



TRAIN LIKE A PRO

Overview

Train Like a Pro is a comprehensive 12-week Lean Bulking Nutrition and Exercise Program carefully designed to prepare you for a increase in Lean body mass. Learn the basics in a lean bulk up routine!

Train Like a Pro Nutrition

The Train Like a Pro Bulking Nutrition program is not a diet; it is a new way of eating and understanding what, when, and why to eat and supplement to help your body get the most out of every nutrient that goes into your mouth. This eating plan keeps your caloric intake consistently increasing to maximize the potential for your body to repair and build new muscle. You will learn when to utilize different ratios of food groups to give yourself the most potential to pack on lean body mass in the shortest amount of time without added fat gains.

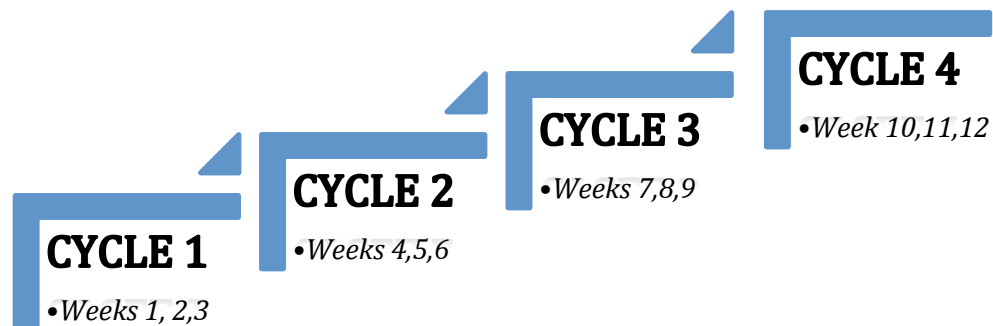
Train Like a Pro Exercise

The Train Like a Pro exercise program incorporates a mixture of mass movements and isolated exercises. Using a 5 day split-exercise program to keep your body guessing. This is a workout routine designed by pro bodybuilder Nathan DeTracy to create more muscle size and density in every body part!

As you progress throughout the 12-week program, you will cycle back through the same workout every fourth week in which you should be a lot stronger on your movements. To aid in the muscle rebuilding process, supplement, intake will increase as well. You will be surprised at how quickly your body responds with proper nutrition and supplementation and just how much you can accomplish! Following the plan will help ensure you to make huge gains in your physique.

Your Evolution

At the end of this 12-week journey, you will understand all the tricks of the trade in building a complete body of muscle. The program is broken up your 12 week bulk into 4 cycles. Each cycle represents a time to allow your body to adapt to the amount of calories you have acquired.



TRAIN LIKE A PRO

WORKOUT ROUTINE



All exercises 8-15 reps unless posted (15 being all out to failure!!!)

Three sets of each exercise unless posted

If Posted (7s): indicates 12-15 reps for 7 sets with 30 sec rest between set

*Drop sets: 3 consecutive sets to failure with 10 sec rest in between = 1 set
(do 3 sets of this)*

Unilateral – one handed

Bilateral – two handed