

A man with a beard and short hair, wearing a blue tank top, is shown in profile from the waist up, lifting a black dumbbell with his right arm. He is looking down at the weight. The background is a blurred gym setting with various pieces of equipment.

# TESTOGEN

MUSCLE • ENERGY • PERFORMANCE

## MUSCLE BUILDING GUIDE

FIVE DAY TRAINING ROUTINE  
DESIGNED TO INCREASE MUSCLE,  
STRENGTH & TESTOSTERONE LEVELS

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# INTRODUCTION

This five-day intermediate/advanced training routine is designed for you to build muscle and increase strength via a push/pull/leg/upper/lower training routine.

The program is divided into two training phases that will allow for continuous progressive overloading of every muscle group, ensuring you don't stall progress.

Each training phase will consist of five weeks with the first four weeks focusing on overloading the muscle and the fifth week being a de-load week (more on this on page 6) where you will allow your body and more specifically, your central nervous system to recover and reset for the following phase.

If for any reason you are unable to do any of the exercises in the program, we have included a page dedicated solely for exercise alternatives (See Pages 9 & 10). This will allow you to carry on with the program. We've also included an FAQ section at the back of the guide answering the most common questions you may have about training and the program in general.

Remember, injuries can occur when exercising. If you have any existing health concerns or injuries you should consult a physician before starting this exercise program. To read our full health disclaimer please see the appendix on page 14.

Okay, let's get started.

# PROGRAM OVERVIEW

<b>Weeks 1-4</b>	Day 1	Push
	Day 2	Pull
	Day 3	Legs
	Day 4	Rest
	Day 5	Upper Body
	Day 6	Lower Body
	Day 7	Rest
<b>Week 5</b>	De-Load	
<b>Weeks 6-9</b>	Day 1	Push
	Day 2	Pull
	Day 3	Legs
	Day 4	Rest
	Day 5	Upper Body
	Day 6	Lower Body
	Day 7	Rest
<b>Week 10</b>	De-Load	

# WEEKS 1-5

## Weeks 1-4

Workout 1	Order	Exercise	Sets	Reps	Rest Time
Push	1	Flat Bench Press	3	8	120 sec
	2	Incline Machine Chest Press	3	10	90 sec
	3	DB Shoulder Press	3	10	90 sec
	4	Lateral Raises	3	12	60 sec
	5	Cable Flyes	3	12	60 sec
	6	Skullcrushers	3	10	60 sec
	7	Tricep Rope Extension	3	10	60 sec
Workout 2	Order	Exercise	Sets	Reps	Rest Time
Pull	1	DB Rows	3	10/side	90 sec
	2	Lat Pulldown	3	10	90 sec
	3	Cable Rows	3	10	90 sec
	4	Cable Pullovers	3	10	90 sec
	5	DB Shrugs	3	10	60 sec
	6	Reverse Preck Deck	3	12	60 sec
	7	DB Hammer Curl	3	10/side	60 sec
Workout 3	Order	Exercise	Sets	Reps	Rest Time
Legs	1	BB Back Squat	3	8	90 sec
	2	Leg Press (Wide Stance)	3	10	90 sec
	3	Leg Extension	3	10	90 sec
	4	Leg Curl	3	10	60 sec
	5	Calf Raises	3	12	60 sec
	6	Cable Crunch	3	12	60 sec
	7	DB Side Bend	3	10/side	60 sec
Workout 4	Order	Exercise	Sets	Reps	Rest Time
Upper Body	1	BB Shoulder Press (OHP)	3	8	120 sec
	2	DB Flat Chest Press	3	10	90 sec
	3	Lat Pulldown	3	10	90 sec
	4	Iso-Lateral High Machine Row	3	10	60 sec
	5	Dips	3	12	60 sec
	6	DB Bicep Curl	3	10/side	60 sec
	7	Face Pulls	3	10/side	60 sec
Workout 5	Order	Exercise	Sets	Reps	Rest Time
Lower Body	1	Leg Press	3	10	120 sec
	2	Romanian Deadlifts	3	10	90 sec
	3	Leg Extension	3	10	90 sec
	4	Calf Raises	3	10	60 sec
	5	Hyperextensions	3	12	60 sec
	6	Hanging Leg Raises	3	10	60 dec
	7	Cable Crunch	3	10/side	60 sec

## Week 5

De-Load

# DE-LOAD WEEK

## De-load Week

During weeks 5 and 10, you will be taking part in what is called a 'de-load' week. These tactically timed weeks are implemented in order to allow your central nervous system to recover. De-loading your CNS is crucial because it can become fatigued after multiple weeks of high intensity exercise. Especially if the process is new to you and your body, this can cause your training to suffer, meaning you are not progressing as quickly as you should be.

Taking a break and stepping the training back in intensity may seem counter productive, but by ensuring you are properly rested it means you can continue to train at a higher intensity in the future and also protects you from injury and repetitive strain.

During de-load week, you should significantly cut down the amount of time you spend training and the intensity with which you tackle a workout. You can do this by increasing your numbers or rest days and also by cutting down the number of reps you perform during each exercise.

Stay completely away from training to failure and scale reps back to 50% of your usual totals.

### Key Points:

- 1) You should be implementing de-load weeks every 4-6 weeks to better manage recovery and break through plateaus
- 2) If you're a beginner or you're training light, a full de-load week isn't necessary. Rather, lighten the reps on each exercise once you plateau.
- 3) Reduce volume to 50%
- 4) Increase your number of rest days

By taking this break now, you can in fact train even harder during the next phase of training and you're going to need it - because the intensity is about to be levelled up.

**REST IS PART OF THE PROGRAM.**

# WEEKS 6-10

Weeks 6-9					
Workout 1	Order	Exercise	Sets	Reps	Rest Time
Push	1	Incline Bench Press	3	8	120 sec
	2	Flat Machine Chest Press	3	10	90 sec
	3	DB Shoulder Press	3	10	90 sec
	4	Lateral Raises	4	12	60 sec
	5	Pec Deck	4	12	60 sec
	6	Skullcrushers	4	10	60 sec
	7	Tricep Overhead Rope Extension	3	10	60 sec
Workout 2	Order	Exercise	Sets	Reps	Rest Time
Pull	1	BB Bent Over Rows	3	10/side	90 sec
	2	Lat Pulldown	3	10	90 sec
	3	Cable Rows	3	10	90 sec
	4	Cable Pullovers	3	10	90 sec
	5	DB Shrugs	3	10	60 sec
	6	Reverse Peck Deck	4	12	60 sec
	7	DB Bicep Curl	3	10/side	60 sec
Workout 3	Order	Exercise	Sets	Reps	Rest Time
Legs	1	BB Back Squat	3	8	90 sec
	2	Hip Thrusts	3	10	90 sec
	3	Leg Extension	3	10	90 sec
	4	Leg Curl	3	10	60 sec
	5	Calf Raises	4	12	60 sec
	6	Cable Crunch	3	12	60 sec
	7	DB Side Bend	3	10/side	60 sec
Workout 4	Order	Exercise	Sets	Reps	Rest Time
Upper Body	1	DB Shoulder Press	3	8	120 sec
	2	DB Incline Chest Press	3	10	90 sec
	3	Lat Pulldown	3	10	90 sec
	4	Iso Lateral High Machine Row	3	10	60 sec
	5	Dips	3	12	60 sec
	6	DB Bicep Curl	3	10/side	60 sec
	7	Face Pulls	3	10/side	60 sec
Workout 5	Order	Exercise	Sets	Reps	Rest Time
Lower Body	1	Leg Press	3	10	120 sec
	2	Romanian Deadlifts	3	10	90 sec
	3	Leg Extension	3	10	90 sec
	4	Calf Raises	4	10	60 sec
	5	Hyperextensions	4	12	60 sec
	6	Hanging Leg Raises	3	10	60 sec
	7	Cable Crunch	3	10/side	60 sec
Week 10					
De-Load					

# AB ROUTINES

## BEGINNER

Ab Circuit 1		
	Exercise	Reps
3 Rounds	Crunches	10
	Leg Pull-In Knee-Ups	10
	Flutter Kicks	10/side
	Double Side Jackknifes	10/side
	Plank	60 sec



**ADDITIONAL CORE WORK YOU CAN DO OUTSIDE OF THE PROGRAM**

## ADVANCED

Ab Circuit 2		
	Exercise	Reps
5 Rounds	Crunches	10
	Leg Pull-In Knee-Ups	10
	Flutter Kicks	10/side
	Double Side Jackknifes	10/side
	Plank	60 sec
	Leg Pull-In Knee-Ups	10
	Flutter Kicks	10/side
	Double Side Jackknifes	10/side



**NO REST BETWEEN EXERCISES**



**2-3 MINUTE REST TIME BETWEEN ROUNDS**



**MASTER BODYWEIGHT BEFORE USING WEIGHTS**



# EXERCISE ALTERNATIVES

1

BACK	Exercise	Replacement 1	Replacement 2
	Pull Up (Wide Grip)	Lat Pulldown (Wide Grip)	Iso Lateral High Machine Row
	Pull Up (Neutral Grip)	Lat Pulldown (Neutral Grip)	Iso Lateral High Machine Row
	Reverse Pec Deck	Cable Face Pulls	Bent Over Rear Delt Flyes
	Lat Pulldown	Pull Up	Iso Lateral High Machine Row
	Cable Rows	DB Rows	Iso Lateral Machine Row
	Cable Pullovers	Iso Lateral Machine Row	Iso Lateral Machine Pulldown
	One Arm DB Row	One Arm Cable Row	One Arm Iso Lateral Machine Row
	BB Rows	Lying DB Row	Iso Lateral Machine Row
	Standing DB Shrugs	Standing Hex Bar Shrugs	Standing BB Shrugs
	Seated DB Shrugs	Standing Hex Bar Shrugs	Seated Shrug Machine
Deadlift	DB/BB Romanian Deadlift	Hyperextensions	

2

CHEST	Exercise	Replacement 1	Replacement 2
	Flat Bench Press	Flat Smith Machine Press	Iso Lateral Flat Machine Press
	Incline Bench Press	Incline Smith Machine Press	Iso Lateral Incline Plate (or machine) Press
	Incline DB Press	Seated Incline Cable Press	Iso Lateral Incline Plate (or machine) Press
	Flat DB Press	Seated Flat Cable Press	Iso Lateral Flat Plate (or machine) Press
	Dips	Dip Machine	Decline/Flat DB/BB Press
Cable Flyes	Flat DB Flyes	Pec Deck	

3

SHOULDERS	Exercise	Replacement 1	Replacement 2
	DB Shoulder Press	Standing Overhead BB Press	Iso Lateral Machine Shoulder Press
	Lateral Raises	Cable Lateral Raises	Lying Incline Lateral Raises
	Reverse Pec Deck	Cable Face Pulls	Bent Over Rear Delt Flyes
Front BB Raises	Front Cable Raises	Upright BB Row	

# EXERCISE ALTERNATIVES

4

LEGS	Exercise	Replacement 1	Replacement 2
	BB Back Squat	Hack Squat	Smith Machine Squats
	Leg Press	BB Box Squats	Hack Squat
	Lying Leg Curl	Seated Leg Curl	Lying DB Curl
	Leg Extension	Goblet Squats	Leg Press (Feet Close & Low)
	BB Hip Thrusts	Machine Hip Thrust	DB/BB Romanian Dealift
	Glute/Ham Raises	Lying Leg Curl	DB/BB Romanian Dealift
	Standing/Seated Calf Raises	Hack Squat Calf Raises	Leg Press Calf Raises
DB/BB Walking Lunges	DB/BB Static Lunges	DB/BB Step Ups	

5

ARMS	Exercise	Replacement 1	Replacement 2
	DB Bicep Curl (One Arm)	DB Hammer Curl (One Arm)	Cable Rope Curl
	Preacher Curl	BB Bicep Curl	Cable Flat Bar Curl
	Concentration Curl (One Arm)	Overhead Cable Curl (One Arm)	Iso Machine Curl (One Arm)
	Skullcrushers	Overhead Rope Extension	French Press
Cable Tricep Extension	Upright Dips	Machine Tricep Extension	

6

ABS	Exercise	Replacement 1	Replacement 2
	Hanging Straight Leg Raises	Hanging Knee Raises	Hanging 'Around The World'
	Cable Crunch	Decline Weighted Crunch	Ab Machine Crunch
	Russian Twists	Cable Twist	Medicine Ball Russian Twist
	Side Bend (Obliques)	Side Crunch	Hanging Oblique Knee Raises
Jackknife	Single Leg Jackknife	Medicine Ball Jackknife	

# FREQUENTLY ASKED QUESTIONS

## **How long will each workout take?**

Each workout in this program is designed to be completed within an hour.

## **Do I have to do the workouts in the order provided? What if I can't?**

Ideally, yes. However, the gym gets busy at times and certain pieces of equipment may not be available to everyone. If this is the case, it's fine to skip an exercise and come back to it later on in the workout. Remember, it's better to do compound movements close to the beginning of the workout, as that is when you are the strongest and have the most energy.

## **If I have an injury that is preventing me from doing some of the exercises, what do I do?**

If you have an injury, it is always best to focus on recovery first rather than cherry-picking exercises you can or cannot do as this will slow recovery down. Wait until you are recovered to start the program or take the necessary time off if an injury occurs throughout the program. You will not be able to train at the same intensity and the risk of training injured is not worth it.

## **How much weight do I use on each exercise? The program doesn't specify.**

Use a weight with which you can do the stated amount of reps at a high intensity. We've found that telling you to lift a certain amount of weight isn't very effective as you will feel different every day. Some days you may be stronger and others not so much. There's a plethora of factors that will affect your performance on any given day. Rather, try to choose a weight that you can just barely do the stated amount of reps with and jot down your weights on compound movements on the phone or notebook. Keep in mind that it is significantly more important to execute the movement with proper form rather than just moving really heavy weights around. Lastly, try not to go to failure on compound movements as this will impair the rest of the workout.

## **How do I know if I'm making progress or not?**

You will see performance results before physique results. This means you will notice you are getting stronger at certain lifts as the weeks progress. Building muscle is a slow process. However, we're confident you will see physical results after completing the program. We recommend taking before and after photos to stay motivated upon completion.

## **How do I track my progress in the gym?**

Focus on how much weight you are lifting on your compound movements (bench press, squat, deadlift, shoulder press) while keeping the form as strict as possible. The goal is to progressively overload the muscle, meaning you want to increase intensity in some way every week. This may include increasing weight, increasing volume, shortening rest times, slowing down eccentric movement, stricter form etc. Jot it down in your notes and try to aim for an incremental increase as the weeks progress.

# ADDITIONAL MATERIALS

Testogen.com is your go to source for even more workouts and testosterone boosting tips. We've hand picked further reading and materials below so you can continue to make progress with this plan.

Click into the articles now and keep your eye on Testogen.com for the latest in fitness, energy, nutrition and testosterone news.



## Beat the Dad bod without weights

If you're feeling a little sluggish and you're struggling to shift your beer belly, it's time to make a change. We all want to look great for the summer so we're going to show you how to banish that Dad-bod without the need for weights.



## Do deadlifts increase testosterone levels?

While deadlifts are definitely one of the biggest and most important workouts that you can do, that's not all that they are. Deadlift benefits are also able to influence your hormonal health and your overall well-being.



## Lose chest fat and create a well defined chest

There are plenty of exercises and changes that you can do to encourage your body to burn chest fat and get it to disappear quicker. In this article we'll run you through the most effective ones.



## 7 testosterone boosting workouts

Low levels of testosterone have been shown to correlate with weight gain, loss of muscle, man boobs, depression, mood swings, and increased risk for certain diseases.

Let's take a look at the science of exercise and t-levels. We'll also provide you with seven testosterone workouts that you can start following right now!

**NEED MORE TESTOGEN ?**  
CLICK [HERE](#) TO GET THE BEST DEALS



## Training Guide Disclaimer

By undertaking the exercises within this guide you assume full responsibility for any and all injuries, losses and damages that you incur while exercising or participating. You hereby waive all claims against Muscle Club LTD, its partners, individually or otherwise, for any and all injuries, claims or damages that might occur.

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

The purpose of this disclaimer and notice is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence we strongly encourage you to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated on this website, and/or any of videos, MP4s, MP3s and training manuals offered on this website, you fully assume the risk of any resulting injury.

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