

THE LEAN MUSCLE PROGRAM

Build muscle, improve strength and increase power using this proven formula.



lozlife.com



LOZ ANTONENKO

ABOUT ME

"As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones"

Do you lack energy? Are the challenges of life getting you down? Have you smashed your own weight-loss journey, only to find that you've put it all back on, and then some? Do you feel like you're stuck in a rut? Are your values, goals and actions misaligned with the direction of your current life trajectory?

If you're ready to make the best decision yet to level up your life, it is no coincidence that you're reading this right now! My name is Loz and I have once been where you currently are. Overweight, under-energised and generally feeling lost within the chaos of my life, I struggled to create abundance despite being surrounded by it. As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones.





ACTION PLAN



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WELCOME

PRIMARY GOAL: Build muscle, improve strength and increase power.

Welcome to the Lean Muscle (LM) Program. If you are looking to add lean strong muscle to your body, as well as boosting your strength, then this program is for you.

It is ideal for males and females who would like a dedicated strength and muscle building program that delivers real results.

Within this complete program you will find the key information and resources that you will need for sustainable and effective muscle building. Apply this and stay consistent to it and you will achieve great results.

Below you will find some further details on what to consider during this program.

NUTRITION

The primary goal of this program is to ensure you gain *lean* muscle mass every month. This means you do not need to gain excessive body fat with this process.

To ensure your body only adds lean muscle, your diet will play an important factor throughout this program. You can do all the training in the world to add muscle to your body, but if you don't support it via nutrition optimally, you will see poor results.

An important aspect to get right is to understand how much you are eating on a consistent basis. Therefore our primary goal for this program is to calculate how many calories you need to consume daily. We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon.

The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great tasting food every day. You don't need to eat every meal suggested on this plan; it's simply a template for you to use to guide your daily decisions and choices.

Make sure you create great tasting, varied and nutritious meals. Don't just eat a plain chicken breast with some boring veg, spice it up and get creative with it all. You know you have got this right when you actually look forward to your meals and enjoy eating.

In summary:

1. Calculate your personalized calorie and macronutrient intake (see below)
2. Aim to be within 5% of your recommended calorie intake daily
3. Use a food tracker such as www.MyFitnessPal.com to record and track

TRAINING

Your LM training program has been created to optimize muscle building and strength. It is simple yet highly effective, and it's recommended that you stick to it as closely as possible.

A key component to it will be ensuring you are progressing in the key compound lifts on a weekly basis. Along with the

addition of some advanced muscle building techniques, this creates the perfect muscle-building environment.

Also to consider is your rest and recovery rate, as this is also critical to your results. You do have to train hard and heavy to add lean muscle mass, but you must also learn how to recover from this type of training too. When you can find the perfect balance between intense training and recovery, you will see the best progress.

This means reducing or limiting any cardio or extra exercise as much as possible during this program. So be sure to train as hard as you can when required, and then get plenty of rest in-between.

When it comes to this program, quality over quantity is the motto.

In this program you will find a training planner, which outlines an ideal template for the suggested workouts. Just like with the nutrition plan this doesn't need to be set in stone for your success. It can and likely should be adjusted to suit your routine and schedule.

LIFESTYLE

We have already put into place the most important factors for your success.

So for the mean time, I simply want you to focus on the above and make those consistent changes to your current routine.

But aiming for 7-8 hours of quality sleep each night and finding some time to unwind or relax daily will greatly improve your health and well being too.

CALCULATE YOUR CALORIE AND MACRONUTRIENT INTAKE

A key factor to ensuring you build lean muscle on this program is creating a daily calorie surplus i.e. you start eating more than your body needs.

Ideally this surplus should be as small as possible; to ensure your health and body fat remains intact over the course of this program. The goal is NOT to get fat, but to simply supply the body with just enough energy to help it recover and grow from your weight training sessions.

By taking some time now to use the information and calculator below to determine your ideal starting point, you're creating an effective yet sustainable process over the coming months to your goals.

Do not skip this step!!

It is the critical component to personalizing this program for your exact needs and goals. Please read all of the information on the below website and use the in-built calculator to determine your ideal starting point.



[CALORIE AND MACRONUTRIENT CALCULATOR >>](#)

It's important to track your food intake for 1-3 days prior to changing anything. That's so you can compare your existing calorie and macronutrient intake to your calculated one.

If you are only a few hundred calories away from your recommended intake, then feel free to transition onto this when are ready to start.

If you find you are already under eating well below (500+ kcals) the calorie recommendations from this calculation, then I'd typically recommend increasing overall calories by 200kcal at a time and assessing every 7-14 days before further changes. For muscle gain, the ideal body weight increase is 0.5-1kg per month.

Once you are consistent with your ideal starting daily caloric intake and macronutrient breakdown, you'll likely need to adjust it for ongoing progress.

It typically takes between 2 and 4 weeks to determine whether a nutrition or training routine is working. Consistency during this time is critical.

If changes need to be made, the first point of call is to adjust your daily calories. I'm a fan of only adjusting these by small amounts at a time – reaping the most from the least.

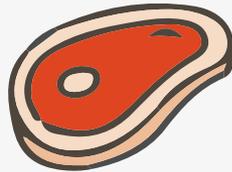
I'd typically recommend increasing overall calories by no more than 200-300kcal as a time and assessing this every 7-14 days.

Your protein intake will likely stay the same throughout these adjustments; so make adjustments to your daily fat or carbohydrate intake.

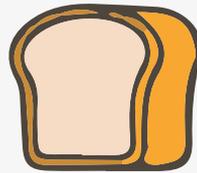
When I talk about making adjustments to your macronutrient numbers, I'm talking about your daily totals. It's these that will deliver the results. Of course you can look into the exact breakdown of these for each meal too. You might find you do better with more carbohydrates in the morning, or perhaps less fat in certain meals. This is all about listening to your body and developing a nutrition set up that suits you.

MY CALCULATED MACRONUTRIENT BREAKDOWN

KCAL PER DAY WITH
MACROS



PROTEIN



CARBOHYDRATES



FATS

MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	High Protein Mexican Egg Roll	Breakfast Turkey Burger	Breakfast Turkey Burger	Cottage Cheese Protein Pancakes	Leftover Cottage Cheese Protein Pancakes	Post-Workout Vegan Oats	High Protein Mexican Egg Roll
LUNCH (Ideally 3-4 hours after breakfast)	Tuna & Avocado Filling with toasted Brown Bread	Tuna & Avocado Filling with toasted Brown Bread	Protein Crepes	Italian Shrimp & Pesto Pasta	Leftover Italian Shrimp & Pesto Pasta	Post Workout Potato Pancakes with Cottage Cheese	Post Workout Potato Pancakes with Cottage Cheese
SNACK (Ideally between lunch and dinner)	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Spicy Chicken Drumsticks with serving of rice and veg + remaining across as you see fit	Leftover Spicy Chicken Drumsticks + remaining across as you see fit	Pepper Steak with Brown Rice + remaining across as you see fit	Leftover Pepper Steak with Brown Rice + remaining across as you see fit	Grilled Pork Sate with Brown Rice + remaining across as you see fit	Meal Out – Enjoy!	Leftover Grilled Pork Sate + remaining across as you see fit

SUPPLEMENT GUIDE

- **WHEY PROTEIN POWDER – HEALTH, STRENGTH, MASS BUILDER, FAT LOSS**

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-chain amino acids (BCAAs) and its ability to boost blood flows to muscles.

Dosage: As required but limit to 1-2 servings per day.

- **VITAMIN D - HEALTH, STRENGTH, MASS BUILDER, FAT LOSS**

Vitamin D is important for bone health as it enhances the body's ability to absorb calcium. Yet research shows that vitamin D is critical for so much more than just bone health. Vitamin D has been shown to improve mood, aid immune function, fight off cancers, and keep fat off. Plus, it's now known to be critical for muscle strength and growth, as well as increasing testosterone levels in males. Most multivitamins don't contain enough vitamin D so it's a good idea to take vitamin D supplement in addition to a multi.

Dosage: Take 1,000-3,000 IU of vitamin D₃ (cholecalciferol – the more potent form of D)

- **CREATINE - MASS BUILDER, STRENGTH, ENERGY PRODUCTION, HEALTH**

Made from the three amino acids arginine, glycine and methionine, creatine is technically an amino acid supplement, not an individual amino acid. Creatine boosts lean muscle mass gains by about 10 pounds and strength by about 10% in just a few weeks, even in highly training lifters. Creatine helps bolster levels of creatine phosphate, which in turn boosts adenosine triphosphate (ATP), the ultimate energy source for muscles.

Dosage: Depending on the form of creatine you use, take about 5g of creatine with your post workout protein shake.

- **NITRATES (BEETROOT EXTRACT) – HEALTH, STRENGTH, PERFORMANCE, MASS BUILDER**

Nitrates are a compound found in leafy green vegetables and beetroot. Nitrates break down into nitrites, which circulate in the body and are turned into nitric oxide (NO) as needed. Elevated NO levels during exercise provide a variety of benefits.

Nitrate supplementation has been shown to improve anaerobic and aerobic endurance, blood flow, and work output, resulting in increased muscle recovery between bouts of exercise. Nitrates improve the body's ability to produce adenosine triphosphate (ATP) from the food you eat. ATP is responsible for the energy transfer that powers your muscles. High levels of circulating nitrite help the mitochondria in cells produce ATP more efficiently.

Dosage: 500 mg of beetroot extract 60-120 minutes before a workout.

- **ZMA**

ZMA is a patented combination of zinc and magnesium aspartate plus vitamin B's. Its benefits are supported by strong clinical research. ZMA increases anabolic hormone levels, including testosterone and IGF-1, which may otherwise be suppressed in athletes and those who train intensely. ZMA also improves the quality of sleep. Better recovery due to enhanced sleep efficiency and increased anabolic hormone levels, as well as greater gains in muscle strength and power, are the ultimate benefits of ZMA supplementation.

Dosage: Take one dose of ZMA (ideally 30mg of zinc, 450mg of magnesium and 10.5mg of B6, on an empty stomach) 60 minutes before bedtime.

WORKOUT NUTRITION

Workout drink containing Essential Amino Acids (EAA's) and lactic acid buffers such as beta alanine. Carbohydrates are optional.

Dosage: 1 serving per 30-60 minute workout.



TRAINING PLAN



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TRAINING PLANNER

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day (Foam rolling/mobility as needed)
Time & Duration	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	N/A
WEEK 2							
TYPE	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day (Foam rolling/mobility as needed)
Time & Duration	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	N/A
WEEK 3							
TYPE	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day (Foam rolling/mobility as needed)
Time & Duration	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	N/A
WEEK 4							
TYPE	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day (Foam rolling/mobility as needed)
Time & Duration	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	N/A

DAY 1

A1 Flat Barbell Bench Press (Explosive reps – drive up as hard as you can)
3 explosive reps per set
2-3 constant tension warm up sets + 5 work sets (RAMPED - increasing weight each set until max for day)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

B1 Seated Chest Machine Press (explosiveness – drive up as hard as you can)
12, 10, 8, 6 explosive reps
1 warm up sets + 4 work sets (increase weight each set – go to failure on all work sets)

B2 Seated Dumbbell/Machine Shoulder Press (explosiveness – drive up as hard as you can)
12, 10, 8, 6 explosive reps
4 work sets (RAMPED - increasing weight each set to reach max)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

C1 Explosive Bodyweight Dips (explosive reps – drive up as hard as you can)
12, 10, 8, 6 reps

C2 Explosive bodyweight Push Ups (explosive reps – drive up as hard as you can)
12, 10, 8, 6 reps
4 work sets

D1 Dumbbell Side Lateral Raises (aiming for maximum pump in shoulders)
12 smooth, full range reps to side of the body while maintaining tension
1 warm up set followed by 3 work sets to failure

E1 Rear Delt Flies (aiming for maximum pump in rear delts)
1 giant set – starting at 20 reps to failure, reduce weight, go to failure, reduce weight and go to failure.
Keep tension on the delts for the entire movement

DAY 2

A1 Seated Cable Row (aiming for maximum pump in the back)
6 smooth, full range reps (1 second contraction at top)
2-3 warm up sets + 6 work sets (RAMPED - adding weight each set to reach max)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

A2 Bodyweight Pull Ups
12, 10, 8, 6 constant tension reps with squeeze at top
4 work sets with bodyweight only

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

B1 Top Half Lat Pulldown Machine (pulling to top of head)
12, 10, 8, 6 reps with constant tension throughout
4 work sets (RAMPED - increase weight each set)

C1 Plate Shrugs (use 20kg plate in each hand by your sides)
12, 10, 8, 6 reps (2 second contraction at top of shrug)

C2 Barbell High Pull (explosive reps, drive up as hard as you can)
6 explosive reps (resetting above the knees between each rep)
Repeat for 4 sets

D1 Cable Shrug (aiming for maximum pump in the upper back)
10 smooth, constant tension reps (3 second contraction at top)

D2 Cable Bent Over Pullovers
10 explosive reps with 1 second squeeze at bottom for 3 sets
Repeat for 4 sets

E1 Overhead Barbell Push Press
3 reps with maximum acceleration and drive from hips
2-3 warm up sets and then ramped to max weight (4-8 sets)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

DAY 3

A1 Hamstring Extension (aiming for maximum pump in hamstrings)

Reps 20,15,10, full and smooth (constant tension), rhythmic pump reps (with 25 bottom partial rep's on final set)
Repeat 3 circuits

B1 Barbell Back Squats (explosive reps, drive up as hard as you can)

3 explosive reps for 6 work sets (RAMPED - add weight each set to reach max for day)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

C1 Dead Stop Hack Squat (pause at bottom position for 2 seconds and push up hard to full lock out)

Reps 12, 10, 8, 6 (explosive on the way up, controlled negative then pause)
4 sets adding weight each time.

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

D1 Seated Leg Extensions (aiming for maximum pump in quads)

Reps 20,15,10, full and smooth (constant tension), rhythmic pump reps (with 25 bottom partial rep's on final set)

D2 Weighted Jump Squats (jumping high as possible with weight in hands)

6 reps aiming for maximum height on every rep.
Repeat for 3 sets

E1 Seated Calf Raises (hold squeeze at top for 1 second)

Reps 15-20 (focus on keeping constant tension on muscle)

E2 Donkey Calf Raises (hold stretch position for 1 second)

Reps 8-12 (focus on keeping constant tension on muscle)
Repeat 3 circuits

DAY 4

A1 Dumbbell Pin Wheel Curls
10-12 reps

A2 Close Grip Bench Press
10-12 reps (focusing on constant tension – no lockout at top)
1-2 warm up sets + 3 work sets

B1 Cable Bicep Curl (constant tension)
Use 10,10,10 method – 10 bottom partials, 10 top partials, 10 full ROM reps without rest (keep tension on working muscles)

B2 Behind the neck Triceps Extensions (constant tension)
Use 10,10,10 method – 10 bottom partials, 10 top partials, 10 full ROM reps without rest (keep tension on working muscles)
Repeat for 2 working sets (make these BURN)

C1 Single arm alternating Dumbbell Curls
12, 10, 8, 6 reps (focusing on maximum acceleration and weight with good form)

C2 Straight bar Push Downs
12, 10, 8, 6 reps (focusing on maximum acceleration and weight with good form)
Repeat for 3 sets (same weight for all)

PROGRESSION:

Week 1:

Week 2:

Week 3:

Week 4:

D1 Incline Seated Dumbbell Curls
10-12 Reps - get stretch at bottom and hold this for 10 seconds on last rep of each set

D2 Cable Triceps Kickbacks
10-12 reps (focusing on full ROM and getting maximum stretch from muscle)
Repeat for 3 sets

CORE WORKOUT

A1 Mini Crunch

Lie down on your back, draw your navel in, then lift your head and shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement you should be aiming to produce a large contraction in your abdominals.

Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.

B1 Side Crunches

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body.

Repeat 15 times for each side.

C1 Hanging Leg Raise

Hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in.

Repeat 10 times.

D1 Plank

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels.

Hold for 60seconds.

Repeat this whole circuit 3 or 4 times