



Max Muscle Program

Notes:

- Always do a minimum of 3-5 warm up sets.
- Don't do anything that causes pain.
- Consult a professional if ever you are in doubt as to if you should be doing a certain exercise.
- Check the GTT YouTube channel for clarification on how to execute the exercises.

Serial	Exercise	Sets	Reps	Tempo	Rest
A1	Incline Bench Press	5	6-8	3.0.1.1	120s
A2	Deadlift	5	6-8	2.1.1.0	120s
B1	DB Bench	5	10-12	3.1.1.1	90s
B2	Hamstring Curl	5	10-12	3.1.1.0	90s
C1	Machine Chest Press	5	15-20	1.1	90s
C2	Back Extension	5	15-20	2.1.1.1	90s

Serial	Exercise	Sets	Reps	Tempo	Rest
A1	Squat	5	6-8	3.1.1.1	120s
A2	Pull up (assisted if need be)	5	6-8	2.1.1.2	120s
B1	Leg Extension	5	10-12	2.1.1.1	90s
B2	Seated Row	5	10-12	3.1.1.1	90s
C1	Leg Press	5	15-20	2.2.1.0	90s
C2	Cable Pull Over	5	15-20	2.1.1.1	90s

Serial	Exercise	Sets	Reps	Tempo	Rest
A1	Seated DB Shoulder Press	5	6-8	3.1.1.0	120s
A2	Romanian Deadlift	5	6-8	2.1.1.1	120s
B1	Dip (Assisted if need be)	5	10-12	3.1.1.2	90s
B2	Traveling Lunge	5	10-12	2.1.1.1	90s
C1	Sitting lean forward shoulder fly	5	15-20	1.1	90s
C2	Cable Pull Through	5	15-20	3.0.1.2	90s

Serial	Exercise	Sets	Reps	Tempo	Rest
A1	Front Squat	5	6-8	3.1.1.1	120s
A2	Bent Forward BB Row	5	6-8	2.1.1.2	120s
B1	Bulgarian Squat	5	10-12	3.1.1.0	90s
B2	Lat Pull Down	5	10-12	3.1.1.1	90s
C1	Leg Press (feet close)	5	15-20	2.2	90s
C2	DB Upright Row	5	15-20	2.1.1.1	90s