

INTRODUCTION

This program is designed for individuals serious about transforming their physique, strength, and discipline.

Unlike basic training plans, this blueprint combines:

- Structured progressive overload
- Advanced hypertrophy methods
- Complete nutrition strategy
- Fat loss protocol
- Supplement guidance
- Recovery optimization

Duration: 12 Weeks

Training Frequency: 4–5 Days Per Week

Goal: Muscle Gain, Fat Loss & Performance Improvement

PROGRAM STRUCTURE

PHASE 1 (Weeks 1–4) – Foundation

Focus:

- Perfect form
- Controlled tempo
- Strength base building
- Establish calorie tracking

PHASE 2 (Weeks 5–8) – Volume & Overload

Focus:

- Increased training volume
- Heavier compound lifts
- Progressive overload implementation
- Structured intensity techniques

PHASE 3 (Weeks 9–12) – Intensity & Definition

Focus:

- Drop sets & rest-pause
- Strength benchmarks
- Fat loss integration
- Conditioning refinement

WEEKLY TRAINING SPLIT

Option A (Muscle Gain Focus)

Monday – Chest + Shoulders

Tuesday – Back

Thursday – Legs

Friday – Arms

Saturday – Optional Conditioning

Option B (Fat Loss Focus)

Monday – Upper Body

Wednesday – Lower Body

Friday – Upper Body

Saturday – Conditioning + Core

ADVANCED TRAINING PRINCIPLES

Progressive Overload System

- Increase weight once upper rep range achieved
- Track performance weekly
- Target 2.5–5% load increase on compounds
- Push final working set close to failure

Intensity Techniques (Phase 2 & 3)

- Drop sets (final set only)
- Rest-pause sets
- Slow eccentric (3–4 seconds)
- Paused reps

Strength Benchmarks (Targets)

- 1.5x bodyweight squat
 - 1x bodyweight bench press
 - 2x bodyweight deadlift (advanced)
 - 15 controlled pull-ups
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COMPLETE NUTRITION SYSTEM

Step 1 – Calorie Calculation

Maintenance = Bodyweight (kg) × 30–35

For Muscle Gain:

Maintenance + 250–400 calories

For Fat Loss:

Maintenance – 300–500 calories

MACRONUTRIENT STRUCTURE

Protein

1.8–2.2g per kg bodyweight

Fats

0.8–1g per kg bodyweight

Carbohydrates

Remaining calories

SAMPLE MEAL STRUCTURE

Breakfast

- 4 egg whites + 2 whole eggs
- Oats (50g)
- Fruit

Lunch

- 150g chicken / paneer
- 150g rice
- Vegetables

Pre-Workout

- Banana
- Black coffee

Post-Workout

- Whey protein
- Rice or potatoes

Dinner

- Lean protein

- Vegetables
 - Healthy fats
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FAT LOSS PROTOCOL

Daily Step Target
8,000–12,000 steps

Cardio Structure
2–3 sessions per week
20–30 minutes moderate intensity

Refeed Strategy
Once every 10–14 days during deficit

SUPPLEMENT GUIDE

Essential

- Whey Protein
- Creatine Monohydrate (5g daily)

Optional

- Omega-3
 - Magnesium
 - Multivitamin
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RECOVERY OPTIMIZATION

Sleep
7–8 hours minimum

Hydration
3–4 litres daily

Deload Week
Every 8–10 weeks reduce volume by 30%

TRACKING SYSTEM

Weekly Checkpoints

- Bodyweight
- Progress photos
- Strength progression
- Energy levels

Adjust calories based on trend, not daily fluctuation.

DISCIPLINE FRAMEWORK

- No skipped workouts
 - No emotional training
 - No ego lifting
 - Follow full 12 weeks before judging results
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EXPECTED TRANSFORMATION (12 Weeks)

With proper adherence:

- Significant strength increase
 - Visible muscle growth
 - Reduced body fat (if in deficit)
 - Improved conditioning
 - Better training confidence
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FINAL NOTE

Results are not created by motivation.

They are built through consistency, discipline, and execution.

Commit to the full 12 weeks.

– Akhil