

Program Genesis

Over the years, I have tried many different variations of training philosophies and principles that were followed for the goal of building muscle. I have tried many different nutrition tactics and strategies directed toward building muscle. At this point of my life, the information provided in this program is what worked for me for my first prep of my first show ever.

I have been training for 13 years at this point, and throughout it all, I came to realize that consistency, patience and discipline are the traits that are essential for any form of progress. It doesn't matter what form or style of training you start with, as long as you are consistent with it, you will learn what works and doesn't work along the way. I believe the only way to measure progress is through the trial and error of your efforts over a long period of time.

This program is what I followed for the entire 17 weeks of my prep. The nutrition, training, cardio and extra tips are all listed below as follows:

The Nutrition:

- I. Primary focus
 - Muscle maintenance
 - Fat loss
- II. Below is the nutrition plan I followed for the majority of the 17 week prep:

Macros:

NTD: Cut rice volume in half

TD:	NTD:
225g P	218g P
280g C	191g C
46g F	45g F

Meals:

Meal 1:

50g Oats (Dry Weight)
75g Blueberries
170g Nonfat Greek Yogurt
1 Whole egg
1 Scoop Whey (~25g P)

Meal 2-4 (Identical):

w/ one iteration of this meal : 75g Pineapple

160g Cooked Jasmine Rice
3 oz Cooked Tilapia
30g Firm tofu
½ Morningstar Veggie Burger
50g GV Green Beans
75g Black Beans

PWO:

1 banana

Meal 5:

230g Egg Whites
2 Whole Eggs
100g Raw Spinach
20g GV Fiesta Blend Cheese

Intra (If desired)

34g (1.5 servings) Gatorade Powder
1 Serving EAAs

III. In the information above, the majority of that plan was followed. Some things however were altered:

- I did not use any intra for the entirety of the prep, as I felt it was not needed because the amount of carbohydrates for the TD (training days) were sufficient enough
- The banana that was listed in the PWO (post workout) was combined into meal one
- The volume of spinach I used was 50-60 grams instead of 100g as I felt it was too much volume for meal five

IV. The table below lists the weeks when alterations to the nutrition were made:

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17 Weeks out to Peak Week (1 week out) (6/21/25-10/11/25)	
Week 17	No alterations

Week 16	No alterations
Week 15	No alterations
Week 14	No alterations
Week 13	No alterations
Week 12	No alterations
Week 11	No alterations
Week 10	No alterations
Week 9	No alterations
Week 8	No alterations
Week 7	meals 2-4 bumped from 160g cooked rice to 250g cooked rice, and meal 1 goes from 50g oats to 70g oats on 2 TD for the week (every other day the same NTD and TD)
Week 6	Same as week 7
Week 5	Same as week 7
Week 4	Same as week 7
Week 3	Same as week 7
Week 2	Same as week 7
Peak Week (Down Below)	

- TD: Training Days
- NTD: Non-training days (rest days)
- PWO: post workout

V. Peak Week

- Below is the nutrition for Peak week:

Peak Week	
Monday	Same as week 7 (previous table)
Tuesday	Same as week 7 (previous table)
Wednesday	Pulled oats from meal 1 and rice from all but pwo iteration of meals 2-4, water intake at 4.5 liters (162-169 oz). Since this was a training day, half a

	cup of rice (dry) was cooked for the day and consumed before and after workout.
Thursday	Same as Wednesday
Friday	Shown below (load day)
Saturday (Show Day)	Shown below (in its own section)

- Friday (load day before show day):

Meals:
Try to separate evenly throughout the day
Normal amount of salt/sodium you would have on these meals
Try to have around 20-24oz of water between each meal

Meal 1:

100g Oats, dry weight
250g Nonfat Greek Yogurt
2 Rice Cakes
1 Whole egg

Meal 2-4 (Identical):

3 oz Cooked Tilapia
400g Cooked Weight White Rice
8g Olive Oil
50g Pineapple

Meal 5:

150g Egg Whites
2 Whole Eggs
250g Cooked Weight White Rice
1 Banana

VI. Additional nutrition implementations/supplement aids

- For meals 2-4 I would use Valentina Hot sauce as a condiment
- For meals 2-5 I would put black pepper on my Rice and fish as well

- Gorilla Dream capsules by gorilla mind (not affiliated with them, just like their products)
 - Gorilla mind energy drinks
- VII. Water intake
- For the majority of prep, water consumption was kept anywhere from 2-3 liters a day (wasn't a huge deal until two weeks out from the show)
 - Two weeks out from the show, I would consume 3 to 4 liters throughout the day. I did this so that my body would adapt for when the excessive water consumption would take place. The Wednesday and Thursday before the show I consumed 4.5-5.5 liters.

The Training:

- I. Primary focus
 - Muscle maintenance
 - Strength maintenance
- II. Will have periodization of 2 weeks (every other week) during the total of 17 weeks; week one will be slightly higher volume and frequency. Week 2 will be slightly lower volume, more of a heavier weight load per exercise.
 - Week 1: Higher volume, 5 days per week
 1. Mon: Chest and back
 - a. Incl. DB press
 - 5 sets (12,10,8,8,8)
 - b. DB pullovers
 - 5 sets (12,10,10,10,8-10)
 - c. Machine chest flys
 - 5 sets (15,12,10,10,8)
 - d. bent over t-bar rows
 - 5 sets (12,10,10,8,8)
 - e. cable lat pulldowns
 - 5 sets (12,10,10,8,8)
 - f. Seated Single arm cable rows
 - 5 sets (12,10,10,10,8)
 2. Tues: Legs
 - a. Warm-up:
 - Abduction and adductions: 4x15 SS (super set)
 - Reverse hyper and roman chair leg raises: 2x40 (roman chair leg raises) 2x20 (Reverse hyper) SS
 - b. Calf raises on leg press ss W/ BW banded tib raises
 - 4 supersets (x10 calf raises, x15-20 tib raises) w/ drop set on last set for calf raises (6,6,6-8)
 - c. BB Rdl
 - 5 sets (12,10,8-10,8,10-15 (failure))
 - d. Hamstring curls

- 5 sets (12,10,10,8,8) (optional drop set)
- e. Front squats on free motion smith
 - 4-5 sets (12,10,10,8,8)
- f. Split Squat (on plate loaded deadlift machine) SS w/ leg extensions
 - 4 supersets (x8-10 each side for split squats)
- 3. Wed: Shoulders and arms
 - a. Warm-up: lighter arm Bi and Tri SS variation on cable
 - b. Cable Tri. Extensions SS w/ Cable curl variation
 - 5 sets (15,12,10,10,8)
 - c. EZ. Bar Skull crushers SS w/ Hammer DB curls
 - 5 sets (12,10,10,10,8)
 - d. SA OH db tri extensions SS w/ incl alt. db curls
 - 5 sets (12,10,10,8,8)
 - e. Cable Tri. Extensions variation SS w/ reverse cable curls SS w/ cable forearm curls
 - 4 sets (10-15 reps)
 - f. Machine or cable reverse flys SSw/ Cable front raises
 - 4 sets (15,12,12,10)
 - g. SA cable behind the back lateral raises
 - 5 sets (15,12,12,10,10)
- 4. Thurs: Rest
- 5. Fri: Legs
 - a. Reverse Hyperextensions SS w/ Roman Chair leg raises
 - 2-3 sets 20-40 reps (Warm-up)
 - b. Abduction and adductions: 4x15 SS
 - c. Smith machine calf raises SS w/ Single leg weighted cable tib raises
 - 4x10-12 (w/ drop set)(Calves)
 - 4x15-20 (Tib cable raises)
 - d. Wide stance Belt squats (Pit Shark)
 - 5 sets (12,10,10,8,8-10)
 - e. Bulgarian Split Squats
 - 4x10 (dropset at the end)
 - f. Leg Curls (optional)
 - 4x10-12
- 6. Sat: Shoulders and arms
 - a. Warm-up: Pushups, pullups, lateral, front, reverse db raises (lighter dumbbells for raises or light band)
 - 1 set x15 each
 - b. DB OH shoulder press seated
 - 5 sets (12,10,10,10,8)
 - c. DB lateral raises
 - 5 sets (15,12,10,10,10)

- d. DB CS Reverse flys SS w/ Alt. DB front raises
 - 5 sets (15,12,10,10,10)
- e. Cable tri. Extension variation SS w/ cable curl variation
 - 5 sets (15,12,10,10,8)
- f. EZ bar OH tri extensions SS w/ preacher curls
 - 5 sets (12,10,10,10,8)
- g. Cable tri extension variation SS w/ Cable hammer curls SS w/ forearm curls
 - 5 sets (15,12,10,10,10)

7. Sun: Rest

● Week 2: Strength based (heavier), 4 days per week

1. Mon: Chest

- a. Warm-up: pull ups, pushups, lateral, front, reverse raises, hyperextensions SS w/ roman chair leg raises
- b. Calf raises on leg press SS w/ banded tib raises
 - 4 sets 8-10 reps (Calves)
 - 4 sets 15-20 reps (tib raises)
- c. Incl. Hammer Press
 - 4 sets (10,8,6-8,6)
 - Dropset on last set
- d. Free motion BB bench press
 - 4 sets (10,8,8,6-8)
- e. JM free motion smith press
 - 4 sets x 6-8
- f. DB chest flys
 - 4 sets (12,12,10,10)

2. Tues: Back

- a. Warm-up: pull ups, pushups, lateral, front, reverse raises, hyperextensions SS w/ Sit Ups
 - Lateral, front, reverse raises with either light dumbbells (DBs) or light band
 - 1x15 each
- b. Bent over BB rows
 - 5 sets (12,10,8,8,6-8)
- c. DB SA rows
 - 4 sets (10,10,8,8-10)
- d. Plate loaded lat pulldowns on hammer strength machine (underhand)
 - 4 sets (12,10,8,6-8)
 - Dropset on last set
- e. Lat pullover machine
 - 4 sets (10,10,8,8)

3. Wed: Legs

- a. Warm-up: 4 sets adductions SS w/ abductions x15, 4 sets leg extensions SS w/ leg curls x15, 2 sets hyper reverse SS w/ 2-3 sets roman chair leg raises x20-40
 - b. BB back squats
 - 4 sets (10,8,6,6-8)
 - c. Hack squats (w/band)
 - 4 sets (10,10,8,8)
 - d. Walking lunges with iso hold at bottom
 - 4 sets x10/
 - e. Smith calf raises SS w/ single leg cable tib raises
 - 4 sets x 10 w/ drop set (x3 (6,8,10))
 - f. Seated calf raises
 - 4 sets x 10
4. Thurs: rest
 5. Fri: shoulders and arms
 - a. Warm-up: pull ups, pushups, lateral,front, reverse raises, hyperextensions SS w/ Sit Ups
 - b. OH Hammer strength behind the neck Shoulder press SS w/ Hammer strength low rows
 - 4 sets (12,10,8,6-8)
 - c. CS DB Reverse flys SS w/ DB Front raises
 - 4 sets 10-12 reps
 - d. DB lateral raises
 - 4 sets 10-12
 - e. BB Curls SS w/ Tricep cable extension variation
 - 4 sets 8-10 reps (Heavy)
 - f. SA OH tricep extensions SS w/ Rope cable hammer curls (neutral to supinated twist of wrist)
 - 4 sets (10,10,8,8)
 - g. Tricep pushdowns SS w/ Reverse bb curls SS w/ BB forearm curls
 - 4 sets (10,10,8,8)
 6. Sat: Rest
 7. Sun: Rest

The cardio:

- I. For the majority of the prep, cardio was kept anywhere from 25 minutes to 40 minutes. It was entirely done on a treadmill and incline was put at 6.0 to 7.0 and speed was 3.0 mph. Below is the schedule for my cardio for the full 17 weeks of prep:

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Cardio (TD=Training Days, NTD=Non Training Days)	
Week 17	TD Upper body - 35 Min TD Lower body - 25 Min

Week 16	Same as Week 17
Week 15	Same as Week 17
Week 14	TD Upper Body - 40 Min TD Lower Body - 30 Min
Week 13	Same as week 14
Week 12	Same as week 14
Week 11	Same as week 14
Week 10	Same as week 14
Week 9	Same as week 14
Week 8	Same as Week 14
Week 7	Same as Week 14
Week 6	Same as Week 14
Week 5	TD Upper Body - 40 Min TD Lower Body - No Cardio (no more cardio on lower body training days)
Week 4	Same as week 5
Week 3	Same as week 5
Week 2	TD Upper Body - 25 Min TD Lower Body - No Cardio
Peak week	Monday (TD Upper day) - 25 Min Tuesday (TD Lower day) - No cardio Wednesday (TD Upper Day) - no cardio Thursday - no cardio Friday - no cardio

Show Day:

- I. On this day I ate a total of three meals. I had to be up at 4am for the second coat of tanning and the show wasn't until 4pm that day. Each meal was eaten as follows:
 - M1 at 6:30 am: 100g of oats (measured dry), 250g Nonfat Greek yogurt, 2 rice cakes, 1 whole egg (hard boiled)
 - M2 at 9:30 am: 3 oz cooked tilapia, 400g cooked white jasmine rice, 8g olive oil

- M3 at 12:15 pm (last meal before show): 3 oz cooked tilapia, 400g cooked white jasmine rice, 8g olive oil
 - For the rest of the time leading up to the show I just had rice cakes, honey or banana and consumed 16-20oz of water between the last meal and show time
 - For water consumption, do little sips throughout the day (mouth should feel dry). Total water consumption for show day was around 40-60oz.
- II. Right before stepping on stage, the majority of what people were consuming, including myself, was:
- Honey
 - Rice cakes
 - Banana
 - Rice crispy treats
- III. Show results:
- I competed in classic physique and placed 3rd in the competition. It was a good experience and I will definitely do it again. The best part about it was when it was done and I could eat and relax. If you are thinking about doing a show, I would definitely recommend bringing as many friends and family as you can. It helps a lot to have people in the audience who are calling out your name and showing support.