

P U M P H O U S E
PLATOON

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BERAT C. TRAINING PROGRAM

February 10th – March 16th, 2025

MEAL PLAN

Fasted AM drink:

- 1 scoop electrolytes
- Mix in water & finish before meal 1

Notes:

- Aim for no less than 5L of water per day
- Salt meals as explained below
- Will need a Himalayan pink saltshaker w/crank
- Low calorie condiments are optional with any of your meals below
- Spices & seasonings can be added to protein sources

Menu A: Training Days

Meal One

3 large eggs

½ cup egg whites

Veggies are optional

- Add 6-8 cranks salt + low calorie condiments are optional

1 slice sourdough or rye bread (15g carbs per slice)

10g natural nut butter

Meal Two

50g whey protein *dry measure

- Mixed in water I don't like protein powder taste, so I bought Corepower 42 g protein shakes, drinking these.

1 apple / or 2 kiwi

Meal Three

7oz cooked chicken breast / extra lean ground turkey / or white fish

100g cooked rice / or 150g cooked potato

100-150g cucumber

- Add 6-8 cranks salt + low calorie condiments are optional

PRE & INTRA DRINKS

PRE

Stim pre or non-stim pump pre

6 cranks salt

INTRA

1 scoop electrolytes

5g creatine
6 cranks salt
- Sip throughout workout

Meal Four – POST

50g whey protein
50g cereal *1.5g of fat or less per box serving
1 banana
- Move this meal around to have post workout

Meal Five

350g plain 0% Greek Yogurt
60g granola *5-7g fat per 50g (check nutritional label)
75g blueberries

MACROS: 240g protein / 210g carbs / 50g fats

Menu B: Rest Days

Meal One

3 large eggs
½ cup egg whites
Veggies are optional
- Add 6-8 cranks salt + low calorie condiments are optional
1 slice sourdough or rye bread (15g carbs per slice)
20g natural nut butter

Meal Two

50g whey protein
- Mixed in water
1 apple / or 2 kiwi

Meal Three

7oz cooked chicken breast / extra lean ground turkey / or white fish
100g cooked rice / or 150g cooked potato
100-150g cucumber
- Add 6-8 cranks salt + low calorie condiments are optional

Meal Four

50g whey protein
1 banana

Meal Five

350g plain 0% Greek Yogurt

60g granola *5-7g fat per 50g (check nutritional label)

75g blueberries

MACROS: 240g protein / 165g carbs / 55g fats

Health Supplements

Omega 3s x2g *once a day

Vitamin D 5000iu *once a day

Magnesium Bisglycinate 400mg *post workout

Ashwagandha 600mg *post workout

- Still have on your rest days

WEEKLY UPDATES

1. What is your fasted weight?
 2. What is your waist measurement?
 3. Did you miss any meals this week?
 4. How was your sleep?
 5. Have you noticed an increase or decrease in hunger?
 6. Have you noticed an increase or decrease in strength?
 7. Progress photos (front relaxed, side relaxed, back relaxed)
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TRAINING PROGRAM

Training Split:

Monday – Chest / Bis

Tuesday – Legs

Wednesday – Rest

Thursday – Back

Friday – Rest

Saturday – Delts / Tris

Sunday – Rest

- Preferred split but you can adjust the days you train

Cardio:

- No direct cardio to start
- Just your usual steps / activity in a day

Logbook:

- Track your lifts

Rest Periods:

- No set times, once you feel recovered hit your next set
- Doesn't mean I want you to spend too long between sets, we want to keep intensity high

Monday – Chest / Bis x16 working sets

- 5 min cardio warm up

Pec dec machine:

2x12 *warm up

1x10-12

1x15 *back off set (meaning lessen weight and fail around 15 reps)

- Keep chest high and focus on bringing elbows together not your hands
- Explosive concentric, 1 sec squeeze, controlled negatives

Incline DB chest press / or incline barbell press:

2-3x8-12 *warm up

1x8-10

1x12-15 *back off set

- Controlled negative, explode up

Flat hoist machine chest press:

1x8-12

1x double drop set (6-8 reps / 6-8 reps / 6-8 reps)

- Same form

Assisted dip machine:

2x12-15

- Controlled negative, quick pause, explode up

Standing cable fly:

2x12-15

- Keep chest high and focus on bringing elbows together not your hands

EZ bar preacher curls:

3x10-15

Rope hammer curls:

3x12-15

- While curling focus on keeping elbows in front of torso

Tuesday – Legs x11 working sets + Calves

- 5 min cardio warm up

Seated leg curls:

2x10-12 *warm up sets

1x8-12

2x12-15 *back off sets

- Explosive concentric, 1 sec squeeze, 2 sec negatives

Smith machine squats:

1x12-15 *25lbs per side (easy set)

1x12-15 *35-45lbs per side (somewhat easy set)

1x12-15 *45lbs+ per side (hard but not failing)

1x12-15 *choose a weight where you struggle to hit reps

- Make sure you are squatting deep, and exploding up

- Example weights above, adjust to what you are comfortable with

Leg press:

1x20 *hard but a few reps left in the tank

1x20 *hard but a couple reps left in the tank

1x20 *choose a weight where you really struggle to hit 20 reps

- Watch my YouTube on “fix your form”

Leg extensions:

3x12-15

- Hard squeeze on peak concentric of every rep

Calf raises of choice:

4x15+

Wednesday – Rest

Thursday – Back x12 working sets + Core

- 5 min cardio warm up

Straight arm rope pulldowns: 1x10-12 *warm up, 3x10-12

---superset---

Wide grip lat pulldowns: 1x10-12 *warm up, 3x10-12

Bent over barbell rows:

2x10 *warm up

2x10-12 *working

- Grip around shoulder width, and keep elbows in tight as you row
- Focus on driving elbows back

One arm DB row:

2x10-12 *per arm

- Row weight to hip
- Focus on driving elbow high
- Never focus on your hands, those are just “hooks” to hold weight

Close grip cable row:

1x8-12

1x12-15 *back off set

Reverse pec dec:

3x10-15

- Looks like that Hoist machine does both

Core exercise of choice:

3x15+

Friday – Rest

Saturday – Delts / Tris x16 working sets + Calves

- 5 min cardio warm up

One arm cable lateral raise:

2x12 *warm up

3x10-14 *working sets

- Focus on driving elbow high not your hand

High incline DB shoulder press:

2-3x8-12 *warm up

2x8-12 *working sets

- Controlled negative, explode up

Seated DB laterals: 3x10

---superset---

Seated dual DB front raises: 3x10

Cable EZ bar upright rows:

2x12-15

- Drive elbows high and lower weight to hips then back up

Rope triceps pressdowns: 3x10-15

---superset---

Rope overhead triceps extensions: 3x10-15

Close grip barbell or smith machine press:

3x10-12

- Controlled negative, explode up

Calf raises of choice:

4x15+