertrophy weeks, the focus is on time under tension and form.

During the strength weeks, you will pyramid your sets, starting with a lighter weight and then adding about 10-20% to the weight on the bar or dumbbells as you aim for the same number of reps as the last but fail 1 or 2 reps earlier than last time.

When you come out of a strength week and into a hypertrophy week, you will be stronger for those workouts, even though you are focusing on tempo and form. And same goes for the other way around.

TRAINING REGULARITY

The 90 Day Clean Bulk will have you training with weights five days per week. We recommend training Monday - Friday, but feel free to fit your training around your schedule. Make sure that you have at least a day off after the five training sessions in a row to allow your body to recover.

On Wednesdays and Saturdays, you will do a core routine (see Chapter 4). You can do ab work every other day if you want.

1-2 days per week you will engage in High Intensity Interval Training (HIIT) in order to burn off any excess body fat that may be accumulating. If you are getting too fluffy, throw in an extra HIIT day. If you are just burning

through your calories, cut back your cardio.

TRAINING SPLIT

The 90 Day Clean Bulk program divides the body into one muscle group per day on strength days and groups together certain muscle groups on hypertrophy days while still dedicating certain days to isolating one muscle group as well.

You will follow this regimen that has been very carefully crafted to ensure the most gains possible. Studies show that when training a muscle, one strength workout followed by two high volume workouts gets the most drastic results.

THE SCHEDULE

Week One	Strength
Week Two	Hypertrophy
Week Three	Hypertrophy
Week Four	Strength
Week Five	Hypertrophy
Week Six	Hypertrophy
Week Seven	Strength
Week Eight	Hypertrophy
Week Nine	Hypertrophy
Week Ten	Strength
Week Eleven	Hypertrophy
Week Twelve	Hypertrophy

THE STRENGTH WORKOUTS



The schedule provides 4 total weeks of strength focused training. On these weeks your focus will be on compound movements, heavy weight and low reps with GOOD FORM.

Rest Between Sets

Rest between sets for strength training workouts is 75 seconds. This will ensure a complete rest for optimal strength output with each set.

Tempo

Because the focus is on strength during this phase, the tempo will increase slightly to 2-1-1. This will allow you to lift more weight.

Strength Workouts:

FOR ALL WORKOUTS:

- 1st set: 8 reps
- 2nd set: 6 reps
- 3rd set: 4 reps
- 4th set: 4 reps

DAY 1 (MONDAY):

Strength Workout: Chest

Exercise:	Sets:	Reps:
Barbell Bench Press	4	4-8 reps
Incline Dumbbell Press	4	4-8 reps
Standing Cable Flys	4	4-8 reps
Standing Incline Cable Flys	4	4-8 reps
Incline Svend Presses	4	4-8 reps

DAY 2 (TUESDAY):

Strength Workout: Back

Exercise:	Sets:	Reps:
Lat Pull-down	4	4-8 reps
Standing Iso Dumbbell Row	4	4-8 reps
Wide Grip Lat Pull-down	4	4-8 reps
T-Bar Low Rows	4	4-8 reps
Dumbbell Pull-Overs	4	4-8 reps

DAY 3 (WEDNESDAY):

Strength Workout: Legs

Exercise:	Sets:	Reps:
Barbell Squats	4	4-8 reps
Walking DB Lunges	4	4-8 reps
Stiff-leg Deadlifts	4	4-8 reps
Leg Extension	4	4-8 reps
Seated Calf Raises	4	4-8 reps
Standing Calf Raises	4	4-8 reps

DAY 4 (THURSDAY):

Strength Workout: Shoulders

Exercise:	Sets:	Reps:
Dumbbell Shoulder Press	4	4-8 reps
Dumbbell Side Lateral Raise	4	4-8 reps
Rear Delt Flys	4	4-8 reps
Dumbbell Front Raises	4	4-8 reps
Dumbbell Shrugs	4	4-8 reps

DAY 5 (FRIDAY):

Strength Workout: Arms

Exercise:	Sets:	Reps:
Standing Barbell Curls	4	4-8 reps
Dumbbell Hammer Curls	4	4-8 reps
EZ Bar Curls	4	4-8 reps
Rope Hammer Curls	4	4-8 reps
Close Grip Bench Press	4	4-8 reps
EZ Bar Skull Crushers	4	4-8 reps
Rope Extensions	4	4-8 reps
Supinated EZ Bar Extensions	4	4-8 reps

DAY 6 (SATURDAY): Rest/HIIT

DAY 7 (SUNDAY): Rest/HIIT

THE HYPERTROPHY WORKOUTS



During your hypertrophy weeks, the focus will be on time under tension, perfect form and four second negatives. You will put all of your mental focus on isolating and working the target muscle group. CREATE YOUR MIND/MUSCLE CONNECTION!

You will be training for volume on Weeks Two & Three, Five & Six, Eight & Nine and Eleven & Twelve.

Hypertrophy Workouts:

- 1st set: 20 reps
- 2nd set: 16 reps
- 3rd set: 12 reps
- 4th set: 10 reps (if there are 4 sets)

DAY 1 (MONDAY):

Hypertrophy Workout: Chest

Exercise:	Sets:	Reps:
Incline Barbell Bench Press	3	12-20 reps
Dumbbell Bench Press	3	12-20 reps
Incline Cable Bench Flys	3	12-20 reps
Machine Flys	3	12-20 reps
Smith Machine Neck Press	3	12-20 reps

DAY 2 (TUESDAY):

Hypertrophy Workout: Back

Exercise:	Sets:	Reps:
Lat-Pulldown	3	12-20 reps
Bent Over Barbell Row	3	12-20 reps
V-Grip Lat Pull Down	3	12-20 reps
Straight Arm Pulldown	3	12-20 reps
Wide Neutral Grip Cable Row	3	12-20 reps

DAY 3 (WEDNESDAY):

Hypertrophy Workout: Legs

Exercise:	Sets:	Reps:
Leg Press	3	12-20 reps
superset with:		
Bulgarian Split Squat	3	12-20 reps
Prone Leg Curls	4	10-20 reps
Single Leg Extension	4	10-20 reps
Standing Calf Raises	3	12-20 reps
Sitting Calf Raises	3	12-20 reps

DAY 4 (THURSDAY):

Hypertrophy Workout: Shoulders

Exercise:	Sets:	Reps:
Arnold Press	3	12-20 reps
Rear Delt Flys	3	12-20 reps
Angled Lateral Raise	3	12-20 reps
Barbell Front Raise	3	12-20 reps
Upright Rows	3	12-20 reps
Dumbbell Shrugs	3	12-20 reps

DAY 5 (FRIDAY):

Hypertrophy Workout: Arms

Exercise:	Sets:	Reps:
Incline Bench Altern. Curls	4	10-20 reps
Cross-Body Hammer Curls	4	10-20 reps
Pronated EZ Bar Curls	4	10-20 reps
Incline Skull Crushers	4	10-20 reps
Overhead Rope Extensions	4	10-20 reps
Cross Body DB Extensions	4	10-20 reps

DAY 6 (SATURDAY): Rest

DAY 7 (SUNDAY): Rest

CORE TRAINING



STRENGTH AB WORKOUT:

Exercise:	Sets:	Reps:
Cable Crunch	4	10 reps
Weighted Reverse Crunch	4	10 reps
Windshield/Floor Wipers	4	10 reps
Weighted Russian Twists	4	10 reps

HYPERTROPHY AB WORKOUT:

Exercise:	Sets:	Reps:
Stability Ball Crunch	3	15-20 reps
Decline Reverse Crunch	3	15-20 reps
Bicycles	3	15-20 reps
Side V-Crunch	3	15-20 reps
Weighted Plank	3	One minute