

8/15/2017



**MUSCLE
BUILDER
RX**

MONTHLY MEMBERSHIP PRIVATE CLUB

**Dan Przyojski's Private Muscle Building Fat Loss Diets and
Workout Routines for Members Only Club**



Editorial

By Daniel C. Przyojski

8/15/2017

How To Build Muscle And Strength!

When you're on the quest for muscle size and strength, the workout routine you follow is the most critical factor in your progress. While there may not be a right or wrong way to gain muscle, or even an optimal workout, there are things you can do to make your routine as effective as possible. These include how you split your workouts, the exercises you choose and how you perform each movement.

Split Training Method

How you divide your workout is known as your training split. Typically, you'll either opt for a body part split, training different muscles on different days, or a total-body split, where you hit everything in every session. Most magazines and Pro Bodybuilders recommend a five-day split, where you train your arms on day one, legs on day two, rest on day three, chest and shoulders on day four and back on day five. You then go back to day one, possibly with an extra rest day beforehand. These bodybuilding style splits are only for guys and gals on roids or the last 4 to 6 weeks before a bodybuilding competition. I for the most part recommend hitting your whole body in just two or three weekly sessions.

All The Right Moves

Base every workout around compound moves. Compounds are squats, bench presses, overhead presses, chins, dips, rows and deadlifts -- any exercise that works multiple body parts at once. These moves recruit more muscles and build more mass -- because you're using more muscles, you'll also be able to lift more weight. Begin every session with two to four compounds, then follow these up with isolation exercises. Isolations only work one muscle, but they too can be useful for building mass when performed after compounds.

All The Right Reps

For muscle building, you need to push yourself and lift weights heavy enough to stimulate growth. Ideally, this means lifting in the six to 12 repetitions per set range. Any lower than this and you're into the strength training range -- much higher and you're training muscular

endurance, not growth. A review of studies by training website ExRx.net found that performing multiple sets was more effective than single sets, yet four to six sets per exercise showed no benefit over two to three sets. Your best approach is to perform one to two warm-up sets on every exercise, followed by two to three tough sets of six to 12 reps.

Maximum Muscle Building and Strength

If you really want to workout four days a week you should stick to the muscle-building principles, but experiment a little to find what works best for you. A solid way to start is to train each muscle twice per week, as this blends body part split training and total body workouts. Train your upper body on Monday and Friday and your lower body on Wednesday and Saturday. Start your lower body sessions with a squat or deadlift, followed by lunges or split squats, then leg presses or leg curls and finish with a calf exercise. In your upper body workouts, kick off with bench presses or dumbbell presses, then chin-ups or pull-downs. Add in shoulder presses and barbell or dumbbell rows next before finishing with a bicep and a triceps exercise. Aim to increase your sets and reps or weights every week. Assess your progress after eight weeks to see if your routine is working. When I started bodybuilding I wish I'd had a local bodybuilding mentor to have laid down the law for me in the gym, to have spared me from wasting four years of my prime years on terrible training methods. The reason why I made poor progress during most of my early years was because I didn't know how to train properly. I did eat okay but not enough and did sleep at least eight hours at night. It was the poor training methods that I used that kept me from making real gains in muscle size, strength and continual progress.

Your Friend and Coach,

Dan Przyowski The World's Leading
"Natural" Muscle Building Fat Loss Expert

Mr. Toledo

Masters Mr. Michigan

N.F.P.T. Certified



MY IDEAL PHYSIQUE IS...

I want to weigh ____pounds by Month____ Day____ Year____

My biceps will look like

My triceps will look
like

My shoulders will look like

My back will look like

My chest will look like

My calves will look like

My legs will look
like

My waist will look like

Lean Muscle Weight Gain Diet

Meal 1: 6:45 am

1/2 cup (before cooking) oatmeal

6 egg whites

1 whole egg

1 large grapefruit

Meal 2: 9:30 am

1 cup non-sweetened granola

1 or 2 scoops vanilla Lean Muscle Protein Formula (or 8 egg whites)

1 large banana

Meal 3: 12:30 pm

8-10 oz yam, sweet potato or 1.5-2.0 cups of brown rice

8 oz chicken breast

8 oz broccoli

Meal 4: 3:00 pm

8 oz lean flank steak, top round or Laura Lean Ground Beef

2 cups broccoli

Meal 5: 5:30 pm

8 - 10 oz chicken breast

1 cup asparagus

1 tbsp natural peanut butter

Meal 6: 8:00 pm

8 oz cooked wild salmon or 2 can's of tuna fish.

Large spinach and lettuce salad, cucumber, tomato, mushrooms, avocado, kale and garbonzo (chick peas) beans.

2 tbsp olive oil, 3 tbsp apple cider vinegar and 1 tbsp honey mixed together as your salad dressing. Add water to the dressing to make the salad moist and not so dry.



Lean Muscle Diet

Meal 1: 6:45 am

1/2 cup oatmeal (before cooking)

1 large grapefruit

2 scoops vanilla Lean Muscle Protein Formula mixed in water

Meal 2: 9:30 am

1/2 cup oatmeal

1 large grapefruit

8 egg whites / 1 whole egg scrambled with tomato

Meal 3: 12:30 pm

6 oz yam

6 oz chicken breast

1 cup broccoli

Meal 4: 3:00 pm

8 oz flank steak

2 cups green beans

Meal 5: 5:30 pm

6 oz chicken breast

2 cups cauliflower

Meal 6: 8:00 pm

6 chicken breast or 1 can tuna fish

Large spinach and lettuce salad, cucumber, tomato, mushrooms, avocado, kale and garbonzo (chick peas) beans.

2 tbsp olive oil, 3 tbsp apple cider vinegar and 1 tbsp honey mixed together as your salad dressing. Add water to the dressing to make the salad moist and not so dry.



A List Of Acceptable Protein Carbohydrate and Fat Sources For Dieting

Protein:

Tuna or most any fish.

Cottage cheese.

Eggs (especially the whites).

Chicken breast (boneless skinless).

Turkey breast (boneless skinless).

Lean beef.

Low fat or no fat cheese.

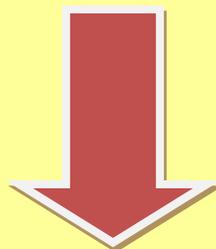
Low fat pork.

Milk protein isolate.

Whey protein.

Soy protein.

Essentially most any other source of protein so long as it is low in saturated fat and carbohydrates.



Carbohydrates:

Sweet potatoes.

Oat meal, oat bran, oat bran cereal (i.e. cheerios).

Bran cereal.

Brown rice.

Wheat bread (try to limit to 2 slices per day).

Beans.

Low fat popcorn (low fat butter spray makes this a delicacy).

Fruits (limit to 2-3 servings per day).

Malto dextrin (during workout).

Dextrose (during workout)

Vegetables.

Stay away from refined grains and anything that says "enriched" or "high fructose corn syrup" on the label!

Fat:

Omega 3 capsules (i.e. fish oil capsules).

Flax seed oil.

Primrose oil.

Borage oil.

Olive oil.

Nuts (limit to 1 serving per day), peanut butter (as long as it does not contain hydrogenated oils).

Egg yolks.

Fish (salmon especially).

All other fat should come as a by-product of your carbohydrate and protein intake.



Rotating Lean Muscle Diet

To get ripped fast you need extra calories floating around your bloodstream, and it is important you don't get too many from carbs. Only eat carbs before and after you train to give you the energy to exercise and replace the energy you'll have lost during training. Bracket your workouts with a protein shake to get easily absorbed protein at the time when your muscles need it most.

Non Workout Days Meals

Breakfast

4 egg whites (scrambled, fried or omelette)

Wholegrain bread (2 slices)

Oats (1/4 cup)

Milk 6 ounces

Snack

Low calorie syrup on oat-pancakes and 2 apples

Lunch

Turkey 4 ounces, Swiss cheese and salad on wholegrain bread

Snack

Protein shake, 2 pieces of fruit, black coffee

Training session

Dinner

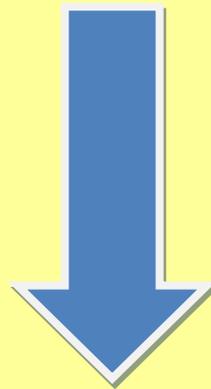
Stir-fried chicken (150g) and broccoli (1 cup)

Brown rice (1cup)

Snack

Frozen yoghurt (200ml) and protein shake

As you reduce the amount of calories you eat your body starts to burn fat for energy. But calorie cutting can make you lose muscle – so don't overdo it. The trick to get ripped fast: cut calories from carbs and eat more protein. This safeguards your muscle. If you cut too many calories your body thinks it's starving so it starts to conserve and store them, which reduces the rate at which you burn body fat.



Workout Days Meals

Breakfast

3 whole eggs

2 egg whites

2 Pieces Grilled bacon

1 tomato

2 bagels

4 ounces fruit juice

Snack

Cottage cheese on 6 whole grain crackers, 1 banana

Lunch

Baked potato, tuna, cheese and protein shake

Snack

1 wholegrain bagel

Smoked salmon 4 ounces

Cottage
cheese
¼ cup

Protein
shake



Lean Muscle Workout

Do this low-repetition, high-weights programme for weeks 1,3,5,7,9.
Rest for 60-90 seconds between sets to make sure you're fully recovered and constantly increase the weights you're lifting.

EXERCISES

Monday: chest and abs

Bar-bell bench press

Sets: 5

Rep: 12,8,6,4,12

Incline dumb-bell press

Sets: 4

Reps: 8,6,6,6

Flat flye

Sets: 4

Reps: 8,6,6,6

Dips

Sets: 4

Reps: 8,6,6,6

Weighted sit-up

Sets: 5

Reps: 10

Standing cable crunch

Sets: 4

Reps: 8

Tuesday: legs

Bar-bell squats

Sets: 5

Reps: 12,10,8,8,6

Dumb-bell lunge

Sets: 4

Reps: 12,12,12,12

Leg press

Sets: 4

Reps: 10,8,6,6

Leg extension

Sets: 4

Reps: 12,12,12,12

Bar-bell straight leg deadlift

Sets: 4

Reps: 12,8,6,6

Lying leg curl

Sets: 4

Reps:8,8,8,8

Donkey calf raise

Sets: 5

Reps: 12,10,10,8,12

Wednesday: arms

Underhand pull-ups

Sets: 5

Reps: 10

Alternating bicep curl

Sets: 4

Reps: 12,8,8,8

EZ bar curl

Sets: 4

Reps: 12,8,6,6

Lying triceps extension

Sets: 5

Reps: 10,8,8,8

Cable pushdown

Sets: 4

Reps: 8,6,6,6

Dumb-bell overhead extension

Sets: 4

Reps: 8,6,6,6

Thursday

Rest day

Friday: shoulders and abs

Seated dumb-bell shoulder press

Sets: 5

Reps: 12,10,8,8,6

Bent-over lateral raises

Sets: 4

Reps: 12,8,8,8

Front raise

Sets: 4

Reps: 10,8,8,8

Lateral raise

Sets: 4

Reps: 12,10,10,10

Smith machine upright row

Sets: 4

Reps: 12,8,8,8

Medicine ball Russian twist

Sets: 4

Reps: 10,8,8,8

Weighted leg raise

Sets: 4

Reps: 12,10,10,10

Saturday

Rest day

Sunday

Rest day or a light cardio day

Do 10 minutes each on the rowing machine, bike and elliptical cross trainer.

Competition workout

Do this high-repetition programme for weeks 2,4,6,8,10 and rest for no more than 15-20 seconds between sets to keep your heart pumping and sweat dripping.

EXERCISES

Monday: back and biceps

Lat pull-down

Sets: 5

Reps: 12

Bar-bell bent-over rows

Sets: 4

Reps: 12

Seated rows

Sets: 4

Reps: 15

Standing one arm cable row

Sets: 4

Reps: 15

Standing bar-bell curl

Sets: 5

Reps: 12

EZ bar curl

Sets: 4

Reps: 12

Cable rope curl

Reps: 20

Tuesday: legs and abs

Smith machine front squat

Sets:

Reps: 12

Dumb-bell straight leg deadlift

Sets: 4

Reps: 12

Leg press

Sets: 4

Reps: 15

Lying leg curls

Sets: 4

Reps: 15

Leg extension

Sets: 4

Reps: 15

Calf raises

Sets: 5

Reps: 20

V-up

Sets: 4

Reps: 20

Roll-out

Sets: 4

Reps: 15

Wednesday: cardio machines

Do intervals on the treadmill for 40 minutes: sprint for 40 seconds, then jog for 60 seconds to recover.

Thursday: chest and abs

Bar-bell bench press

Sets: 5

Reps: 12

Smith Machine incline press

Sets: 4

Reps: 12

Smith Machine decline press

Sets: 4

Reps: 15

Pull-over

Sets: 4

Reps: 12

Leg raises

Sets: 5

Reps: 20

Cable woodchop

Sets: 4

Reps: 15

Friday: shoulders and triceps

Clean and jerk

Sets: 5

Reps: 12

Dumb-bell lateral raise

Sets: 4

Reps: 12

Dumb-bell front raise

Sets: 4

Reps: 15

Bent-over lateral raise

Sets: 4

Reps: 15

Dumb-bell upright row

Sets: 4

Reps: 12

Cable pushdown

Sets: 4

Reps: 20

Kickback

Sets: 4

Reps: 12

Bench dip

Sets: 4

Reps: 12

Saturday

Rest day

Sunday:

Cardio machines

Do intervals on the rower for 30 minutes: sprint for 40 seconds, then recover for 30 seconds at a slower pace.

Hercules Muscle Workout

Workout 1: (Chest, Shoulders, and Triceps)

Flat Barbell Bench Press

1 light warm up set of 10 reps

1 medium weight warm up set of 10 reps

2 heavier sets of 10 reps

Incline Dumbbell Bench Press

1 light warm up set of 15 reps

2 heavier sets of 10 reps

Seated Shoulder Press

1 light warm up set of 15 reps

2 heavier sets of 10 reps

Dumbbell Side Lateral Raises

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Lying French Press

1 light warm up set of 15 reps

2 heavier sets of 10 reps

Tricep Cable Push Downs

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Push Ups

3 sets of as many reps as you can do

Workout 2: (Back and Biceps)

Deadlift

1 light warm up set of 10 reps

1 medium weight warm up set of 10 reps

2 heavier sets of 10 reps

Wide Grip Lat Pull Down

1 light warm up set of 15 reps

2 heavier sets of 10 reps

1 Arm Dumbbell Row

1 light warm up set of 15 reps (per arm)

2 heavier sets of 10 reps (per arm)

Face Pulls

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Standing Barbell Curls

1 light warm up set of 15 reps

2 heavier sets of 10 reps

Standing Dumbbell Curls

1 light warm up set of 15 reps

2 heavier sets of 10 reps

Workout 3: (Legs and Abs)

Barbell Squat

1 light warm up set of 10 reps

1 medium weight warm up set of 10 reps

2 heavier sets of 10 reps

Leg Extension

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Lying Leg Curls

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Standing Calve Raise Machine

1 light warm up set of 15 reps

2 heavier sets of 15 reps

Decline Bench Sit Ups

3 sets of as many reps as you can do

Leg Raises

3 sets of as many reps as you can do



Build Muscle Lose Fat Don't Waste Time Training Guideline

To all of my new members as well as my present members.

Remember this!

If you're a beginner, a basic 3 day full body routine built around getting stronger at a handful of big compound exercises is almost always the best way to train. Something like MuscleBuilderRx.Com Course.

If you're past the beginner's stage (meaning you're an intermediate or advanced trainee), then you should:

Train each body part with a moderate frequency, somewhere between once every 3rd-5th day.

Use a workout split that allows for this frequency in a balanced and intelligent way.

Use a moderate volume, somewhere between 30-60 reps per big muscle group per workout, less for smaller muscle groups.

Use a moderate exercise selection. In most cases, 1-2 exercises per muscle group per workout (bigger muscle groups usually get 2, smaller muscle groups usually get 1).

Fill the majority of your routine with big compound exercises like presses, rows, pull-ups/pull-downs, squats and deadlifts. Fill in the rest as needed with isolation exercises.

Avoid redundant exercise selection (e.g. no need to do flat barbell press, then flat dumbbell press, then flat machine press).

Keep your reps per set in the 5-15 rep range. It's all beneficial in some way for building muscle, and you'll often get your best results by using a combination of low and high reps. Specifically, the 5-8 rep range is ideal for your primary compound exercises, and the 8-15 rep range is great for your secondary accessory exercises.

Give your primary lower rep exercises more rest between sets (2-3 minutes). Give your secondary accessory exercises less rest between sets (1-2 minutes).

Use straight sets, reverse pyramid or something similar. The traditional pyramid should rarely be used.

Avoid training to failure... at least not very often.

Focus less on advanced methods, and more on the basic fundamentals.

Avoid changing things too frequently. The only thing that needs to be "shocked" is your brain for believing in over-load psycho training methods.

Don't obsess over pump and soreness. It's useful letting you know that you successfully recruited the target muscle group, but completely useless letting you know if your workouts are effective.

Put your primary focus, above all else, on creating progressive overload.



for

for

SIMPLE - QUICK ***Dumbbell Workout*** ***for Your Chest*** ***Arms and Back***

Workout: Perform each of the following exercises for between 8 to 10 reps

Bent-over row to single-arm row

Lying press to single-arm press

Military press to single-arm military press

Standing fly to front raises

Standing triceps extension

Dumbbell curl

Upright row

In-line bent-over row

Chest fly

Lying swimmers

Overhead shoulder raises

Split-stance lean-overs

Racing drivers

Bent-over kickbacks

Standing biceps curl 21s



Well my friend that's it for the August month's Insider's Tips and Specialization.

You will see that the diet and training reports I gave you this month are sound and have been used by myself and my students.

If you have questions don't hesitate to contact me.

Have a GREAT workout and see you in a month!!

Your Friend and Personal Coach,

Dan Przyojski

The Worlds "Expert" On Fat Loss And Muscle Building Naturally

Mr. Toledo

Masters Mr. Michigan

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