

# Sculpture

Thank you for purchasing this workout

## Intro to Sculpture

Sculpture is a program created for you to strictly build muscle, change your frame, and make an internal/external difference to your body and well-being

You have to understand that you aren't just a person that goes to the gym. You are an artist; you have the responsibility to start working on yourself. It will take great courage and discipline to start changing your own self. Sculpture is based on how much you are putting in each set, each rep, each minute and each second!

**There is always room for improvement.**



"The Sculpture Program requires a Gym or a Workout Setup with standard gym equipment to be able to perform the program exercises properly."

**Utmost Discipline**

You think you just stroll to the gym, just pick up a weight, go through the motions, and then just leave thinking you are done. NO! What you are really doing is picking up the chisel, sculpting on your project, and the project is YOU, so you need to put 100% effort when performing your set. You will be grading yourself consistently, determining what your weak points are, self-reflection, and visualizing the outcome for your future.

In the Sculpture program, you'll need to use various exercises(tools) to work on different types of muscle groups hitting them at all angles. This creates a stimulant to the muscle for it to grow causing HYPERTROPHY.

# INSTRUCTIONS

Get warmed up: 5min Walk Treadmill~Stretches~Light Weight Movement

Always start with light weights~Avoid injury~to loosen muscle groups and get blood flowing

Put your mind in the Muscle

Strict Form is always 1st

30 sec - 1min Breaks between sets

Explosive on the Positives

Control the Negatives

Last Set Give 110% till failure

Focus!!

## Schedule

Sunday	BACK
Monday	CHEST & BICEPS
Tuesday	REST OR CARDIO
Wednesday	SHOULDERS & TRICEPS
Thursday	CARDIO
Friday	LEGS
Saturday	REST

## Customize Your Workout Plan

BACK	A: Back	B. Back	C. Back
Hammer-Pulldowns	Under-Hand Cable Pulldowns	Wide-Grip Seated Cable Rows	Single-ARM Dumbbell Rows
Bent-Over Barbell Rows	Dumbbell Pull-overs	Seated Cable Row (Rope Handle)	Doubles Arm Dumbbell Rows (Bent-Over)
	Pullover-Machine	Seated Cable Row ( Double D Handle)	Chest-Supported Dumbbell Row

Chest	A: Chest	B. Chest	C. Chest
Cable Flys	Standard Bench Press	Machine Incline Chest Press	Standard Chest Flys
Standard Chest Press	Decline Bench Press	Machine Decline Chest Press	Incline Chest Flys
	Incline Bench	Standard Machine Press	Decline Chest Flys

Biceps	A: Biceps	B. Biceps
Machine Bicep Curl	Spider Curls	Hammer Curls
	Concentration Curl	Standing Dumbbell Curls
	Seated Bicep Curls	EZ Curls

Front Deltos	Rear Deltos	Caps
Standing Dumbbell Shoulder Raises	Reverse Cable Crossover	Dumbbell Raises
Front Raises	Cable Machine High Pull with Ropes	Bent-Over DB Lateral Raises
Seated DB Raises		Standing Lateral Raises
Seated Barbell Raises		Lateral Cable Raise

Outer Triceps	Inner Triceps
Cable Pulldowns	Close-Grip Bench
Tricep Kick Backs	Skull Crushers
Seated DB Raises	
Seated Barbell Raises	

Legs	Hamstrings	Quads
Squats	Hamstring Curls	Leg Extension
Leg Press	Stiff-Legged Deadlifts	
Hack Squats		

Goblet Squats
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# Food

Protein	Carbohydrates	Fats
Chicken	Rice	Olive Oil
Ground Beef	Sweet Potatoes	Avocado
Steak	Oatmeal	Nuts
Ground Turkey	Baked Potatoes	Fats from Fish
Eggs		Fish Oil
Turkey Bacon		Flaxseed
<b>Liquids</b>		
WATER	Vitamin D	
Pomegranate Juice	Magnesium	
Beet Juice	Calcium	
Orange Juice	Zinc	
	Iron	
	Folate	
	Vitamin B - 12	

## INVENTORY

### Stretch Exercises

Hips	Shoulders	Hamstrings
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap
90/90 Stretch	Elbow-Out Rotator Stretch Cross-Body Shoulder Stretch	Sitting hamstring stretch
Figure Four Stretch	Cross-Body Shoulder Stretch	Standing Hamstring Stretch
Piriformis Stretch	Overhead Triceps and Shoulder Stretch	
Lunging Hip Flexor Stretch	Reverse Shoulder Stretch	
Pigeon Stretch		
Spiderman Stretch		
Butterfly Fly Stretch		
Lower Back	Glutes	Quad
Knee to Chest Stretch	90/90	Kneeling Lunge
Figure Four Stretch	Half Lord of the Fishes	Standing Quad Stretch
Piriformis Stretch	Lizard Pose Variation	
Child's Pose	Pigeon Pose	
Cobra Stretch		
Bird-Dog Stretch		

**YOU HAVE TO STRETCH!!!!**

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## FIVE BENEFITS

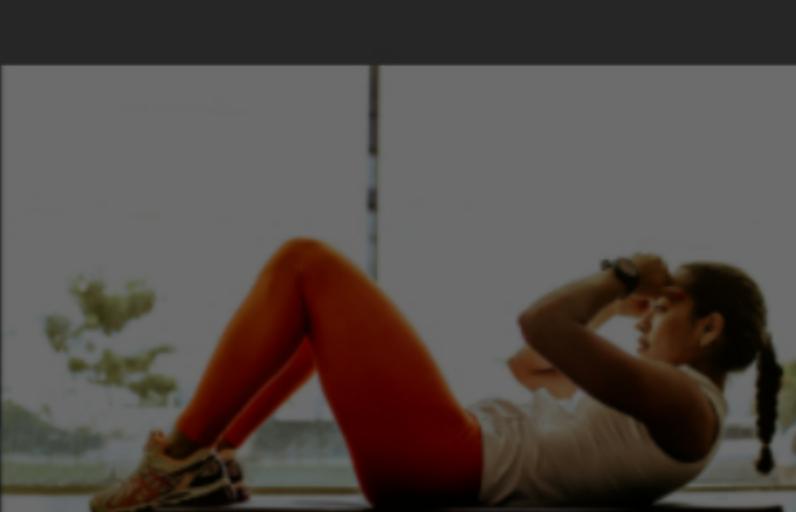
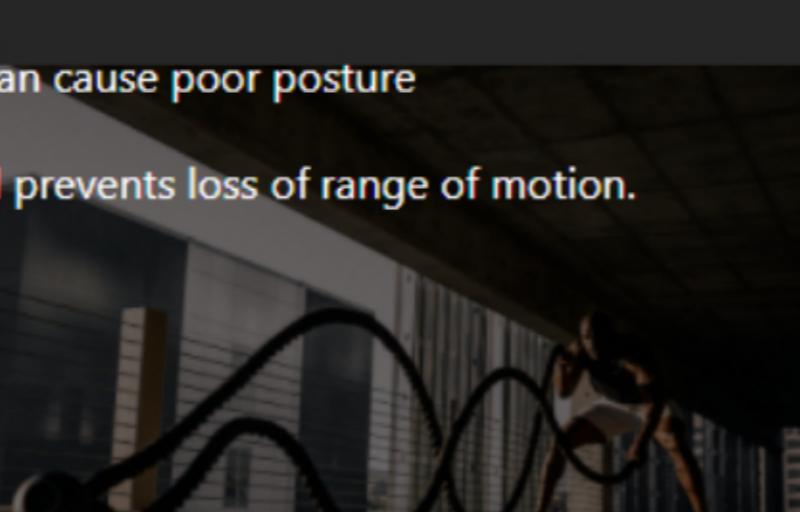
- \* Stretching can improve posture. Tight muscles can cause poor posture.

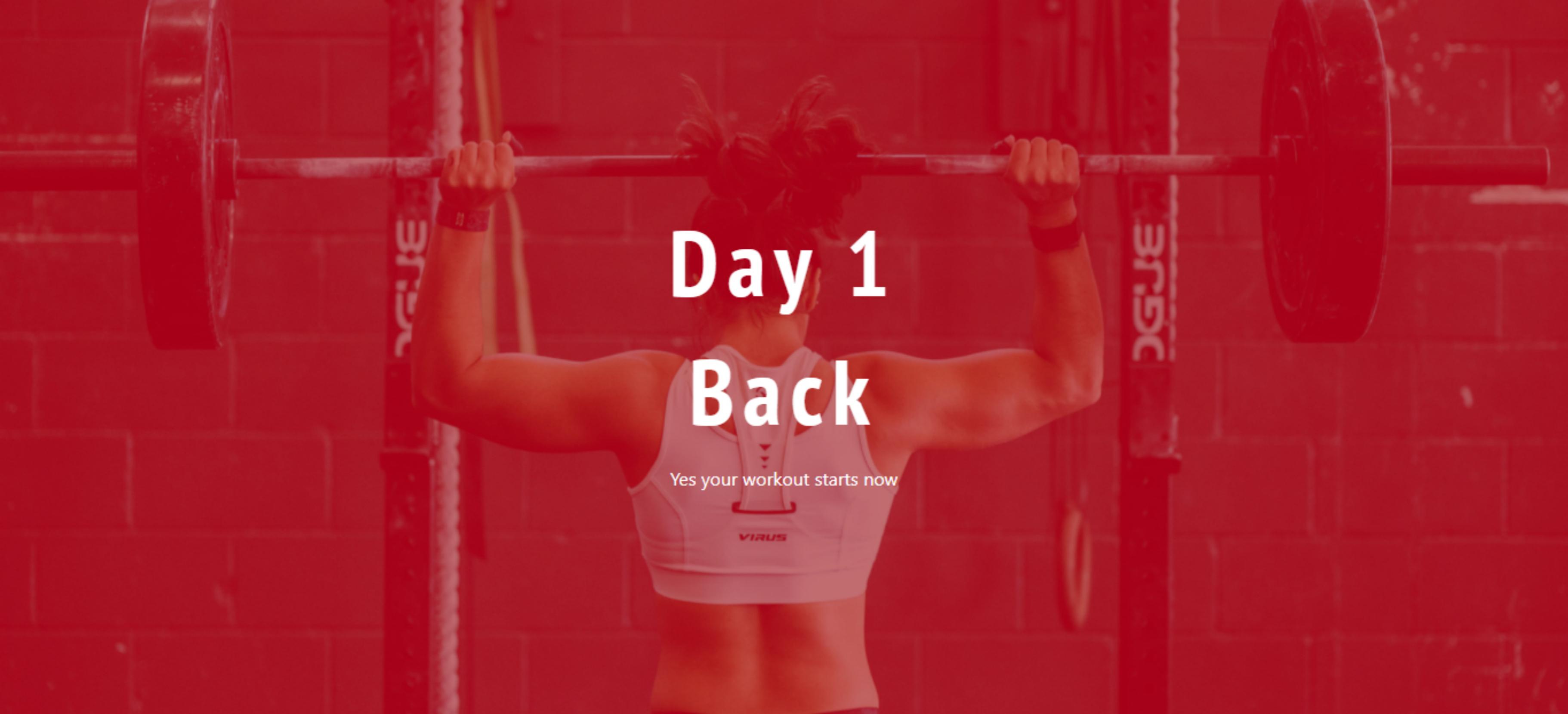
- \* Stretching can improve the range of motion and prevents loss of range of motion.

- \* Stretching decreases back pain.

- \* Stretching helps prevent injury.

- \* Stretching can decrease muscle soreness.





# Day 1

# Back

Yes your workout starts now

## Exercise 01 UnderHand Cable Pull Downs

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
UnderHand Cable Pull Downs	1	10 Mild	Full Range of Motion, Loosen the Shoulders, Stretch The LATS, Warm Up
UnderHand Cable Pull Downs	2 - 3	8 - 10 Heavy	Up the Weight, Full Stretch and SQUEEZE
UnderHand Cable Pull Downs	4	Heavy	Full on Set Till Failure

# Exercise 02 Hammer Pulldowns

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hammer Pulldowns	1 - 2	6 - 8 Mild - Heavy	Working Set, Full Stretch and SQUEEZE
Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hammer Pulldowns	3	Heavy	Full on Set Till Failure

# Exercise 03 Cable Row

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Seated Cable Row (Double D Handle)	1 - 2	6 - 8 Light - Mild	Working Set, Full Stretch and SQUEEZE
Seated Cable Row (Double D Handle)	3	Mild	Full on Set Failure

# Exercise 04 Barbell Rows

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Bent-Over Barbell Rows	1 - 2	6 - 8 Mild - Heavy	Working Set, Strict Form with Control, Squeeze
Bent-Over Barbell Rows	3	Heavy	Full on Set Till Failure

# Exercise 05 Lateral Row

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
One-Arm Lateral Machine Row	1	6 - 8 Mild - Heavy	Working Set, HARD SQUEEZE on the Pull
One-Arm Lateral Machine Row	2	Heavy	Full On Set Till Failure



# Day 2

## Chest & Biceps

### Exercise 01 Bench Press

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Bench Press	1	10 Light	Warm up, Focus on the SQUEEZE, "Blood Flowing"
Incline Bench Press	2 - 3	Mild - Heavy	Working Set, Strong SQUEEZE, Control the Negative
Incline Bench Press	4	Heavy	Full On Set Till Failure

# Exercise 02 Cable Fly

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Cable Flys	1 - 2	8 - 10 Light - Mild	Working Set, FULL STRETCH AND Hard SQUEEZE
<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Cable Flys	3	Mild	Full on Set Till Failure

# Exercise 03 Chest Press

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Machine Seated Chest Press	1 - 2	6 - 8 Mild - Heavy	Working Set, Control the Negative/Statics and SQUEEZE
Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Machine Seated Chest Press	3	Heavy	Full on Set Till Failure

# Exercise 04 Dumbbell Flys

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Incline Dumbbell Flyes	1 - 2	6 - 8 Light - Mild	Working Set, Full STRETCH and SQUEEZE
Incline Dumbbell Flyes	3	Mild	Full On Set Till Failure. "SQUEEZE"

# Exercise 05 Chest Press

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Dumbbell Chest Press	1	6 - 8 Mild - Heavy	Working Set, Full SQUEEZE
Dumbbell Chest Press	2	Heavy	Full on Set Till Failure

# Exercise 06 Dumbbell Curls

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Seated Dumbbell Curls	1	8 - 12 Light	Warm Up, "Blood Flow", SQUEEZE
Seated Dumbbell Curls	2 - 3	8 - 10 Mild - Heavy	Working Set, Full Contraction
Seated Dumbbell Curls	4	Mild - Heavy	Full On Set (Burn Out)

# Exercise 07 Barbell Curl

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
EZ Barbell Curl	1 - 2	8 - 10 Mild	Working Set, Full Contraction
EZ Barbell Curl	2 - 3	8 - 10 Mild - Heavy	Working Set, Full Contraction
EZ Barbell Curl	4	Mild - Heavy	Full On Set (Burn Out)

# Exercise 08 Bicep Curl

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Machine Bicep Curl	1 - 2	8 - 10 Mild	Working Set, Full Contraction
Machine Bicep Curl	3	Light - Mild	Full on Set (Burn Out)



# Day 3

Stretch

Eat

Vision

VIRUS

## Stretch Exercises

Knee to Chest Stretch

Pigeon Pose

Cobra Pose

Overhead Triceps and Shoulders Stretch

Butterfly Fly Stretch

Child's Pose

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

Below is an example of a meal plan. Each Client varies. Each client's body varies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

## Meal One (8:00-9:00)

3- Whole Eggs

2- Turkey Bacon

½ cup- Rice

6oz- Ground Beef

1 cup-Green Beans

½ cup- Rice

Snack

Chocolate Rice Cakes

## Meal Three (16:00-17:00)

4-oz-Chicken Breast

1 cup-Green Beans

½ cup- Rice



# Day 4

# Shoulders and Triceps

## Exercise 01 Shoulder Exercises

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Shoulder Barbell Press	1	10 Light	Warm Up, "Blood Flow" Targeting All 3 Heads
Shoulder Barbell Press	2 - 3	8 - 10 Mild - Heavy	Working Set, Strict Form
Shoulder Barbell Press	4	Heavy	Full On Set Till Failure

# Exercise 02 Shoulder Raises

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Lateral Cable Raises	1 - 2	6 - 10 Light - Mild	Working Set, Control/Strict Form

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Lateral Cable Raises	3	Mild	Working Set, Control/Strict Form Full On Set (Burn Out)

# Exercise 03 Cable Raises

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Lateral Cable Raises	1 - 2	6 - 10 Light - Mild	Working Set, "Explosive Positive" "Control Negative"
Lateral Cable Raises	3	Light - Mild	Full On Set (Burn Out)

# Exercise 05 Shoulder Raise

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Dumbbell Shoulder Raises	1 - 2	8 - 10 Light - Mild	Working Set, Control/Strict Form
Dumbbell Shoulder Raises	3	Light - Mild	Full On Set Till Failure (Burn Out)

# Exercise 06 Triceps

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Skull Crushes	1	6 - 10 Light - Mild	Warm - Up, Targeting all 3 Heads
Skull Crushes	2 - 3	6 - 10 Mild	Working Set, Controlled / Focus
Skull Crushes	4	Mild	Full On Set Till Failure (Burn - Out)

# Exercise 07 Bench

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Close - Grip Bench	1 - 2	6 - 10 Mild - Heavy	Working Set, Controlled Set
Close - Grip Bench	3	Mild - Heavy	Full On Set Till Failure

# Exercise 08 Cable Pulldowns

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Tricep Cable Pulldowns	1 - 2	8 - 10 Mild	Warm-Up - Full Flex / Contraction
Tricep Cable Pulldowns	3	Mild	Full On Set (Burn Out)



# Day 5

## LEGS & GLUTES

### Exercise 01 Leg Extension

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Legs Extensions	1	20 Light	Warm-Up - Full Flex / Contraction
Legs Extensions	2 - 3	10 - 12 - 15 Mild - Heavy	Working Set, Strict Form Full Flex
Legs Extensions	4	Heavy	Full On Set Till Failure

# Exercise 02 Leg Press

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Legs Press	1 - 2	10 - 20 Heavy	Working Set, Explosive Positive/Controlled Negative
Legs Press	3	Heavy	Full On Set Till Failure

# Exercise 03 Hack Squat

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Hack Squats	1 - 2	10 - 15 Heavy	Working Set, Strict Form / Positives / Negatives
Hack Squats	3	Heavy	Full On Set Till Failure

# Exercise 04 Squat

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Goblet Squats	1 - 2	10 - 20 Light - Mild	Working Set, Focused Positive / Negative, Full Flex
Goblet Squats	3	Mild	Full On Set Till Failure (Burn Out)

# Exercise 05 Hamstring Curl

<b>Exercise</b>	<b># of sets</b>	<b>REPS / Weight</b>	<b>MINDSET/ FOCUSES INSTRUCTIONS</b>
Hamstring Curls	1 - 2	10 - 20 Mild - Heavy	Working Set, Controlled Negative / Exploded Positive
Hamstring Curls	3	Mild - Heavy	Working Set, Controlled Negative / Exploded Positive

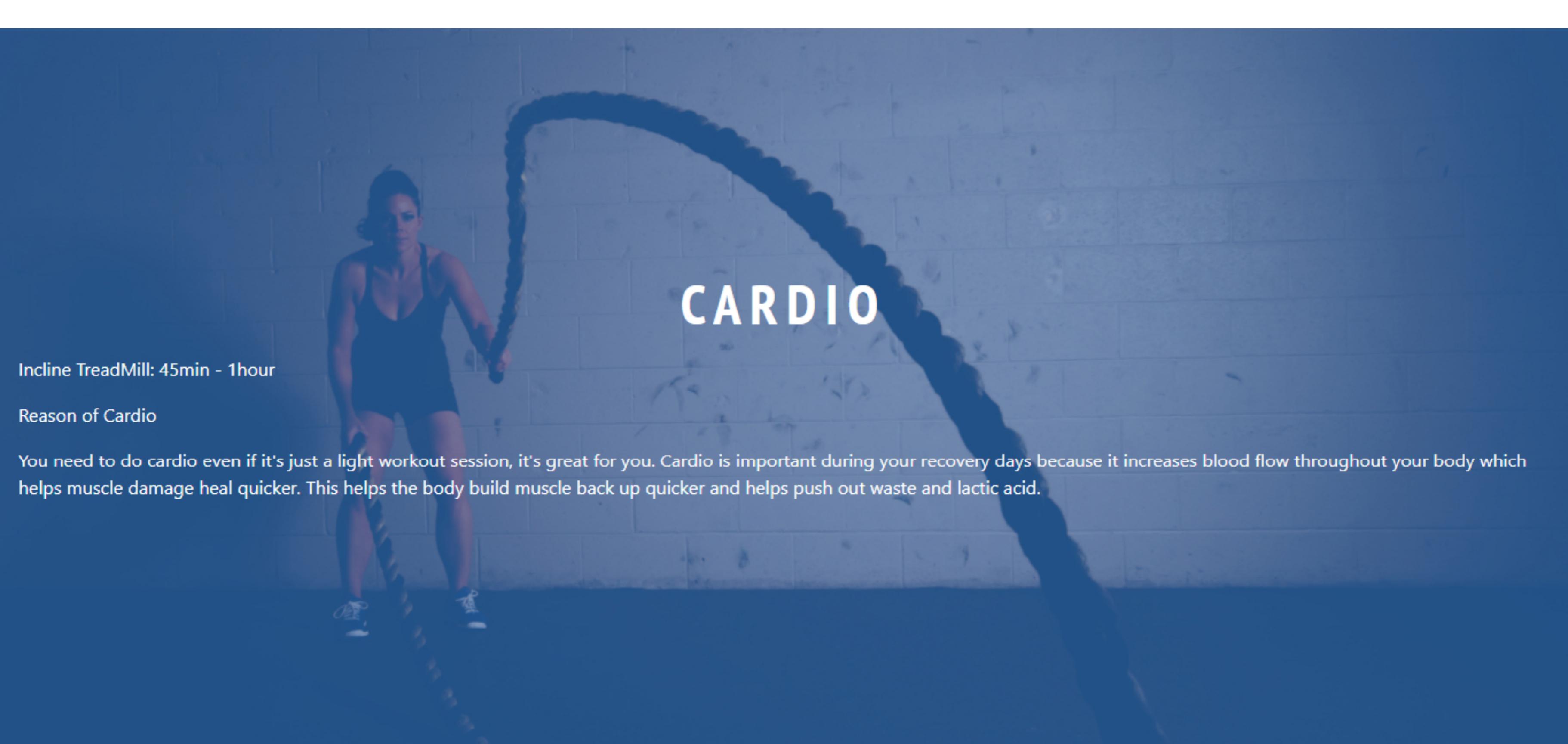
# Exercise 06 Dead Lift

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Stiff - Legged Dead Lifts	1 - 2	8 - 10 Mild - Heavy	Working Set, Strict Form / Controlled
Stiff - Legged Dead Lifts	3	Mild - Heavy	Full on Set Till Failure



# DAY 6

## RECOVERY DAY



## CARDIO

Incline TreadMill: 45min - 1hour

Reason of Cardio

You need to do cardio even if it's just a light workout session, it's great for you. Cardio is important during your recovery days because it increases blood flow throughout your body which helps muscle damage heal quicker. This helps the body build muscle back up quicker and helps push out waste and lactic acid.

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## Meal One (8:00 - 9:00)

3 - Whole Eggs

2 - Turkey Bacon

1/2 cup - Rice

Snack

Chocolate Rice Cakes

## Meal Three (16:00 - 17:00)

4-oz - Chicken Breast

1 cup - Green Beans

1/2 cup - Rice