

# Custom male diet, workout & supplement plan

**Goal:** To gain muscle (~8 kg in 8 weeks).

At first, before you get start to follow your plan, you should read all the bellow-written instructions and advices!

## **Workout Plan:**

The workout plan consists of one week workout schedule that consist of resistance anaerobic workouts. This workout plan has been created based on your leaved info, **well-balanced** with your diet plan and supplement/steroid plan.

Resistance anaerobic workouts:

- **Include:** *Chest, back, arms, shoulders, legs/lower back, and abs workout routines.*
- **Goal:** *To cause muscle growth (hypertrophy and hyperplasia), and build muscle strength.*

The best workout plan optimized for you is the following:

**Monday:** Chest workout (~60 min)

- Chest workout routine (~60 min, 6 exercises, 10 reps each set)
  1. Bench press 6 sets <http://www.youtube.com/watch?v=4KB8MyCtOR8>
  2. Incline dumbbell press 4 sets <http://www.youtube.com/watch?v=VNJ8u4Yh3ME>
  3. Pec deck flys 6 sets <http://www.youtube.com/watch?v=sRgskCgD-io>
  4. Close-grip bench press 6 sets <http://www.youtube.com/watch?v=vpdxVRDcgLE>
  5. Dumbbell pullover 4 sets <http://www.youtube.com/watch?v=xLqf-9SyyXc>
  6. Chest press 4 sets <https://www.youtube.com/watch?v=xUm0BiZCWlQ>

Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (decribed bellow). Do 1-2 min rest after each set/exercise done. After all routine done, do 3 min rest.

**Tuesday:** Back workout (~50 min) + Abs workout (~10 min)

- Back workout routine (~50 min, 7 exercises, 10 reps each set)
  1. Lat pull-downs 4 sets <http://www.youtube.com/watch?v=RFRy-W6HsbE>
  2. Back lat pull-downs 3 sets <http://www.youtube.com/watch?v=dWl3q4hZ1Jw>
  3. Bent rows 6 sets <http://www.youtube.com/watch?v=fytHErcy-Vg>
  4. One-arm dumbbell rows 3 sets <http://www.youtube.com/watch?v=KR8onsa5jFQ>
  5. Close-grip lat pull-downs 4 sets <http://www.youtube.com/watch?v=9CtIdaL3d08>
  6. Seated rows 3 sets <http://www.youtube.com/watch?v=hT7SxEgFge4>

Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (decribed bellow). Do 1-2 min rest after each set/exercise done. After all routine done, do 3 min rest.

- Abs workout routine (~10 min, 3 exercises)
  1. Incline bench sit-ups (reps to failure) <http://www.youtube.com/watch?v=brxU4K0LPUE>

2. Leg raises (reps to failure) <http://www.youtube.com/watch?v=C8T81yMSa2g>
3. Reaching oblique crunch (reps to failure) <https://www.youtube.com/watch?v=98eX0ndm7Z4>

*Do and repeat 10 min this exercise schedule by up to 30 sec rest after each set/exercise done.*

**Wednesday:** Rest day (recovery)

**Thursday:** Triceps workout (~30 min) + Biceps workout (~30 min)

- Triceps workout routine (~30 min, 4 exercises, 10 reps each set)
  1. Push-downs 4 sets <http://www.youtube.com/watch?v=IVsAzfkZ0LM>
  2. Standing overhead dumbbell triceps extension 3 sets <https://www.youtube.com/watch?v=-Vyt2QdsR7E>
  3. Seated E-Z bar triceps extension 4 sets <http://www.youtube.com/watch?v=priRWVpDV8c>
  4. Triceps dips 3 sets (reps to failure) <http://www.youtube.com/watch?v=vz8snmK38tM>

*Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (decribed bellow). Do 1-2 min rest after each set/exercise done.*

- Biceps workout routine (~30 min, 4 exercises, 10 reps each set)
  1. Alternating dumbbell curls 3 sets [http://www.youtube.com/watch?v=sAq\\_ocpRh\\_I](http://www.youtube.com/watch?v=sAq_ocpRh_I)
  2. Preacher barbell curls 4 sets <http://www.youtube.com/watch?v=laWINXBtpkg>
  3. Barbell curls 4 sets <http://www.youtube.com/watch?v=S3eHqE05GTs>
  4. Hamer curls 3 sets <http://www.youtube.com/watch?v=UKSzsSYaeB8>

*Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (decribed bellow). Do 1-2 min rest after each set/exercise done.*

**Friday:** Shoulder workout (~60 min)

- Shoulder workout routine (~60 min, 6 exercises, 10 reps each set)
  1. Seated dumbbell press 6 sets <http://www.youtube.com/watch?v=KVnXws62ulU>
  2. Back press 4 sets <http://www.youtube.com/watch?v=oBbSiiTj2C0>
  3. Lateral dumbbell raises 6 sets <http://www.youtube.com/watch?v=geenhiHju-o>
  4. Alternate front arm raises 6 sets <http://www.youtube.com/watch?v=7jVEV4DPFTE>
  5. Upright rows 4 sets <http://www.youtube.com/watch?v=2kgPtjDKQKI>
  6. Pec deck rear-delt lateral 4 sets <http://www.youtube.com/watch?v=VpTc5AC00Qc>

*Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (decribed bellow). Do 1-2 min rest after each set/exercise done.*

**Saturday:** Legs/Lower back workout (~50 min) + Abs workout (~10 min)

- Legs/Lower back workout routine (~50 min, 6 exercises, 10 reps each set)
  1. Squats 5 sets <http://www.youtube.com/watch?v=QfOGNCHPf2Y>
  2. Angled leg press 4 sets <http://www.youtube.com/watch?v=oPhKYfuarsw>

3. Dumbbell lunges 3 sets <http://www.youtube.com/watch?v=D7KaRcUTQeE>
4. Leg extensions 4 sets <http://www.youtube.com/watch?v=X0DpNWzIIXU>
5. Lying leg curls 4 sets <http://www.youtube.com/watch?v=Z053-kKjesQ>
6. Deadlifts 5 sets <http://www.youtube.com/watch?v=c6KEZmwxjvM>

Do each set/exercise by such amount of weight (resistance) so that you will use a high strength level (described below). Do 1-2 min rest after each set/exercise done. After all routine done, do 3 min rest.

- Abs workout routine (~10 min, 3 exercises)
  1. Crunches (reps to failure) <http://www.youtube.com/watch?v=BuaH7uQwC6o>
  2. Hanging legs raises (reps to failure) <http://www.youtube.com/watch?v=eiAHzwimr0M>
  3. Russian twist (reps to failure) <https://www.youtube.com/watch?v=pDTHSnoGoEc>

Do and repeat 10 min this exercise schedule by up to 30 sec rest after each set/exercise done.

**Sunday:** Rest day (recovery)

After Sunday, you should start the workout schedule from Monday over again. How many times you should repeat this workout schedule, it has described below.

### **Workout instructions/advices:**

What if any exercise that has been written on the workout plan can't be done due to the lack of equipment?

- Just message me, I will substitute with new one.

What if any YouTube link doesn't work?

- If any YouTube link doesn't work, just message me I will substitute with new one.

What is the best way to follow the workout routines properly?

- The YouTube links serve for showing how you should do each exercise properly, but I don't recommend you open the links during the workout. Before you go to workout you should already have learnt how you should do each exercise of your day workout i.e. you should already have opened the YouTube links, so that when you do workout just follow the exercise schedule of your day workout.

Does it must to start the following workout and diet plan from Monday?

- It's recommended to get started from Monday, but if you prefer to start from other day then just start follow my plan from that day.

What if some workout days you wouldn't be able to workout?

- Nothing bad, you can just go ahead with your next day of your workout schedule or if there is a rest day on your schedule, switch the workout in that day.

What if your current available workout days has changed?

- In this case you should just replace your workout days with others, but keep the same workouts as much as possible as they are written into this workout plan.

When I say: "do rest", what does mean?

- “Do rest” means that you should do more walking then sitting within your gym (more walking, less sitting).

#### How much weight you should lift, push or pull? How to choose your appropriate amount of weight for lifting?

- You should lift, push or pull such amount of weight that you will use high strength level. But how can you now what is your low strength level? You should learn your brain to feel that strength level. Choose any above listed exercise then try to set some light (easy) weight, and start doing the reps. If you can do more then 15 reps or less then 10 reps, this is not the appropriate weight for you. So keep trying to lift other amounts of weight until your reps to failure will be in the range of “10-15 reps”. When you have got the appropriate weight so that your rep to failure is in that range, feel the strength level you have used to lift, push or pull the weight, and try to remember your brain that feeling of high strength level. When you have figured out your high strength level you can choose the appropriate weight for you on each exercise in this workout plan. For example: If in the “bench press” exercise you can lift 50 kg weight 13 times maximum, then your rep to failure would be 13. Well, in that case you should do 6 x 10 reps on “chest press” by 50 kg weight.

#### **Diet Plan:**

The diet plan, appropriately to the workout plan, consist of one week nutrition schedule. This diet has been created based on your leaved info, **well-balanced** with your workout plan and supplement/steroid plan.

#### Why/How does the diet will help you in muscle gain?

To build muscle it’s needed 1 g - 2 g proteins inatke per 1 lb body weight a day. According to your gender, age, weight, height, and daily activity (including your workouts) you should take in around 121-242 g daily proteins intake in order to build muscle and 2347 kcal daily intake to maintain your overall body weight. Accordingly,

the diet I have created for you, it has been created based on the ~228 g proteins and 3305 kcal average intake a day. It's about of 1000 kcal excess calories intake, which amount is needed for 2 lbs muscle gain a week. So you will gain around 2 lbs (~1 kg) muscle a week.

**Note:** *If you consider that you gain a bit much fat, then you could cut out any meal from the listed meals between meal 3 and meal 4.*

Average daily **nutrients intake**, including protein shakes intake:

- **Proteins:** ~228 [g] – 912 [kcal]
- **Carbs:** ~425 [g] – 1700 [kcal]
- **Fats:** ~77 [g] – 693 [kcal]
- **Total calories:** ~3305 [kcal]

The best diet plan optimized for you is the following:

### **Monday:**

- Meal 1: almonds (50 g), dark chocolate (50 g, 70% cocoa)
- Meal 2: fish (150 g, any kind), potato (2 medium, any kind), chapati (1 large), veggies (200 g)
- Meal 3: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 4: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 5: banana (1 medium), strawberries (200 g), kiwi (4 fruits)

### **Tuesday:**

- Meal 1: chapati (3 medium), cheese (50 g, feta), tomato sauce (any amount you prefer)
- Meal 2: fish (150 g, any kind), peas (200 g, green), veggies (200 g)
- Meal 3: whole eggs (5 large), potato (2 medium, any kind), yogurt (400 ml, plain whole milk)
- Meal 4: chicken breast (200 g), oatmeal (300 g), veggies (200 g)
- Meal 5: banana (2 medium), apple (2 medium), orange (2 medium)

### **Wednesday:**

- Meal 1: almonds (50 g), dark chocolate (50 g, 70% cocoa)
- Meal 2: fish (150 g, any kind), potato (2 medium, any kind), chapati (1 large), veggies (200 g)
- Meal 3: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 4: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 5: banana (1 medium), strawberries (200 g), kiwi (4 fruits)

### **Thursday:**

- Meal 1: chapati (3 medium), cheese (50 g, feta), tomato sauce (any amount you prefer)
- Meal 2: fish (150 g, any kind), peas (200 g, green), veggies (200 g)
- Meal 3: whole eggs (5 large), potato (2 medium, any kind), yogurt (400 ml, plain whole milk)
- Meal 4: chicken breast (200 g), oatmeal (300 g), veggies (200 g)
- Meal 5: banana (2 medium), apple (2 medium), orange (2 medium)

### **Friday:**

- Meal 1: almonds (50 g), dark chocolate (50 g, 70% cocoa)
- Meal 2: fish (150 g, any kind), potato (2 medium, any kind), chapati (1 large), veggies (200 g)
- Meal 3: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)

- Meal 4: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 5: banana (1 medium), strawberries (200 g), kiwi (4 fruits)

### **Saturday:**

- Meal 1: chapati (3 medium), cheese (50 g, feta), tomato sauce (any amount you prefer)
- Meal 2: fish (150 g, any kind), peas (200 g, green), veggies (200 g)
- Meal 3: whole eggs (5 large), potato (2 medium, any kind), yogurt (400 ml, plain whole milk)
- Meal 4: chicken breast (200 g), oatmeal (300 g), veggies (200 g)
- Meal 5: banana (2 medium), apple (2 medium), orange (2 medium)

### **Sunday:**

- Meal 1: almonds (50 g), dark chocolate (50 g, 70% cocoa)
- Meal 2: fish (150 g, any kind), potato (2 medium, any kind), chapati (1 large), veggies (200 g)
- Meal 3: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 4: chicken breast (150 g), lentils (50 g), chapati (1 large), veggies (200 g)
- Meal 5: banana (1 medium), strawberries (200 g), kiwi (4 fruits)

After Sunday, you should start the nutrition schedule from Monday over again. How many times you should repeat this nutrition schedule, it has described bellow.

### **Diet instructions/advices:**

#### **Food preparing:**

- First at all, this food quantity refers to a raw food quantity, except for cooked food that has mentioned on the diet plan. No matter how you cook the food, it is only important to eat what is on the meal plan. You should not cook everytime when it's time for a meal! It is recommended to cook the foods ones for two days so that you would keep the food into your fridge. Everytime when it's time for a meal you should only heat up the food by Microwave Oven. If your day pass out from home most of the time, you should packing your meals before and take it with you anywhere you go out.

#### **Meals substitution:**

- If any type of food I have put in your diet you can't eat due to x-reason, just message me I will substitute with new one.

#### **Meal schedule eating:**

- I recommend you to stick to this daily meal schedules, but whenever you are unable to stick to it you can do meals exchange you prefer. *For example: insteted of meal 1 eat meal 3 and vice versa.*

#### **Meal timing:**

- Meal 1 – eat up to 30 min after waking up
- Meal 2 – eat 3 hour after meal 1 eating
- Meal 3 – eat 4 hours after meal 2 eating
- Meal 4 – eat 3 hours after meal 3 taking
- Meal 5 – eat 1-2 hours before sleeping

This is ideal meals timing you should give the best to stick to it. Whenever you are unable to eat the appropriate meal at the right time, eat when you are able.

#### Ideal time to train:

- I recommend you to workout between meal 2 and meal 4 timing. If you are unable to train in that period of the day, then train when you are able.

#### Pre-workout meal restriction:

- Eat at least 1 h before your workout!

#### Drinks taking:

- Drink only water, 4-8 lbs (2-4 L) a day.

### **Supplement/Steroid Plan:**

**Goal:** *To improve the nutrition, get more strength, and get muscle gain support.*

**Duration:** 8 weeks on cycle + 6 weeks off cycle.

#### **Supplement 1:**

- **Supplement type:** Protein powder
- **Product recommendation:**  
[https://www.amazon.in/Optimum-Nutrition-Whey-Protein-Standard/dp/B000QSNYGI/ref=sr\\_1\\_4?ie=UTF8&qid=1524772497&sr=8-4&keywords=protein+whey](https://www.amazon.in/Optimum-Nutrition-Whey-Protein-Standard/dp/B000QSNYGI/ref=sr_1_4?ie=UTF8&qid=1524772497&sr=8-4&keywords=protein+whey)
- **Weeks of using:** From week 1 to week 8
- **Product direction:**
  - **Workout days:** Take in one protein shake immediately after workout.
  - **Rest days:** Take in one protein shake 1.5-2 h after meal 1 eating.
  - **Note:** “Protein shake” means: 1 serving (1 scoop) of the protein powder mixed up with 200-300 ml water.
- **Required quantity:** 1 box (5 lbs).

## Supplement 2:

- **Supplement type:** Tribulus Terrestris (Natural Testosterone Recover)
- **Product recommendation:** You owned.
- **Weeks of using:** From week 11 to week 14
- **Product direction:** Take 2 tablettes 3 times a day, any time you prefer.
- **Required quantity:** *180 tabs.*

## AA Steroid 1:

- **Steroid type:** Deca Duraboline
- **Weeks of using:** From week 1 to week 8
- **Product direction:** 1 ml every Monday.
- **Required quantity:** *8 ml of 250-300 mg/ml oil density.*

## AA Steroid 2:

- **Steroid type:** Testosterone Cypionate.
- **Weeks of using:** From week 1 to week 6
- **Product direction:** 1 ml every Monday and 1 ml every Thursday.
- **Required quantity:** *10 ml of 200 mg/ml oil density.*

## AA Steroid 3:

- **Steroid type:** Winstrol/Stanozolol.
- **Weeks of using:** From week 7 to week 8
- **Product direction:** 30 mg each day.
- **Required quantity:** *45 tabs x 10 mg or 90 tabs x 5 mg or 30 tabs x 15 mg.*

## Anti-estrogen:

- **Steroid type:** Tamoxifen/Nolvadex.
- **Weeks of using:** From week 1 to week 8
- **Product direction:** 20 mg each day.
- **Required quantity:** *60 tabs x 20 mg or 120 tabs x 10 mg.*

## Natural testosterone recover/booster:

- **Steroid type:** Clomid.
- **Weeks of using:** From week 9 to week 10
- **Product direction:** 100 mg each day.
- **Required quantity:** *30 tabs x 50 mg or 15 tabs x 100 mg.*