A 12 WEEK DIET AND TRAINING GUIDE DESIGNED SPECIFICALLY FOR WOMEN TO GAIN LEAN MUSCLE

THE LEAN MUSCLE DIET+WORKOUT GUIDE

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PHASE 3 OF 3
4 WEEK PLAN
WELCOME TO PHASE 3. WHERE WE PUT THE FINISHING TOUCHES ON THAT BEAUTIFUL LEAN MUSCLE AND BODY.
The Phase 2 Maintenance stage created tones of momentum, but don’t give up now. Continue using MusclePharm products to stay on top of the program for true muscle growth and gigantic changes.

PHASE 3 FINALIZES ALL OF THAT HARD WORK AND DEDICATION. FANTASTIC WORK!
The Lean Muscle program works. Follow it and see. As you learn the ropes of this program, please remember to stick to the basics as they are spelled out. For instance, the eating times in the following pages are to be used as examples only. While the times listed aren’t critical, obeying the amount of time BETWEEN meals is very important.

Let’s say you work nights. No problem. Just adjust each time so you’re consuming the foods and supplements at their optimum times. If you wake at 9 a.m. instead of 5:30 a.m., then that is when your Lean Muscle Diet schedule starts.

THE LEAN MUSCLE IS NO DIFFERENT THAN ANY OTHER DIET: IF YOU DON’T FOLLOW IT, IT WON’T WORK.
We built this diet around MusclePharm products because we believe in their superiority. For this diet, products like Assault™, Armor-V™ and Re-con™ are your best bet. Assault—our clinically-proven pre-workout—is perfect for the Lean Muscle program because it supplies the body with a stream of nutrients like BCAAs during the workout. Post-workout, Re-con and ZMA Max maximize your “anabolic window” and ZMA promotes deeper and more efficient sleep. To build lean muscle mass, do not neglect the recovery phase.

A muscle-building secret: focus on a different muscle group each workout. The training schedule we lay out here is designed to promote fast but safe muscle building. Phase 1 features lighter weights with more reps, which prepares you for the heavier weights and fewer reps of Phase 2.

WELCOME TO THE LEAN MUSCLE DIET. GET READY TO BE BLOWN AWAY BY THE RESULTS.

WARNING: The training and nutrition programs described here are not intended to be a substitute for any exercise plan or dietary regimen that may have been prescribed by your physician. MusclePharm strongly recommends that you consult with your physician before beginning any training and nutrition program and perform exercises under the supervision of a certified fitness trainer or conditioning coach.

ASSAULT
ASSAULT™ is a combination of several powerful, clinically proven, naturally occurring substances brought together for their specific performance-enhancing, endurance-boosting and strength-building properties. These key ingredients work synergistically to provide your muscles with true increased energy at the cellular level, to dramatically improve performance.

RE-CON
RECON™ is a unique, high-performance post-workout REFUEL, REPLENISH, REBUILDING formula. RECON™ was designed to maximize the most important phase of the athlete’s total training program—the post-workout phase, what those in our game call the “anabolic window.”

BCAA 3:1:2
BCAA 3:1:2 offers a unique patent pending ratio—3 Leucine, 1 Isoleucine, 2 Valine—that is specifically tuned to deliver the ideal amounts of these three amino acids during all phases of muscle development and maintenance. Through this formulation, amino acids are released both before and after a workout. MP BCAA minimizes both muscle damage and weight loss, while increasing lean body mass.

ZMA MAX
ZMA Max™ promotes deeper and more efficient sleep to maximize healing, tissue repair, anabolic hormone production, testosterone levels and muscle growth. It delivers the benefits of precise dosages and ZMA ingredient ratios, and adds the synergistic effects of clinically-proven Testofen to support natural levels of free testosterone and healthy libido function in women and men.

ARMOR-V
Armor-V™ is the most comprehensive multi-nutrient complex available. Its unique blend of organics, herbs and natural ingredients were specifically formulated to feed your body with everything nature intended - and then some.

COMBAT
COMBAT™ is MusclePharm’s technologically advanced Protein Superfood. Athletes and Bodybuilders have long known that high-quality protein is the key to building and maintaining lean muscle, while supporting a healthy body composition and fueling fat loss. Protein is the most-important macronutrient for muscle growth, mass and power.
**THE LEAN MUSCLE: DIET PROGRAM**

**PHASE 3: WEEKS 9 - 12**

*Eat each meal or snack every 2.5 - 3 hours*

*Consume 6-8 cups of water per day*

<table>
<thead>
<tr>
<th>TIME: WAKE UP</th>
<th>MP SUPPLEMENT / RECOVERY</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE TIME: 7:00 AM</td>
<td><strong>RE-CON®</strong> 1/2 SCOOP 8-12 OZ. OF WATER</td>
<td>2 WHOLE EGGS 2 EGG WHITE 1 TABLESPOON OF SALSA</td>
</tr>
<tr>
<td></td>
<td><strong>ARMOR-V®</strong> 6 CAPSULES 8-12 OZ. OF WATER</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME: MID MORNING</th>
<th>MP SUPPLEMENT / PROTEIN</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE TIME: 10:00 AM</td>
<td><strong>MUSCLEGEL®</strong> 1 PACKET WITH 8-12 OZ. OF WATER 1 OZ. OF ALMONDS</td>
<td>NONE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TIME: LUNCH</th>
<th>MP SUPPLEMENT</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE TIME: 1:00 PM</td>
<td>NONE</td>
<td>6 OZ. LEAN MEAT (EVERY OTHER DAY SUBSTITUTE RED MEAT UP TO 3X A WEEK)</td>
</tr>
</tbody>
</table>

**PRE-WORKOUT**

| ASSAULT® | RE-CON® | BCAA 3:1:2® |
| 1 SCOOP 15-90 MINUTES BEFORE WORKOUT | 1/2 SCOOP IMMEDIATELY AFTER WORKOUT | 6 CAPSULES IMMEDIATELY AFTER WORKOUT |

**POST-WORKOUT**

| ASSAULT® | RE-CON® | BCAA 3:1:2® |
| 1 SCOOP 15-90 MINUTES BEFORE WORKOUT | 1/2 SCOOP IMMEDIATELY AFTER WORKOUT | 6 CAPSULES IMMEDIATELY AFTER WORKOUT |
**THE LEAN MUSCLE: DIET PROGRAM**

**PHASE 3: WEEKS 9 - 12**

Eat each meal or snack every 2.5 - 3 hours. Consume 6-8 cups of water per day.

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**TIME: MID EVENING**

**EXAMPLE TIME:** 4:00 PM

- **MP SUPPLEMENT / PROTEIN**
  - MUSCLEGEL®
  - 1 PACKET
  - WITH 8-12 OZ. OF WATER
  - 1 OZ. OF ALMONDS

- **FOOD**
  - NONE

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**TIME: DINNER**

**EXAMPLE TIME:** 7:00 PM

- **MP SUPPLEMENT**
  - NONE

- **FOOD**
  - 6 OZ. LEAN MEAT
  - UNLIMITED VEGETABLES
  - (RICE ON TUESDAYS, EVERY OTHER DAY & SUBSTITUTE RED MEAT UP TO 3X A WEEK)

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**TIME: PRE-SLEEP**

**EXAMPLE TIME:** 10:00 PM

- **MP SUPPLEMENT / PROTEIN**
  - COMBAT™
  - 1 SCOOP
  - WITH WATER & 2 OZ. OF HEAVY WHIPPING CREAM

- **MP SUPPLEMENT / RECOVERY**
  - ZMA MAX®
  - 1 CAPSULE
  - WITH 8-12 OZ. OF WATER

- **FOOD**
  - NONE

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Learn more about diet and nutrition at MusclePharm.com.
# THE LEAN MUSCLE: WORKOUT PROGRAM

**PHASE 3: WEEKS 9 - 12**

Phase 2 will sharpen you up, go as heavy as you can on these lifts while still completing your reps.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEST + BACK</td>
<td>BENCH PRESS</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEST FLY</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PUCH-UPS</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>INCLINE PRESS</td>
<td>3 X 25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CABLE CROSSEOVERS</td>
<td>3 X 25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SEATED ROWS</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PULLDOWNS</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>T-BAR ROWS</td>
<td>3 X 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>UNDERGRIP PULLDOWNS</td>
<td>1 X 25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>DUMBBELL PULLOVERS</td>
<td>1 X 15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ONE ARM ROWS</td>
<td>1 X 30</td>
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</table>

**TUESDAY**

** LEGS **

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>SQUAT</td>
<td>10 X 10</td>
<td>10 SECOND REST BETWEEN SETS</td>
</tr>
<tr>
<td>LEG PRESS</td>
<td>10 X 10</td>
<td>10 SECOND REST BETWEEN SETS</td>
</tr>
<tr>
<td>LEG EXTENSIONS</td>
<td>10 X 10</td>
<td>10 SECOND REST BETWEEN SETS</td>
</tr>
<tr>
<td>LEG CURLS</td>
<td>10 X 10</td>
<td>10 SECOND REST BETWEEN SETS</td>
</tr>
<tr>
<td>WALKING LUNGES</td>
<td>5 MINUTES</td>
<td></td>
</tr>
</tbody>
</table>

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**PRE-WORKOUT**

**ASSAULT™**
1 SCOOP
8-12 OZ. OF WATER
15-30 MINUTES BEFORE WORKOUT

**POST-WORKOUT**

**RE-CON®**
1/2 SCOOP
8-12 OZ. OF WATER
IMMEDIATELY AFTER WORKOUT

**POST-WORKOUT**

**BCAA 3:1:2™**
6 CAPSULES
8-12 OZ. OF WATER
IMMEDIATELY AFTER WORKOUT

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**PHASE 3**: WEEKS 9 - 12

**TRAINING TIP**

**TRI-SET**
Tri-set is supersetting three different lifts one right after the other. Each time through completes one set.

**SUPERSET**
A superset is a back to back grouping of your sets alternating, with no rest in between.

**LEARN MORE ABOUT DIET AND NUTRITION AT MUSCLEPHARM.COM**

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**LEAN MUSCLE**
**WEDNESDAY**

**BICEPS + TRICEPS**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>STRAIGHT BAR CURLS</td>
<td>28 METHOD</td>
<td></td>
</tr>
<tr>
<td>SKULL CRUSHERS</td>
<td>28 METHOD</td>
<td></td>
</tr>
<tr>
<td>PREACHER CURLS</td>
<td>28 METHOD</td>
<td></td>
</tr>
<tr>
<td>TRICEP ROPE PUCKDOWNS</td>
<td>28 METHOD</td>
<td></td>
</tr>
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**THURSDAY**

**SHOULDERS**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
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</thead>
<tbody>
<tr>
<td>MILITARY PRESS</td>
<td>1 X 100</td>
<td>DON'T SET WEIGHTS DOWN</td>
</tr>
<tr>
<td>LATERAL RAISE</td>
<td>1 X 100</td>
<td>DON'T SET WEIGHTS DOWN</td>
</tr>
<tr>
<td>FRONT RAISE</td>
<td>1 X 100</td>
<td>DON'T SET WEIGHTS DOWN</td>
</tr>
<tr>
<td>MILITARY PRESS</td>
<td>28 METHOD</td>
<td></td>
</tr>
<tr>
<td>LATERAL RAISES</td>
<td>28 METHOD</td>
<td></td>
</tr>
<tr>
<td>FRONT RAISE</td>
<td>28 METHOD</td>
<td></td>
</tr>
</tbody>
</table>

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**FRIDAY**

**CARDIO**

SWEAT DAY:
20 MINUTES RUNNING - 20 MINUTES BIKING - 20 MINUTES STAIR STEPPER
IN PHASE 3 TAKE 2 FULL DAYS OFF AND FOCUS ON RECOVERY. GROWTH OCCURS WHEN YOU ARE NOT IN THE GYM.

**RECOVERY DAYS**

- TAKE ON AN AGGRESSIVE RECOVERY SCHEDULE
- ½ SCOOP OF RE-CON® WITH 12 OZ. WATER ON WAKING UP
- TAKE ARMOR-V™ WITH BREAKFAST
- ½ SCOOP OF RE-CON® WITH 12 OZ. WATER AT LUNCH
- BCAA 3:1:2™ AND ZMA MAX™ PRIOR TO BED

**THIS WILL HELP YOU MAINTAIN YOUR INTENSITY IN TRAINING COME MONDAY**

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**SATURDAY**

REST

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**SUNDAY**

REST
CONGRATULATIONS, YOU’VE FINISHED THE 12 WEEK PROGRAM!
HEAD TO MUSCLEPHARM.COM TO START LEARNING ABOUT
MORE DIET AND TRAINING GUIDES OR TO JUST TELL
OTHERS ABOUT YOUR SUCCESS!

DOWNLOAD PHASE 1 AND 2 AT: BODYBUILDING.COM/MILITARY