

A black and white photograph of a woman, Lindsey Nicole, is the background for the lower half of the page. She is wearing a light-colored, strapless tube top and dark shorts, and is wearing white boxing gloves. She is looking directly at the camera with a serious expression.

THE LEAN MUSCLE

DIET+WORKOUT GUIDE

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

TEAM MUSCLEPHARM®
LINDSEY NICOLE
FITNESS ICON

PHASE 1 OF 3
4 WEEK PLAN



THE LEAN MUSCLE DIET+WORKOUT GUIDE

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 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, herbals 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

PRE-WORKOUT



ASSAULT™
1 SCOOP
15-30 MINUTES
BEFORE WORKOUT

POST-WORKOUT



RE-CON®
1/2 SCOOP
IMMEDIATELY
AFTER WORKOUT



BCAA 3:1:2™
6 CAPSULES
IMMEDIATELY
AFTER WORKOUT



TIME: WAKE UP

EXAMPLE TIME:

7:00 AM



MP SUPPLEMENT / RECOVERY

RE-CON®
1/2 SCOOP
8-12 OZ. OF WATER

MP SUPPLEMENT / COMPLETE MULTI-VITAMIN

ARMOR-V™
6 CAPSULES
8-12 OZ. OF WATER



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 8-12 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)

MP

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: 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

LEAN MUSCLE

LEARN MORE ABOUT DIET AND NUTRITION AT MUSCLEPHARM.COM

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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.



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

MONDAY

CHEST + BACK

EXERCISE

SETS/REPS

TRAINING TIP

PULLDOWNS UNDERGRIP

12, 10, 8, 6

INCLINE BENCH PRESS

12, 10, 8, 6

SEATED ROWS

12, 10, 8, 8, 8

FLAT BENCH

5 X 5

WIDE GRIP PULLDOWNS

15, 12, 10

CHEST FLY

5 X 5

CARDIO

SPRINTS:

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.

TUESDAY

LEGS

EXERCISE

SETS/REPS

TRAINING TIP

SQUAT

20, 15, 12, 10, 8

LEG PRESS

20, 15, 12, 10, 8

LEG EXTENSIONS

25, 20, 15, 10

LEG CURLS

20, 15, 10, 5 X 5

CALVE RAISES

25, 20, 25, 20

CARDIO

BIKE:

RIDE A STATIONARY BIKE FOR 15 MINUTES.

PHASE 1: WEEKS 1 - 4**WEDNESDAY****BICEPS
+ TRICEPS****EXERCISE****SETS/REPS****TRAINING TIP**LARRY SCOTT CURLS ON
PREACHER BENCH

5 X 5

SET UP DUMBBELLS

5, 5 HALF REPS

STRAIGHT BAR

5, 5 HALF REPS

BENT CURL BAR

5, 5 HALF REPS

BICEP CURL MACHINE

1 X 30

CLOSE GRIP BENCH

5 X 5

ROPE PUSHDOWNS

12 THEN
4 X 20 HALF REPS

BENCH DIPS

3 X 30

STRAIGHT BAR PUSHDOWN

12 THEN
4 X 20 HALF REPS

SUPERSET

A SUPERSET IS A BACK
TO BACK GROUPING OF
YOUR SETS, ALTERNATING,
WITH NO REST IN BETWEEN.

CARDIO**SPRINTS:**

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.

THURSDAY**SHOULDERS
+ ABS****EXERCISE****SETS/REPS****TRAINING TIP**

MILITARY PRESS BAR

15, 12, 10

MILITARY PRESS DUMBBELLS

12, 10, 8

LATERAL RAISES

20, 15, 12, 10

FULL FRONTALS

5 X 5

BARBELL SHRUGS

5 X 5

5 COUNT AT BOTTOM & TOP

ABS

1 X 100

CARDIO**SPRINTS:**

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

MP

THE LEAN MUSCLE: 12 WEEK PLAN

↓ **DOWNLOAD THE NEXT PHASE!**

**PHASES
2-3**

AVAILABLE FOR DOWNLOAD

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**



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