

FREE 1-WEEK

**MUSCLE BUILDING
PROGRAM**

"DISCIPLINE BUILDS CHAMPIONS"

#1

**EVIDENCE-BASED
WORKOUT PROGRAM
DESIGNED FOR RESULTS**

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LET'S GET STARTED

DAY 1: PUSH

Chest, Shoulders, Triceps



FOCUS: UPPER-BODY PRESSING STRENGTH & HYPERTROPHY

Warm - up:



5-7 MIN

ARM CIRCLES 2X15 EACH DIRECTION
PLATE SQUEEZE PRESS 2X10
[WALL] PUSH-UPS 2X12
LIGHT DUMBBELL PRESS 2X10 WITH 50% WEIGHT

INCLINE DUMBBELL BENCH PRESS

4x12,10,8,6

Internal Focus = Squeeze the muscle through the entire range for better hypertrophy.

INCLINE DUMBBELL FLYS

4x12,10,8,6

*Alternative option: Machine chest flys

SHOULDER PRESS

4x12,10,8,6

LATERAL RAISES

3x12

DUMBBELL TRICEP EXTENSION

3x10

ROPE TRICEP PUSHDOWN

3x12

Note

4x12,10,8,6 Mean?

4 = Number of sets; 12, 10, 8, 6 = Number of reps for each set
Each set, you increase the weight slightly and lower the reps

Recovery Tip:

Apply 10–15 minutes of mobility + light stretching post workout to reduce tightness and restore range of motion.



*REST 60 SECS
BETWEEN
ALL WORKING SETS



Goal: Build strength while pushing close to failure by the last set.

DAY 2: PULL

Back, Biceps



FOCUS: PULLING POWER AND UPPER-BODY MUSCLE DEVELOPMENT

Warm - up:



5-7 MIN

CAT - COW STRETCH 2X10
BANDED LAT PULLDOWN 2X12
SCAPULAR PULL-UPS 2X8
LIGHT ONE-ARM ROWS 2X10 WITH 50% WEIGHT

DEADLIFT

4x10,8,6,6

*Injury-friendly option: Trap bar deadlift or Romanian deadlift with dumbbells

LAT PULLDOWN (WIDE GRIP)

3X10

ONE - ARM DUMBBELL ROW

3X12

*Injury-friendly option: Chest-supported row to reduce spinal strain

BENT OVER REVERSE FLY

3X15

PREACHER CURL

3x10

CABLE CURL

3x12

Note

Nutrition Tip:

Hydrate with at least 20 oz water post workout. Add 5g creatine to post-shake if tolerated.

Recovery Tip:

Foam roll upper back + lats for 5 mins post-workout to aid circulation and reduce stiffness.

💡 Goal: Maximize pulling strength and back thickness by controlling tempo and increasing reps weekly.

DAY 3: LEGS



FOCUS: LOWER BODY COMPOUND STRENGTH, POSTERIOR CHAIN DEVELOPMENT, AND BALANCE

Warm - up:



6-8 MIN

BODYWEIGHT SQUATS 2X15
GLUTE BRIDGE 2X12
LEGS SWINGS 2X8 EACH LEG
LIGHT LEG PRESS 2X10 AT LOW WEIGHT

BARBELL BACK SQUAT

4x15,12,10,10

*Injury-friendly option: Goblet squat or leg press for lower back safety

LEG PRESS (REGULAR STANCE)

4X15

ROMANIAN DEADLIFT

3X10

LYING LEG CURL

3X12

STANDING CALF RAISE

4X20

CORE

HANGING LEG RAISES 3X15
WEIGHTED RUSSIAN TWISTS 3X20
BICYCLE CRUNCH 3X20
PLANK HOLD 3 SETS, 45-60 SECONDS
SIDE PLANK HOLD 3 SETS, 45-60 SECONDS

Note

Nutrition Tip:

Add fast carbs (banana or oats) to post-workout meal for glycogen replenishment.

Recovery Tip:

Cold shower or contrast bath within 2 hours may help with inflammation and perceived soreness.

💡 Goal: Improve lower body strength and stability with focus on quad and hamstring control.

DAY 4:

Mobility / Active Recovery



FOCUS: OPTIMIZING LONG-TERM GAINS BY TAKING CARE OF YOUR BODY.

WORLD'S GREATEST STRETCH

2X30S/SIDE

FOAM ROLLING

10 MINS

HIP FLEXOR LUNGE W/ REACH

2X30S/SIDE

BANDED HAMSTRING STRETCH

2X30S

DOWNWARD DOG TO COBRA

2X10

LIGHT WALK OR YOGA

30 MINS

YouTube guided "active recovery"

Reflection (5 mins) TRY ANSWERING ONE OR MORE OF THE FOLLOWING:

1. What area feels the tightest or most sore?
 - a.
2. What habit did I keep today that I'm proud of?
 - a.
3. What was my best moment so far this week?
 - a.
4. What's one thing I can improve tomorrow?
 - a.

💡 Goal: Restore joint mobility, improve posture, and enhance recovery for performance.

DAY 5: UPPER BODY

Power



FOCUS: MUSCULAR COORDINATION, AND POWER OUTPUT

Warm - up:

 5-7 MIN

JUMP ROPE	2 MIN
BAND FACE PULLS	2X15
BURPEES	2X10
LIGHT DUMBBELL ROWS	2X12

DUMBBELL BENCH PRESS + BARBELL ROWS

3X10

ARNOLD PRESS + CHIN UPS

3X8

FACE PULL + CABLE CURL

3x12

CORE

V-UPS	3X15
DECLINE SIT-UPS	3X15
PLANK WITH SHOULDER TAP	3x20 TAPS
TWISTING CRUNCH	3x12
SIDE PLANK WITH KNEE DRIVE	2x10 EACH SIDE

NOTE:

Supersets save time and increase workout intensity.
Rest 90-120s between each pair.

Recovery Tip:

Use a massage gun or lacrosse ball to target pecs and traps post-session.

Nutrition Tip:

Prioritize 30g protein and at least 5-10g fat pre-workout for energy and hormone support.

 Goal: Enhance total upper body strength and push-pull synergy with compound overload.

DAY 6: LEGS



FOCUS: LOWER-BODY POWER, UNILATERAL STABILITY, AND FULL-BODY TENSION CONTROL

Warm - up:



6-8 MIN

KNEE HUGS & HIGH KICKS 10 EACH
BODYWEIGHT LUNGES 2X10
GLUTE BAND WALKS 2X20 STEPS
BIRD DOGS 2X10 EACH SIDE

BOX SQUAT

3X12

LEG EXTENSION

3X12

WALKING LUNGES

3X10 EACH LEG

HAMSTRING CURL

3X12

KETTLEBELL SWING

3X20 EXPLOSIVE

SEATED CALF RAISE

3X12

CORE

OBLIQUE CRUNCH 3X20
DECLINE WEIGHTED SIT-UP 3X12
TOE TOUCH + LEG LIFT 3X20
CABLE ROTATIONS 3X12/SIDE

Nutrition Tip:

Rebuild muscle by combining high-GI carb + 25-30g protein post-workout.

💡 Goal: Train explosively while maintaining joint control and maximizing lower body power.

DAY 7: REST



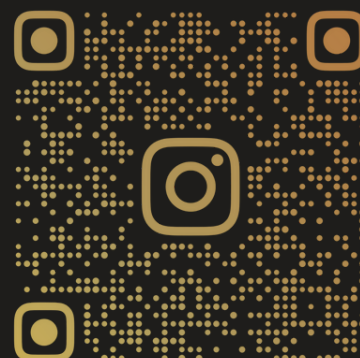
WEEKLY HABIT TRACKER

ACTION	M	T	W	T	F	S	S
Exercised	☐	☐	☐	☐	☐	☐	☐
Slept 7 to 8 hours	☐	☐	☐	☐	☐	☐	☐
Stretched for 10 mins	☐	☐	☐	☐	☐	☐	☐
Met water intake	☐	☐	☐	☐	☐	☐	☐
Ate healthy	☐	☐	☐	☐	☐	☐	☐

"DON'T QUIT. SUFFER NOW AND LIVE THE REST OF YOUR LIFE AS A CHAMPION."

~MUHAMMAD ALI

**ONE WEEK DOWN!
GREATNESS AHEAD!**



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