

# 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 on 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 |
|---------------|
|---------------|

# 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       |
| Liquids           | Minerals       |                |
| 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      |                         |                       |

### 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.

Here are five benefits that stretching has.

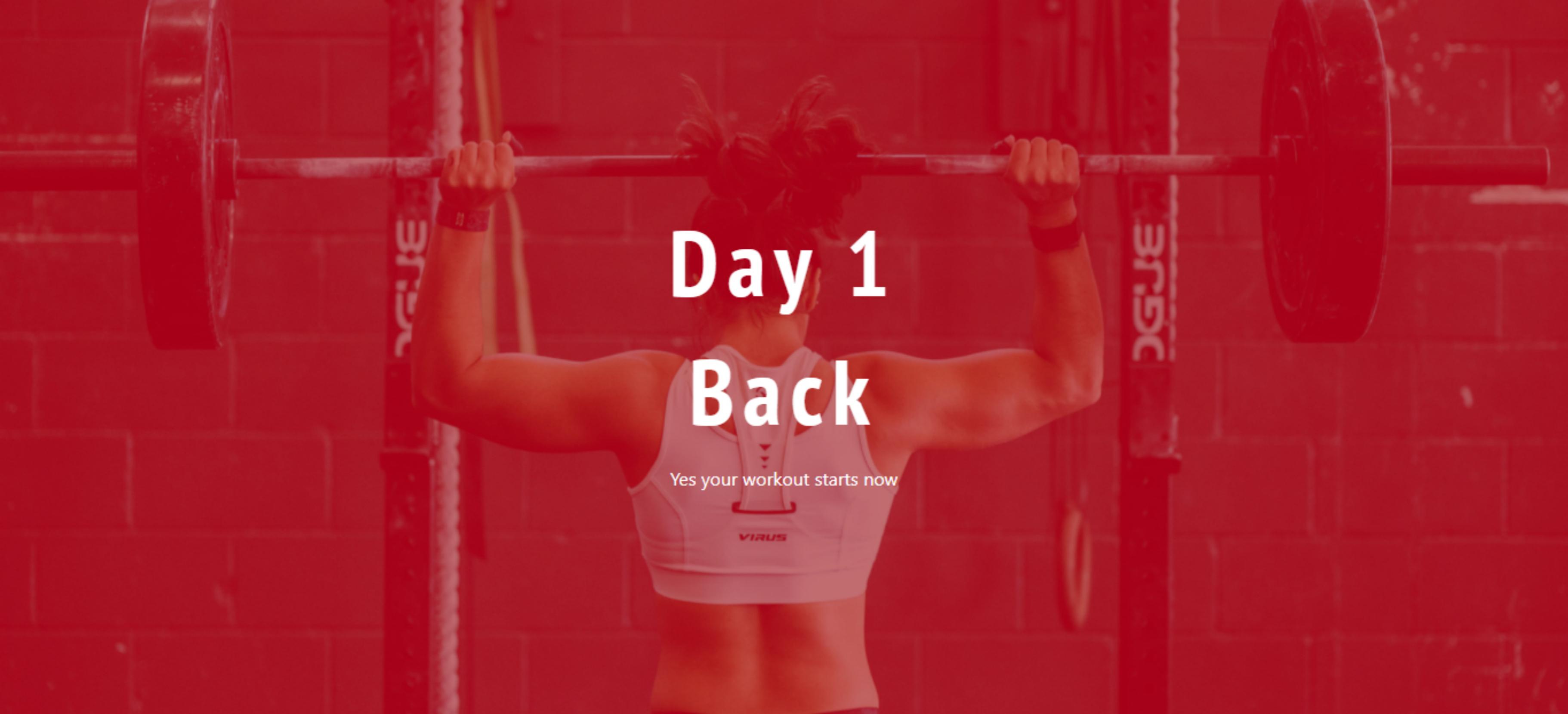
Stretching can improve posture. Tight muscles can cause poor posture.

Stretching can improve 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<br>Full On Set<br>(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 04 Dumbbell Shoulder Press

| <b>Exercise</b>                | <b># of sets</b> | <b>REPS / Weight</b> | <b>MINDSET/ FOCUSES INSTRUCTIONS</b>                 |
|--------------------------------|------------------|----------------------|--|
| Seated Dumbbell Shoulder Press | 1 - 2            | 6 - 8 Mild - Heavy   | Working Set, "Explosive Positive" "Control Negative" |
| Seated Dumbbell Shoulder Press | 3                | Heavy                | 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,<br>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 |

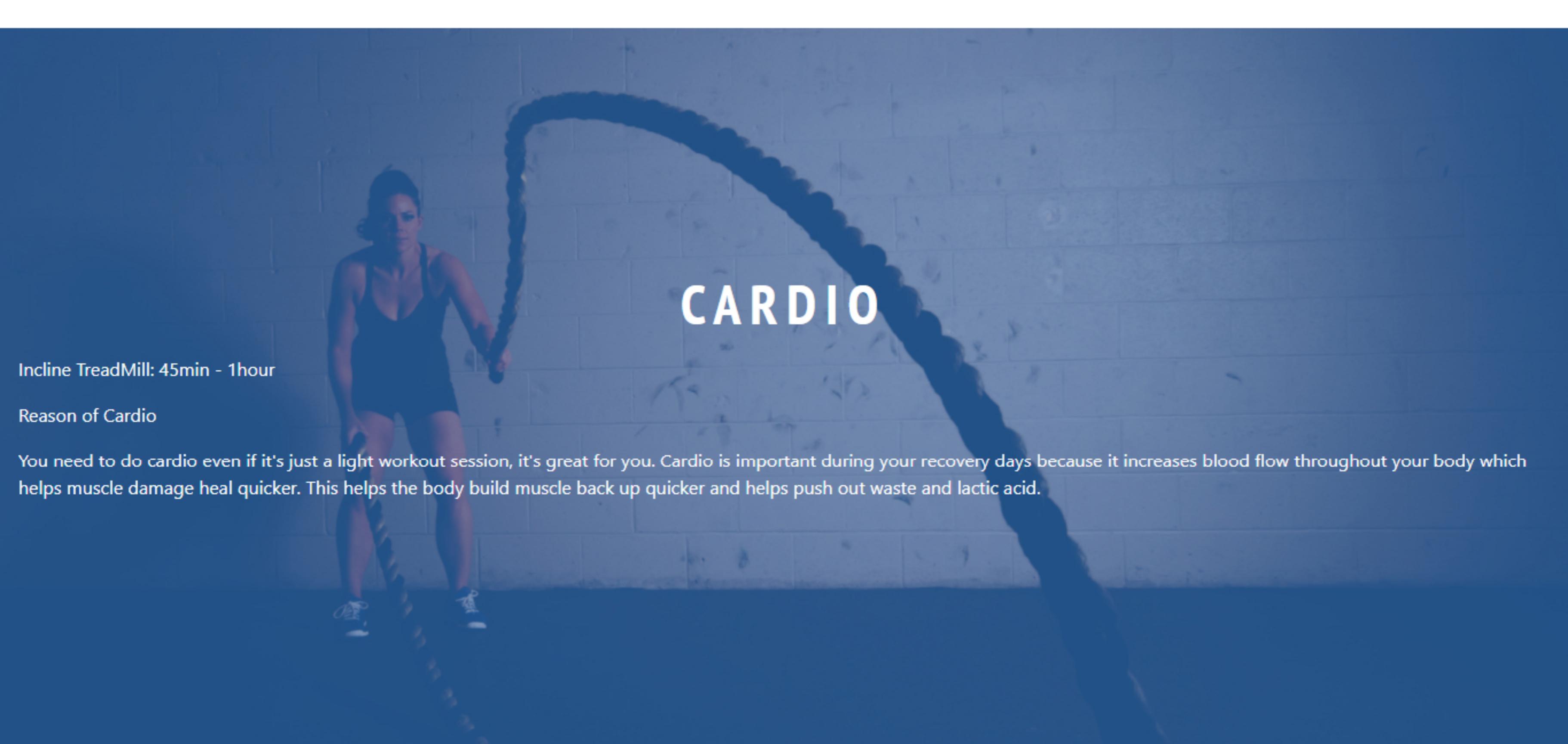
# Exercise 06 Dead Lift

| <b>Exercise</b>           | <b># of sets</b> | <b>REPS / Weight</b> | <b>MINDSET/ FOCUSES INSTRUCTIONS</b>  |
|---------------------------|------------------|----------------------|---------------------------------------|
| 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.

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

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