



# A DAY WEIGHT LIFTING ROUTINE

by  
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# THE WORKOUT

This weight lifting workout is great for all levels of weight lifters. It has the right proportion of compound and isolation exercises to get the muscle development we are all looking for. For the beginner, this routine is great for learning many exercises and preparing the ligaments and tendons for heavier weights and lower rep routines later on. The intermediate to advanced lifters out there should consider using this routine as an 8-12 week buffer between low rep, heavy weight routines. If exercises are to be substituted, replace compound exercises with compound exercises and the same goes for isolation movements.

Many times I will be asked if this weight lifting workout is more for someone wanting to lose weight, or for someone wanting to gain muscle. When it comes to lifting weights, nearly all routines will be beneficial for either goal. Diet and cardio are what play the major role in weight management. The 3 off days in this routine are great to do cardio if your goal is to lose some weight and along the way this routine will help build muscle. If your goal is to gain muscle mass, use the off days as rest days for maximum recovery.

This routine should be performed for 8-12 weeks. The first two weeks are used to find the maximum weight you can perform and complete each exercise. The 4 day split will increase strength rapidly and efficiently if you focus and complete the entire workout. Your working to complete all sets and reps at the maximum weight you can handle. For example, On week 3 you bench press 185 lbs. 3 sets of 8 reps. Week 4, you will increase the weight to 190 lbs. If only 2 sets of 8 reps are completed and the last set produced only 2 reps, 190 lbs. will be used on week 5 as well.

## Monday

### Chest/Biceps

- Bench Press 3x8
- Incline Dumbbell Press 2x8
- Dumbbell Flies 2x8
- Curls 3x8
- Concentration Curls 2x8

## Tuesday

### Legs/Abs

- Squats 3x8
- Straight Leg Deadlifts 3x8
- Calf Raisers 3x12
- Weighted Situps 3x8

## Thursday

### Shoulders/Triceps

- Seated DB Shoulder Press 3x8
- Front Lateral Raises 2x8
- Side Lateral Raises 2x8
- Dips 3x8
- Cable Pressdowns 3x8
- Inside Grip Bench Press 2x8

## Friday

### Back/Traps

- Deadlifts 3x8
- Barbell Bent Rows 3x8
- Wide Grip Chins 3x8
- Barbell Shrugs 3x12
- Upright Rows 2x8

× Wednesday, Saturday, and Sunday may be used as rest ×  
days or light cardio.

# The Diet

This meal plan can be either a diet to gain muscle or to lose fat. It all depends on the portion sizes. Use these diet plans along with cardio and the exercise routine above and you will lose fat quickly. I will use the items from my [cheap dishes](#) article.

Eat every 2-3 hours. Keep your snacks to a minimum. You can substitute items that have similar nutrients. When flavoring your food, stick to spices and herbs. Don't add things that will increase the calories too much. So no mayonnaise, ketchup, or fattening dressings. Enjoy the free diet meal plan.

## Meal 1

- 2 Eggs – I like to season with garlic and onion.
- Glass of Orange Juice – about an 8 oz. glass
- 1 tbsp Olive Oil – I add this to my orange juice, it masks the flavor. Olive oil is a great source on monounsaturated fats.
- 1 cup green tea – get the metabolism boosted.

## Snack 1

- Glass of Milk – Skim milk for this diet since it's a fat loss diet. About an 8 oz glass.
- 1 Fruit – Your choice. Berries are always good as well as apples and oranges.

## Meal 2

- Tuna Sandwich (2 slices whole wheat bread + 1 can of tuna + lettuce)
- 1/4 cup Brown Rice – this portion size is about half the size of your fist.

## Meal 3

- 2 ounces Whole Wheat Pasta
- 4 ounces Chicken – No skin. Chicken can be seasoned in many different ways to improve the taste. This amount is about the size of 2 chicken strips or the size of your fist.
- 1 serving of Broccoli – Eat as much as you want honestly.

## **Snack 2**

- 1 slice Whole Wheat Pasta + 2 tbsp of Peanut Butter
- 1 Fruit – your choice again.

Calories = 1904, Protein = 124g, Carbohydrates = 221g, Fats = 63g.

The breakdown of this meal plan is about low calorie intake as I want you to go as a male. As long as you're exercising and doing your cardio, then this will be taking in low enough calories to shed the fat but still get a good amount of nutrients in.

Here is a meal plan for the females out there:

## **Meal 1**

- 2 Eggs – I like to season with garlic and onion.
- Glass of Orange Juice – about an 8 oz. glass
- 1 tbsp Olive Oil – I add this to my orange juice, it masks the flavor. Olive oil is a great source on monounsaturated fats.
- 1 cup green tea – get the metabolism boosted.

## **Snack 1**

- 1 Fruit – Your choice. Berries are always good as well as apples and oranges.

## **Meal 2**

- Tuna Sandwich (2 slices whole wheat bread + 1/2 can of tuna + lettuce)
- 1/4 cup Brown Rice – this portion size is about half the size of your fist.

## **Meal 3**

- 1 ounces Whole Wheat Pasta
- 2 ounces Chicken – No skin. Chicken can be seasoned in many different ways to improve the taste. This amount is about the size of 2 chicken strips or the size of your fist.
- 1 serving of Broccoli – Eat as much as you want honestly.

## **Snack 2**

- 1 Fruit – your choice again.

Calories = 1284, Protein = 69g, Carbohydrates = 169g, Fats = 40g.

If you're not losing the weight, up your cardio. Make sure to be doing resistance training as well so that the added muscle can boost your

metabolism.

I hope you have enjoyed this free 8 week routine. Use these diets and the weight lifting routine above and you will get great results. Keep track of your results and learn what works for you. Good Luck.

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