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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TEAM MUSCLEPHARM®
LINDSEY NICOLE
FITNESS ICON

PHASE 1 OF 3
4 WEEK PLAN
THIS DIET AND TRAINING GUIDE WAS DESIGNED FOR SCULPTING AND BUILDING LEAN MUSCLE. THAT'S WHY IT'S NAMED “LEAN MUSCLE.”

This diet and workout program were created to help you see size and lean mass. The MusclePharm products were picked because they are tuned perfectly with the goals of the Lean Muscle program.

WE BEGIN WITH THE 4 WEEK START PHASE. ONCE THAT IS ACCOMPLISHED, LEAN MUSCLE DIETERS MOVE INTO PHASE 2.

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 used as 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.

PRODUCTS IN THIS GUIDE

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 1: WEEKS 1 - 4
EAT EACH MEAL OR SNACK EVERY 2.5 - 3 HOURS
CONSUME 6-8 CUPS OF WATER PER DAY

TIME: WAKE UP
EXAMPLE TIME: 7:00 AM

MP SUPPLEMENT / RECOVERY
RE-CON™ 1/2 SCOOP
IMMEDIATELY AFTER WORKOUT
MP SUPPLEMENT / COMPLETE MULTI-VITAMIN
ARMOR-V™ 6 CAPSULES
IMMEDIATELY AFTER WORKOUT
FOOD
3 WHOLE EGGS
1/4 CUP OATMEAL
BANANA

TIME: MID MORNING
EXAMPLE TIME: 10:00 AM

MP SUPPLEMENT / PROTEIN
COMBAT™ 1.5 SCOOPS
WITH B-12 OZ. OF WATER
FOOD
NONE

TIME: LUNCH
EXAMPLE TIME: 1:00 PM

MP SUPPLEMENT
NONE
FOOD
6 OZ. OF WHITE MEAT & VEGETABLES
1 CUP OF RICE OR SWEET POTATO
(EVERY OTHER DAY & SUBSTITUTE RED MEAT UP TO 3X A WEEK)
**The Lean Muscle: Diet Program**

**Phase 1: Weeks 1 - 4**

**Time:** Mid Evening  
*Example Time:* 4:00 PM  
**MP Supplement / Protein:** Combat™ 1.5 Scoops with 8-12 oz. of water  
**Food:** None

**Time:** Dinner  
*Example Time:* 7:00 PM  
**MP Supplement:** None  
**Food:** 6 oz. lean meat, 2 servings of vegetables, rice or sweet potato (every other day & substitute red meat up to 3x a week)

**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

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

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

PHASE 1: WEEKS 1 - 4

PHASE 1 IS MEANT TO ADD LEAN MUSCLE WITH A MIXTURE OF PYRAMID SETS AND 5X5’S. THESE METHODS WORK TO BUILD YOU A STRONG BASE.

MONDAY

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEST + BACK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PULLDOWNS UNDERGRIP</td>
<td>12, 10, 8, 6</td>
<td></td>
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<tr>
<td>INCLINE BENCH PRESS</td>
<td>12, 10, 8, 6</td>
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</tr>
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<td>SEATED ROWS</td>
<td>12, 10, 8, 8, 8</td>
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</tr>
<tr>
<td>FLAT BENCH</td>
<td>5 X 5</td>
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</tr>
<tr>
<td>WIDE GRIP PULLDOWNS</td>
<td>15, 12, 10</td>
<td></td>
</tr>
<tr>
<td>CHEST FLY</td>
<td>5 X 5</td>
<td></td>
</tr>
</tbody>
</table>

CARDIO

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPRINTS:</td>
<td></td>
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</tr>
<tr>
<td>ON A TREADMILL WITH %10 INCLINE DO 12-15 30 SECOND SPRINTS AS FAST AS YOU CAN, THIS WILL KEEP YOUR METABOLISM FAST WHILE YOU ARE ADDING Lean MUSCLE.</td>
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</tbody>
</table>

TUESDAY

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEGS</td>
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<tr>
<td>SQUAT</td>
<td>20, 15, 12, 10, 8</td>
<td></td>
</tr>
<tr>
<td>LEG PRESS</td>
<td>20, 15, 12, 10, 8</td>
<td></td>
</tr>
<tr>
<td>LEG EXTENSIONS</td>
<td>25, 20, 15, 10</td>
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</tr>
<tr>
<td>LEG CURLS</td>
<td>20, 15, 10, 5 X 5</td>
<td></td>
</tr>
<tr>
<td>CALVE RAISES</td>
<td>25, 20, 25, 20</td>
<td></td>
</tr>
</tbody>
</table>

CARDIO

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS/REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIKE:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RIDE A STATIONARY BIKE FOR 15 MINUTES.</td>
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</tbody>
</table>

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

PHASE 1 IS MEANT TO ADD LEAN MUSCLE WITH A MIXTURE OF PYRAMID SETS AND 5X5’S. THESE METHODS WORK TO BUILD YOU A STRONG BASE.

LEARN MORE ABOUT DIET AND NUTRITION AT MUSCLEPHARM.COM

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## The Lean Muscle: Workout Program

### Phase 1: Weeks 1 - 4

#### Wednesday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biceps + Triceps</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Larry Scott Curls on Preacher Bench</td>
<td>5 x 5</td>
<td></td>
</tr>
<tr>
<td>Set up dumbbells</td>
<td>5, 5 half reps</td>
<td></td>
</tr>
<tr>
<td>Straight bar</td>
<td>5, 5 half reps</td>
<td></td>
</tr>
<tr>
<td>Bent curl bar</td>
<td>5, 5 half reps</td>
<td></td>
</tr>
<tr>
<td>Bicep curl machine</td>
<td>1 x 30</td>
<td></td>
</tr>
<tr>
<td>Close grip bench</td>
<td>5 x 5</td>
<td></td>
</tr>
<tr>
<td>Rope pushdowns</td>
<td>12 then</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 x 20 half reps</td>
<td></td>
</tr>
<tr>
<td>Bench dips</td>
<td>3 x 30</td>
<td></td>
</tr>
<tr>
<td>Straight bar pushdown</td>
<td>12 then</td>
<td></td>
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<tr>
<td></td>
<td>4 x 20 half reps</td>
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</tbody>
</table>

**Cardio**

**Superset**

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

#### Thursday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shoulders + Abs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Military press bar</td>
<td>15, 12, 10</td>
<td></td>
</tr>
<tr>
<td>Military press dumbbells</td>
<td>12, 10, 8</td>
<td></td>
</tr>
<tr>
<td>Lateral raises</td>
<td>20, 15, 12, 10</td>
<td></td>
</tr>
<tr>
<td>Full frontals</td>
<td>5 x 5</td>
<td></td>
</tr>
<tr>
<td>Barbells shrugs</td>
<td>5 x 5</td>
<td>5 count at bottom &amp; top</td>
</tr>
<tr>
<td>Abs</td>
<td>1 x 100</td>
<td></td>
</tr>
</tbody>
</table>

**Cardio**

**Superset**

Springs: On a treadmill with %10 incline do 12-15 30 second sprints as fast as you can, this will keep your metabolism fast while you are adding lean muscle.

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**Training Tip**

A super set is a back to back grouping of your sets, alternating, with no rest in between.

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**Phase 1:** Weeks 1 - 4

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**Cardio**

**Superset**

Springs: On a treadmill with %10 incline do 12-15 30 second sprints as fast as you can, this will keep your metabolism fast while you are adding lean muscle.
THE LEAN MUSCLE: WORKOUT PROGRAM

PHASE 1: WEEKS 1 - 4

FRIDAY
CARDIO

SWEAT DAY:
20 MINUTES RUNNING - 20 MINUTES BIKING - 20 MINUTES STAIR STEPPER

IN PHASE 1 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
- 1/2 SCOOP OF RE-CON® WITH 12 OZ. WATER ON WAKING UP
- TAKE ARMOR-V™ WITH BREAKFAST
- 1/2 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

SATURDAY

REST

SUNDAY

REST
The start is just the beginning. Now that you’re familiar with Phase 1, head to MusclePharm.com to start learning about Phases 2 and 3 of this program.

Download Phase 2 and 3 at: Bodybuilding.com/military