

# 4-Week Total Muscle Building

Duration : 4 Week(s)  
Workout Per Week : 3 workouts  
Equipment Needed : Full Gym  
Category : Build Mass

- 期間  
- 頻度/週  
- 設備  
- カテゴリー

Working on major muscle groups to increase the muscle mass. Focus changed throughout the month.

まずは週3回のペースでおこなう主要な筋肉群に絞ったフリーウェイトメインのプログラム。はじめの1か月で基礎的な身体作りを促します。

## Full Workout Calender / ワークアウトスケジュール

Day	Duration	Theme	Target	Note
1	Rest			
2	40 Min	Strength	Chest, Back	
3	Rest			
4	30 Min	Strength	Legs	
5	Rest			
6	40 Min	Strength	Chest, Shoulder	
7	Rest			
8	Rest			
9	40 Min	Strength	Shoulder, Back	
10	Rest			
11	30 Min	Strength	Legs	
12	Rest			
13	40 Min	Strength	Chest, Shoulder	
14	Rest			
15	Rest			
16	40 Min	Strength	Chest, Back	
17	Rest			
18	30 Min	Strength	Legs	
19	Rest			
20	40 Min	Strength	Chest, Shoulder	
21	Rest			
22	Rest			
23	40 Min	Strength	Shoulder, Back	
24	Rest			
25	30 Min	Strength	Legs	
26	Rest			
27	40 Min	Strength	Chest, Shoulder	
28	Rest			

## Training Record / レコード記入欄

Upon your convenience, use the record below to track your performance / 必要に応じてパフォーマンスの記録をとっていきましょう。

	W1	W2	W3	W4	
Target / Date					
Squat 20 RM Weight (kg)					
Back 20 RM Weight (kg)					
Chest 20 RM Weight (kg)					
Chest (cm) *At nipples					
Shoulders (cm) *Arm at 90 degree					
Weight (kg)					
Diet (kcal)					

# Day 1 - Day 7

Reps: Repetitions. RM: Rep Max. XXkg/YYkg: Completing one set with XXkg then another with YYkg.  
 Reps: 回数を表します。RMは最大努力での回数を表します。XXkg/YYkg: セットが進むごとに重さを変えます。

**Compound Set/Super Set/Circuit Set: Complete All Coloured Exercises Before Rest.**

## Quick Tip →

RMセットを行うとき、良いフォームが保てないようであれば重さを落とします。セットの途中でできなくなるとき、重さを落としてすぐにその回数を完了させます。1週目は胸・背中の日、脚の日、そして胸・肩の日に分けてトレーニングしていきます。

Day 1		Rest, .	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 2		Rest, .	
Rest 60 Sec between sets.			
40 Min, Strength, Chest, Back			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Bench Press	5 Reps sets until you hit the 20RM Weight	14 RM	
Incline Pull Up		20 Reps	Use the barbell as a chin up bar.
Barbell Deadlift		14 RM 3 Sets	
Machine Row		14 RM 3 Sets	Only Top Range
(Lat Pull Down)		14 RM 3 Sets	Optional, Use only the top range.
Day 3		Rest, .	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 4		Rest, .	
Rest 60-90 Sec between sets.			
30 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	14 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		14 RM, 3 Sets	
Machine Chest Press		14 RM, 3 Sets	
Day 5		Rest, .	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 6		Rest, .	
Rest 60-90 Sec between sets.			
40 Min, Strength, Chest, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Bench Press	5 Reps sets until you hit the 20RM Weight	14 RM, 3 Sets	
Incline Dumbbell Chest Press		14 RM, 3 Sets	Bench at 45 degree angle
Dumbbell Shoulder Press		14 RM, 3 Sets	Bench at 90 degree angle.
Day 7		Rest, .	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

## References:

RM Calculator



QR Code 2

QR Code 3

QR Code 4

QR Code 5

QR Code 6

QR Code 7

QR Code 8

Barbell Bench Press



QR Code 3

QR Code 4

Incline Pull Up



Barbell Deadlift



QR Code 7

QR Code 8

QR Code 1

QR Code 2

QR Code 3

QR Code 4

QR Code 5

QR Code 6

QR Code 7

QR Code 8

Dumbbell (Goblet) Squat



QR Code 3

QR Code 4

Bench Squat



QR Code 6

QR Code 7

QR Code 8

QR Code 1

QR Code 2

QR Code 3

QR Code 4

QR Code 5

QR Code 6

QR Code 7

QR Code 8

QR Code 1

QR Code 2

QR Code 3

QR Code 4

QR Code 5

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QR Code 7

QR Code 8

QR Code 1

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# Day 8 - Day 14

**Quick Tip** →

2週目は肩・背中・日のペアです。そのほかは同じ種目なので、できるようであれば扱う重さを高めていきましょう。ショルダープレスはフォームが崩れないようにおこなうことで肩に効かせます。フォームが崩れるようであれば迷わず重さを落とします。フォームに関してわからない場合はトレーナーに質問してください。

Day 8		Rest,	
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 9		Rest,	
Rest 60-90 Sec between sets. 40 Min, Strength, Shoulder, Back			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Deadlift	5 Reps sets until you hit the 20RM Weight	14 RM, 3 Sets	
Barbell Row		14 RM, 3 Sets	Use Dumbbell if its too heavy
Dumbbell Shoulder Press		14 RM	
Dumbbell Arnold Press (Slow)		10 RM	3 Sets
Day 10		Rest,	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 11		Rest,	
Rest 60-90 Sec between sets. 30 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	14 RM	
Bench Squat / Barbell Squat		20 Reps / 14 RM	Use Barbell (20kg+) if its too easy, 3 Sets
Machine Leg Press		14 RM, 3 Sets	
Machine Chest Press		14 RM, 3 Sets	
Day 12		Rest,	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 13		Rest,	
Rest 60-90 Sec between sets. 40 Min, Strength, Chest, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Bench Press	5 Reps sets until you hit the 20RM Weight	14 RM, 3 Sets	
Incline Dumbbell Chest Press		14 RM, 3 Sets	Bench at 45 degree angle
Dumbbell Shoulder Press		14 RM, 3 Sets	Bench at 90 degree angle
Day 14		Rest,	
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

**References:**

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