



 **CELLUCOR**

# THE ULTIMATE GUIDE TO BUILDING MUSCLE

## WORKOUTS AND RECIPES



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#### THE RULES

These rules apply to all of the workouts.

- If combining body parts creates time constraints, cut from the middle of the workouts. Leave the first and last movements intact. Perform ab routines of your choice.
- The sets and reps don't include warm-up sets. Perform as many as you need, but never take your warm-ups near muscle failure.
- After warm-ups, choose a weight that allows you to approach muscle failure by the target rep listed. Adjust the weight on follow-up sets as necessary.
- Train past failure using advanced intensity boosters only where noted in the program.
- Rest 60-120 seconds between sets and exercises, except where noted.
- Beginning-level and early-intermediate lifters should reduce the training volume by eliminating 1-2 exercises from the middle of the routine and reduce intensity by adding 2 reps to the target rep. This program is not intended for rank beginners.

## 8 ELITE MUSCLE-BUILDING ROUTINES

These eight workouts can be combined in numerous ways, allowing you to create a personalized training split that works for your schedule and goals. Bodybuilding.com's senior content editor Bill Geiger recommends these two splits in the article "5 Foolproof Steps to Elite Muscle Growth."

However you arrange them, stick with the program for six weeks to allow it to work. After that, change the program variables dramatically, or perform a cycle of strength work to improve on the main lifts.

### TWO ON/ONE-OFF SPLIT

MONDAY

Back, Biceps, Calves

TUESDAY

Chest, Triceps, Abs

WEDNESDAY

Rest

THURSDAY

Quads/Glutes, Hams, Calves

FRIDAY

Shoulders, Abs

SATURDAY

Rest

SUNDAY

Cycle Repeats

### FIVE ON/TWO-OFF SPLIT

MONDAY

Chest, Abs

TUESDAY

Back, Calves

WEDNESDAY

Shoulders, Abs

THURSDAY

Quads/Glutes, Hams, Calves

FRIDAY

Biceps, Triceps

SATURDAY/SUNDAY

Rest

# 01

# SHOULDERS AND UPPER TRAPS

TRAINING

Rotate the order of these three movements with each workout.



## 1 SEATED OVERHEAD DUMBBELL PRESS

SETS	REPS			
4	6*	6*†	8	8†

## 2 BENT-OVER LATERAL RAISE

SETS	REPS		
3	8-10	8-10	10-12

## 3 DUMBBELL LATERAL RAISE

SETS	REPS		
3	8-10	8-10	10-12

## 4 ROPE CABLE FRONT RAISE

SETS	REPS		
3	8-10	8-10	10-12

## 5 MACHINE OVERHEAD PRESS

Perform single dropset at the end of each set. When you hit failure, reduce the weight by 25 percent and immediately continue to failure again.

SETS	REPS	
2	10-12	10-12

## 6 DUMBBELL SHRUG

SETS	REPS			
4	8	8	12	12

\* Take an extra 30 seconds of rest after this set to ensure recovery.

† Perform 2-3 forced reps at the end of this set with assistance from a spotter.





### 1 FLAT-BENCH DUMBBELL PRESS

SETS	REPS			
4	6*	6*†	8	8†

### 2 DECLINE BARBELL BENCH PRESS

SETS	REPS			
4	8	8†	10	10†

### 3 SMITH-MACHINE INCLINE PRESS

SETS	REPS		
3	8	8†	10†

## SUPERSET

### 4 INCLINE-BENCH CABLE FLY

SETS	REPS		
3	10	10	12

### 5 PUSH-UP

SETS	REPS
3	TO FAILURE

Do these exercises back to back without resting. After completing both moves, rest and repeat the sequence for the recommended number of sets.

\*Take an extra 30 seconds of rest after this set to ensure metabolic recovery.

† Perform 2-3 forced reps at the end of this set with assistance from a spotter.

**1 BENT-OVER BARBELL ROW**

SETS	REPS			
4	6*	6*	8	8

**2 WEIGHTED PULL-UP**

(alternates: unweighted pull-up, lat pull-down, assisted pull-up)

SETS	REPS		
3	8	8 <sup>+</sup>	12 <sup>+</sup>

**3 SEATED CABLE ROW WITH LAT BAR**

Perform 2 sets with a wide overhand grip and 2 sets with a moderate-width underhand grip.

SETS	REPS			
4	8-10	8-10 <sup>+</sup>	8-10	8-10 <sup>+</sup>

**4 SINGLE-ARM DUMBBELL ROW**

SETS	REPS		
3	10	10	12

**SUPERSET**

Do exercises 5 and 6 back to back without resting. After completing both moves, rest and repeat the sequence for the recommended number of sets.

**5 STANDING CABLE ROW**

SETS	REPS	
2	12-15	12-15

**6 STRAIGHT-ARM PULL-DOWN**

SETS	REPS	
2	12-15	12-15

**7 WEIGHTED BACK EXTENSION**

SETS	REPS		
3	15	15	15

\* Take an extra 30 seconds of rest after this set to ensure metabolic recovery.

† Perform 2-3 forced reps at the end of this set with assistance from a spotter.





## 1 SQUAT

SETS	REPS			
4	6*	6*†	8	8†

## 2 FRONT SQUAT

SETS	REPS		
3	8-10	8-10	10-12

## 3 DUMBBELL WALKING LUNGE

SETS	STEPS PER SIDE		
3	10	10	15

## 4 LEG PRESS

SETS	REPS			
4	10+	10+	15	15

## 5 LEG EXTENSION

SETS	REPS	
2	10-12	10-12

Sets 1 and 3: Place feet low and shoulder width.  
Sets 2 and 4: Place feet high and shoulder width.

Drop the weight 25% and perform a dropset at the end of both sets.

\* Take an extra 30 seconds rest after this set to recovery.

† Perform 2-3 forced reps at the end of this set with assistance from a spotter.



**1 ROMANIAN DEADLIFT**

SETS	REPS			
4	8	8	12	12

**2 LYING LEG CURL**

SETS	REPS			
4	8	8*	10	12*

**3 FLOOR GLUTE-HAM RAISE**

SETS	REPS		
3	8-10	8-10	8-10

\* Perform 2-3 forced reps at the end of this set with assistance from a spotter.

As you fatigue, use your hands to push yourself back up if necessary to reach rep range.





### 1 CLOSE-GRIP BENCH PRESS

SETS	REPS			
4	6*	6*†	8	10†

### 2 TRICEPS DIP MACHINE

SETS	REPS		
3	8	8†	10†

### 3 SEATED OVERHEAD DUMBBELL EXTENSION

SETS	REPS		
3	8-10	8-10†	10-12

### 4 ROPE PRESS-DOWN

SETS	REPS	
2	10	10

\*Take an extra 30 seconds of rest after this set to ensure recovery.

† Perform 2-3 forced reps at the end of this set with assistance from a spotter.

Drop the weight 25% and perform a dropset at the end of both sets.





### 1 STANDING BARBELL CURL

SETS	REPS			
4	8	6-8**	6-8**	10 <sup>†</sup>

### 2 SINGLE-ARM STANDING CABLE CURL

SETS	REPS		
3	8 <sup>††</sup>	8	10

### 3 EZ-BAR SCOTT CURL

SETS	REPS		
3	10	10	12

### 4 ROPE HAMMER CURL

SETS	REPS	
2	10	10

Drop the weight 25% and perform a dropset at the end of both sets.

### 5 EZ-BAR REVERSE CURL

SETS	REPS		
3	8-10	8-10	8-10

\*Take an extra 30 seconds of rest after this set to ensure recovery.

<sup>†</sup> This is a negative-only set. With about 30% more weight on the bar than you had in the first set, have your partner lift most of the weight for you to the top position. This should not be a forced rep! Take 4-5 seconds to lower the bar, resisting the eccentric contraction.

<sup>††</sup> Perform 2-3 forced reps at the end of this set with assistance from a spotter, or self-assisted in the case of the single-arm curl.



## 1 STANDING CALF RAISE

SETS	REPS			
4	12	12**	20*	20**

## 2 CALF PRESS

SETS	REPS		
3	10-12	10-12†	15-20**†

## 3 SEATED CALF RAISE

SETS	REPS		
3	15	15*	20**†

\*As you fatigue, speed up your reps while trying to keep momentum to a minimum.

† Perform a single dropset at the end of this set.



# 01

# OAT, TURKEY, AND CHEESE BREAKFAST MUFFINS

RECIPE BY KEVIN ALEXANDER

I guarantee you've never had eggs, bacon, and oatmeal quite like this before! These muffins are perfect for meal prep and will definitely be a hit with your family and friends. The best part is that they're budget-friendly and practical. No heading to the store for that obscure root or never-heard-about spice. These baked goods can be made using ingredients you likely have in your fridge and pantry right now.



## NUTRITION FACTS

SERVING SIZE  
3 muffins

RECIPE YIELDS  
4 servings

CALORIES  
**537**

FAT  
**24G**

CARBS  
**45G**

PROTEIN  
**39G**

## INGREDIENTS

- 8 slices nitrate-free turkey bacon, preferably from leg meat
- 2 eggs
- 1 egg whites
- 1-1/4 cups skim milk
- 1 cup reduced-fat cheddar cheese
- 2 cups oat flour
- 1 tbsp baking powder
- 1 tsp sea salt
- 1/2 tbsp sage
- 1/2 bell pepper, chopped
- 1 cup spinach, chopped
- 2 tsp coconut oil
- Nonstick cooking spray as needed

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Set a nonstick skillet on medium-high heat and toss in the turkey bacon. To get crispier bacon without burning it, spray the bacon with a little olive oil (or cooking spray) while it cooks in the skillet. When it has finished cooking, chop it into pieces.
3. In a large bowl, mix together all of the dry ingredients with a fork.
4. Toss in the remaining ingredients and mix together thoroughly using a spatula.
5. Spray a muffin mold with nonstick cooking spray, then evenly divide the batter among the muffin molds.
6. Bake in the oven for about 25 minutes, or until a toothpick comes out clean after you pierce a muffin.

## NOTES

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# 02

# MUSCLE CAKES: RED POTATO AND TUNA PATTIES

RECIPE BY KEVIN ALEXANDER

If you're in a pinch and need a cheap, easy, and effective muscle-building recipe, always remember the staples: tuna and potato! You can never go wrong with this combo to get lean and build quality muscle.



## NUTRITION FACTS

SERVING SIZE  
2 patties

RECIPE YIELDS  
3 servings

CALORIES  
**406**

FAT  
**16G**

CARBS  
**32G**

PROTEIN  
**32G**

## INGREDIENTS

- 10 oz. wild albacore tuna in water, drained
- 500 g baked red potato
- 1 egg
- 1/3 cup feta cheese, crumbled
- 1/3 cup red onion, chopped
- 1 tbsp olive oil (optional)
- 1 tbsp Dijon mustard
- 1 tbsp Italian seasoning
- 1 tbsp dill
- Sea salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees F. Wash the dirt from the red potatoes, and place on a baking sheet. Bake in the oven for about 45 minutes or until they are soft and can be easily crushed with a fork or masher.
2. Mash and mix together all the ingredients in a bowl. If you find the batter is too wet or loose, feel free to add in tablespoons of wheat bread crumbs, panko, or even oatmeal to help make the batter more solid yet still malleable.
3. Scoop out a small handful of the batter, and form them into patties of equal size. Be careful not to make them too big, as they will be a little harder to cook and can potentially break apart in the skillet.
4. Place a nonstick skillet on medium-high heat, and spray generously with olive oil or coconut oil.
5. Once the skillet is hot, add the patties to the pan and cook for about 4-5 minutes per side, or until the edges are golden brown. Flip the patty over and repeat. Make sure the patties are not sticking to the pan.
6. Once the patties have finished cooking, remove them from the skillet and serve immediately.

**TIP:** If you placed the patties in the skillet and they were too wet or soft to flip, I recommend placing the skillet in the oven and baking for about 15 at 400 degrees F or until the top of the patties are golden brown.



# 03

## HEARTY TUNA SALAD

RECIPE BY KEVIN ALEXANDER

Gains! That's exactly what this tuna salad is packed with. With omega-3 fatty acids from nuts and seeds, plus additional Greek yogurt, dried fruit, and spices, it's a full-on flavor overload. Enjoy this salad with fresh greens or veggies, in a whole-gain wrap, or by itself. Your taste buds and muscles will thank you!



### NUTRITION FACTS

SERVING SIZE  
1 bowl

RECIPE YIELDS  
6 servings

CALORIES  
**266**

FAT  
**9G**

CARBS  
**14G**

PROTEIN  
**32G**

### INGREDIENTS

- 18 oz. white albacore tuna, drained, low sodium
- 3/4 cup Greek yogurt
- 1/3 cup Dijon mustard
- 1 celery stalk, chopped
- 1/3 cup pepitas (pumpkin seeds)
- 1/3 cup chopped walnuts
- 1/3 cup dried cranberries (no sugar added)
- 1/2 tbsp curry powder
- 1 tsp tumeric
- 2 tbsp fresh tarragon (optional)
- sea salt and pepper to taste

### DIRECTIONS

1. Place all ingredients into a bowl and mix.
2. Season to taste.

### NOTES

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High-protein, low-carb meals never looked and tasted this good. Here is my spin on a popular Thai-inspired salad recipe. Hands down, this is my new favorite go-to salad!



## NUTRITION FACTS

SERVING SIZE  
1 plate

RECIPE YIELDS  
4 servings

CALORIES  
**363**

FAT  
**13G**

CARBS  
**17G**

PROTEIN  
**46G**

## ALMOND SAUCE INGREDIENTS

- Raw almond butter (no salt added, best to purchase the kind with oil)
- 3 tbsp Bragg Liquid Aminos
- 2 tbsp rice vinegar
- Juice of 1/2 lime (or whole lime if an extra tangy flavor is desired)
- 1 tbsp raw organic honey
- 1 pinch red pepper flakes (or more for desired heat level)
- 1 tbsp water (if needed to make sauce thinner)

## SALAD INGREDIENTS

- 1-1/2 lbs. raw chicken breast
- 5 cups broccoli slaw (mixture of broccoli, cabbage, and carrots)
- 2 clusters baby bok choy
- 1/3 cup chopped mint

## GARNISH INGREDIENTS

- Shaved almonds
- Cilantro
- Red chili pepper

## DIRECTIONS

1. Spray a nonstick skillet with coconut oil and set on medium heat. Toss in the chicken breasts without seasoning, since the flavor will come from the salad and the almond dressing. Once the chicken breasts are completely cooked, set them aside and allow them to cool down a bit.
2. In a bowl, whisk together all the ingredients for the almond sauce. Add a few tablespoons of water if needed to make the sauce thinner.
3. Chop up the chicken breasts, bok choy, and mint.
4. In a large bowl, combine the ingredients for the salad plus the cooled chopped chicken breasts.
5. Divide the salad mixture into four equal servings. For each serving, add 1/4 of the almond sauce.
6. Garnish with cilantro, shaved almonds, and sliced red chili peppers.

**TIP:** if this is for meal prep or to be eaten later, only add the sauce to the salad when you are going to eat it.



# 05

## SALMON-STUFFED RED POTATO

RECIPE BY KEVIN ALEXANDER

If you want to build muscle and add size, eating salmon and potatoes is the way to go. Adding salmon to a baked potato is a great way to “dress up” a staple bodybuilding food and turn it into a meal that even a family of picky eaters will enjoy.



### NUTRITION FACTS

SERVING SIZE  
1 potato

RECIPE YIELDS  
1 serving

CALORIES  
**466**

FAT  
**14G**

CARBS  
**42G**

PROTEIN  
**46G**

### INGREDIENTS

- 6 oz. wild salmon (measured raw)
- 240 g red potato, baked
- 1/8 cup 2% Greek yogurt
- 1 tbsp Parmesan
- 1/4 cup green onion
- Sea salt and pepper to taste
- Coconut aminos to taste
- Chipotle garlic to taste

### DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Bake a red potato until soft.
3. Season the wild salmon with 1 tablespoon of coconut aminos, pepper, and chipotle seasoning to taste.
4. Bake the salmon in the oven for about 10 minutes, or until cooked but still moist. Flake the salmon with a fork and set it aside.
5. Once the potato is finished, slice it down the middle and remove the insides with a spoon. Place the contents in a bowl.
6. Mix the potato contents with Greek yogurt, green onion, and fresh garlic. Keep stirring until the contents are creamy.
7. Blend the salmon into the mixture with a fork. Season with sea salt and pepper to taste.
8. If desired, top with parmesan cheese and serve with asparagus. Enjoy!

### NOTES

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# 06

# LEMON-GINGER CHICKEN AND ASPARAGUS

RECIPE BY KEVIN ALEXANDER

I whipped this up in 15 minutes to feed my muscles after an intense training session. It's a simple, high-protein recipe that can be made with ingredients you probably have in your fridge or pantry. Vegetarians can easily substitute chicken with tempeh or even portobello mushrooms.



## NUTRITION FACTS

SERVING SIZE  
1 plate

RECIPE YIELDS  
1 serving

CALORIES  
**269**

FAT  
**2G**

CARBS  
**20G**

PROTEIN  
**43G**

## MAIN DISH INGREDIENTS

- 6 oz. chicken breast, raw
- 7 spears asparagus
- 1/2 cup brown rice, cooked
- Sesame seeds to taste
- Coconut oil to spray

## SAUCE INGREDIENTS

- 1 tbsp Bragg Liquid Aminos
- Juice of 1 lemon
- 1/2 tbsp white balsamic vinegar
- 1 tsp ginger paste
- 1/2 tbsp raw, organic honey
- 1 tsp tapioca starch as a thickener, (optional)

## DIRECTIONS

1. Chop the chicken into small pieces. Cut off the white bottom of the asparagus spears, and chop the remaining spear into pieces.
2. In a bowl, mix together all of the ingredients for the sauce and set aside.
3. Spray a nonstick skillet with coconut oil and set on medium-high heat.
4. Add the chicken to the pan and cook for 5-7 minutes, or until the pieces are 85 percent cooked.
5. Toss in the chopped asparagus and stir with a wooden spatula. Allow the asparagus to sear for about 2 minutes.
6. Reduce the heat, and pour in the sauce. Stir quickly to ensure all the chicken and asparagus are equally coated.
7. Enjoy with brown rice or your choice of complex carbohydrate.

## NOTES

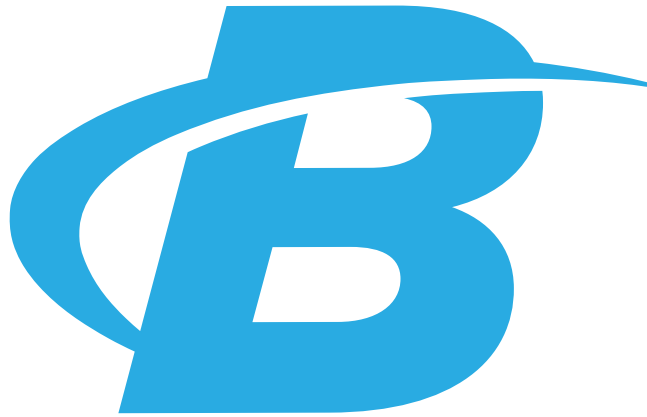
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