

TMF WORKOUT SERIES



12 WEEK PROGRAM



WANT TO FOLLOW ALONG?

My brother and I will be going on a 12 week program to achieve two different (but common) goals. I will be seeking to gain some muscle and my brother will try to lean down by loosing fat. This is to show you that ANYONE can achieve their goals.

A SPECIAL THANK YOU

To Alan Roberts from Every Damn Day Fitness. He was nice enough to share his 30+ years of knowledge when it comes to weight lifting and programmed this workout for us (and you guys)!

THE GOAL

Our goal when creating this program was to make something that was simple, straight forward, and that can work for ANYONE. Even better it is programmed for the super busy guy, it only requires you to go to the gym 3x a week. NO EXCUSES!

SHARE YOUR RESULTS ON SOCIAL MEDIA!



OUR HANDLES

Instagram: @teachingmensfashion

Snapchat: Joseczuniga

Twitter: @TMFmag

Facebook: Teaching Mens Fashion

FIND YOUR MACROS

This part is a bit tricky, but the general rule of thumb is that if you are looking to gain weight, you want to be at a caloric surplus and if you want to lose weight you want a caloric deficit.

Thankfully there are some pretty accurate macro calculators that will help you get a good starting point. A good one is

www.IIFYM.com

Macro calculator: <http://bit.ly/2mkvfoO>



TRACK YOUR MACROS

You can use a free fitness tracker to make sure you are within your macros every day:
www.myfitnesspal.com

MAKE IT TO THE GYM

The MOST important part of this program is your level of discipline and dedication. It is crucial for you to follow along and put in the work EVERY DAMN DAY!



EVERY DAMN DAY WORKOUT PLAN

WEEK 1

Week day	Exercise	Sets	Reps	Weight
Day One Leg Day	Back Squats	4	6-10	
	Dumbbell Lunges	4	6-10	
	Calf Raises	3	6-10	
	Abductor Machine	4	8-12	
Day Two Push Day	Flat Bench	5	5	
	Shoulder Press Machine	5	5	
	Weighted Dips	5	5	
	Tricep Push Down	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-slow-hatha-yoga-flow			
Day Three Pull Day	Deadlift Conventional	5	5	
	Barbell Rows	5	5	
	Weighted Pull ups	5	5	
	Alt. Dumbbell Curl	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/gentle-yoga-neck			
Day Four BodyBuilding Day	Push Ups	5	20-25	
	Body Weight Squats	4	25	
	Planks	5	30s	
	Leg Raises	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-wake			

EVERY DAMN DAY WORKOUT PLAN

WEEK 2

Week day	Exercise	Sets	Reps	Weight
Day One Leg Day	Front Squat	4	6-10	
	Leg Extension	4	8-12	
	Calf Raises	3	6-10	
	Adductor Machine	4	8-12	
Day Two Push Day	Incline Bench Press	5	5	
	Dumbbell Military Press	5	5	
	Close Grip Flat Bench	5	5	
	SkullCrushers(lightweight)	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-wake-up-yoga			
Day Three Pull Day	Trap Bar Deadlift	5	5	
	T-Bar Row	5	5	
	Machine Pull Down	4	8-12	
	EZ Bar Curls	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/healthy-hamstrings			
Day Four BodyBuilding Day	Push Ups	5	20-25	
	Body Weight Squats	4	25	
	Planks	5	30s	
	Leg Raises	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/gentle-yoga-neck			

EVERY DAMN DAY WORKOUT PLAN

WEEK 3

Week day	Exercise	Sets	Reps	Weight
Day One Leg Day	Leg Press	4	6-10	
	Box Jump/Step Down	4	6-10	
	Calf Raises	3	6-10	
	Body Weight Squats	4	15	
Day Two Push Day	Dumbbell Flat Bench	5	5	
	Military Barbell Press	5	5	
	Weighted Dips	5	5	
	Tricep Kick Backs	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/healthy-hamstrings			
Day Three Pull Day	Sumo Deadlift	5	5	
	Upright Rows	5	5	
	Chin Ups (Weighted)	5	5	
	Preacher Curl(lightweight)	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-slow-hatha-yoga-flow			
Day Four BodyBuilding Day	Push Ups	5	20-25	
	Body Weight Squats	4	25	
	Planks	5	30s	
	Leg Raises	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/hatha-yoga-spine			

EVERY DAMN DAY WORKOUT PLAN

WEEK 4

Week day	Exercise	Sets	Reps	Weight
Day One Leg Day	Back Squats	4	6-10	
	Leg Extension	4	6-10	
	Calf Raises	3	6-10	
	Abductor Machine	4	8-12	
Day Two Push Day	Flat Bench	5	5	
	Shoulder Press Machine	5	5	
	Close Grip Incline Press	5	5	
	Tricep Push Down	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/hatha-yoga-spine			
Day Three Pull Day	Deadlift	5	5	
	Machine Rows	5	5	
	Pull Ups(weighted?)	5	5	
	Cable Curls	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-wake			
Day Four BodyBuilding Day	Push Ups	5	20-25	
	Body Weight Squats	4	25	
	Planks	5	30s	
	Leg Raises	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/morning-slow-hatha-yoga-flow			

EVERY DAMN DAY WORKOUT PLAN

WEEK 5

Week day	Exercise	Sets	Reps	Weight
Day One Leg Day	Front Squats	4	6-10	
	Body Weight Squats	4	15	
	Calf Raises	3	6-10	
	Adductor Machine	4	8-12	
Day Two Push Day	Incline Bench Press	5	5	
	Dumbbell Military Press	5	5	
	Weighted Dips	5	5	
	Body Weight Push Ups	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/gentle-yoga-neck			
Day Three Pull Day	Rack Pulls	5	5	
	Barbell Rows	5	5	
	Lat Pull Down	4	8-12	
	Dumbbell Curls	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/healthy-hamstrings			
Day Four BodyBuilding Day	Push Ups	5	20-25	
	Body Weight Squats	4	25	
	Planks	5	30s	
	Leg Raises	4	8-12	
Yoga	Morning Yoga			
	https://www.doyogawithme.com/content/healthy-hamstrings			

A COUPLE POINTERS

1

A proper warm up is not included for each workout but should be done. I suggest a 10 to 15 minute fast walk and two to three initial warm up sets at very light weight for the first exercise and one additional very light weight warm up set for each other exercise

2

All exercises are to be done with a weight that you can control focusing on the squeeze of the muscle. Slow and controlled protects your joints and allows for Central Nervous System(CNS) training that will allow your body to more readily incorporate a larger number of muscle fibers into your lifts as the weight goes up.

3

Once you set a weight for an exercise do not change it mid workout. i.e. if you are squatting 5 sets of 5 reps with 185 keep it at 185 even if it feels light. Focus on the form and contractions during the exercise and make a note for the next time you would do the exercise to raise the weight.

4

I highly suggest Yoga to be done for the “off” days in this workout. This routine is based to only have to get to the gym 3 days during the week, doing the yoga sessions should take under 20 minutes on those days that they are designated. They are designed to be restorative, help with flexibility for all the exercises involved in the program, and will help reduce/eliminate muscle soreness.

5

Our suggestion for protein intake firmly stands at no less than .9 - 1.1g of protein per pound of CURRENT BODYWEIGHT. It is the other portions of your nutrition will vary more depending if you are cutting or bulking.

6

No more than 2500mg of sodium in a day
No more than 35g of sugar in a day
A good multivitamin taken without fail every day
A water bottle should always be in your hand and filled at least 8 times a day

BULKING EXAMPLE

1

Here is a nutritional example if you will be bulking

Example using 170 pound man:

Protein: 187g for 748 calories

Fat: 100g for 900 calories (this is to include 45g of walnuts EVERY DAMN DAY to assure you are getting the proper amount of Omega 3 and Omega 6 fatty acids

Carbs: This is where you will need to be monitoring closely... We want you to add mass without adding too much fat. I suggest you start with 400g of clean carbs (whole grain rice, whole grain breads, veggies etc.) for 1600 calories and monitor yourself and appearance closely. This is calculated for an active man in their 20s around 170 pounds. If this is too much and you feel you are gaining unwanted weight we can adjust. While there will be some weight added in fat it should not affect you anymore than to not be quite as lean as you are.

Total calories is 3248. This should be about 250 to 500 calories above your maintenance and provide you a pound of weight gain every 10 to 14 days. If this is too much or too little we will adjust by cutting or adding calories in the form of clean carbs.

CUTTING EXAMPLE

1

Here is a nutritional example if you will be cutting

Example using 170 pound man:

Protein: 187g for 748 calories

Fat: 75g for 675 calories (this is to include 45g of walnuts EVERY DAMN DAY to assure you are getting the proper amount of Omega 3 and Omega 6 fatty acids

Carbs: 225g of carbs for 900 calories. Again monitor very closely. Truly following this program at your ages you can add mass while cutting. At no time should your calories recorded versus calories used exceed 750 a day. That would equate to 1.5 pounds of weight loss in a week. I would prefer closer to .75 to 1 pound loss per week at max which is 333 to 500 calories in deficit a day. So we start with the 225g and monitor. If the body fat levels do not look like they are going down in the mirror then we cut some. If too much weight is being lost too quickly we will add some carbs. The scale might be tricky for this as you may be adding muscle weight at the same time you are losing body fat.

Total calories: 2323 but I do see this being increased over the course of the program.