



LEAN, MEAN, MUSCLE MACHINE: 6 WEEK LEAN MASS PROGRAM

Time: 35-50mins
Supps: Platoon, Protein
Days Per Week: 4 day Split
Difficulty: Intermediate
Equipment: barbell, dumbbells, machines, cables, bodyweight

Monday: Legs Workout	Sets	Reps
Exercise		
Squat	3	12
Standing Calf Raise	4	12
Stiff-Legged Deadlift	3	10
Kettle Bell Swings	4	8
Dumbbell Lunge (each leg)	3	10
Leg Curl	4	12
Leg Extension	4	10

Wednesday: Chest and Biceps Workout	Sets	Reps
Incline Dumbbell Press	4	8
Bench Press	4	8
Push Ups	3	12
Cable Fly	4	10
Rope Hammer Curl	4	12
Single Arm Cable Curl (each arm)	4	10
EZ Bar curl (slow)	3	8
Chin Up	3	8

Thursday: Back Workout	Sets	Reps
Deadlift	3	10
Lat Pulldown	4	12
Dumbbell Row (each arm)	3	8
Close Grip Pulldown	4	10
Seated Cable Row	4	12
Pull Up (assisted if needed)	3	8

Saturday: Shoulders & Triceps Workout	Sets	Reps
Seated Dumbbell Shoulder Press	4	8
Upright EZ Bar Row	3	8
Side Lateral Raises	4	10
Reverse Pec Deck	4	8
Barbell Shrugs	4	12
Dips	3	10
Dumbbell Kickbacks	3	10
Rope Tricep Pushdown	4	12

Tuesday, Friday, & Sunday: Active Recovery

Keep it light: low intensity cardio, stretches, resistance band work, and working on pliability

Closing Notes: Where da abs?!?! They're actually worked throughout various exercises, so no worries..the washboard abs are okay. Feel free to message us with any questions in regards to this workout plan or diet. Remember 80/20; 80% dieting/nutrition, 20% workouts for best results. Starts with what you put into your body. Go at your pace and know your limits. Remember to tag us in your post workout pics and transformations, make sure to #LegionNutrition