



# DR. FITOLOGY

Scientific Secrets of Fitness

## Plan Information

Prepared by Dr. Fitology (Dr. Adrian Salavaty)  
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### Client Information

**First name:** Client Name

**Client Number:** Client Number

**Last name:** Client Last Name

**Email:** id@email.com

**BMI:** Client BMI

### Plan Summary

**Goal:** Muscle Gain

**Days Per Week:** 4

**Client Experience:** Over 18 Months

**Plan Duration:** 4 (MIN) to 12 (MAX) Weeks

**Body Part Focus:** None (adjustable)

**Specific Focus:** None (adjustable)

### Ready to turbocharge your gains and crush your goals? 🏆

Dive into the golden nuggets waiting for you at the end of this workout plan. Trust me, it's like the secret sauce for unlocking your full potential. 💪 Fitness is a science, and the more you soak up, the more you slay! Let's get this epic journey started!

# Workout Plan

## Chest & Triceps Day

Exercise Title	Number of Sets	Number of Reps (Minutes)	Tempo	Rest Interval	Training Systems
Bench Press	4	8-12	3010	30 Sec	Descending Pyramid
Dumbbell Fly	2	10-12	3010	30 Sec	Descending Pyramid
Cable Chest Press	3	8-12	3010	30 Sec	Descending Pyramid
Barbell Incline Bench Press	4	8-12	3010	30 Sec	Descending Pyramid
Dumbbell Pullover	2	8-12	3010	30 Sec	Descending Pyramid
Barbell Decline Bench Press	3	8-12	3010	30 Sec	Descending Pyramid
Tricep Dip	3	10-12	3010	30 Sec	Not Applicable
V-bar Tricep Extension	3	8-12	3010	30 Sec	Descending Pyramid
Bench Dips	3	Max Capacity (Until Failure)	3010	30 Sec	Descending Pyramid

Plan Notes →

## Back & Biceps Day

Exercise Title	Number of Sets	Number of Reps (Minutes)	Tempo	Rest Interval	Training Systems
Barbell Deadlift	3	6-10	3010	30 Sec	Descending Pyramid
Chin-Up	3	8-12	3010	30 Sec	Descending Pyramid
Single-Arm Dumbbell Row	2	8-12	3010	30 Sec	Descending Pyramid
Seated Machine Row	3	8-12	3010	30 Sec	Descending Pyramid
Close-Grip Front Lat Pull-Down	4	8-12	3010	30 Sec	Descending Pyramid
Standing Barbell Curl	3	8-12	3010	30 Sec	Descending Pyramid
Ez-Bar Preacher Curl	3	10-12	3010	30 Sec	Descending Pyramid
Alternate Incline Dumbbell Curl	2	8-12	3010	30 Sec	Descending Pyramid
Smith Machine Drag Curl	3	10-15	3010	30 Sec	Descending Pyramid
Bench Crunch	3	Max Capacity (Until Failure)	Not Applicable	30 Sec	Not Applicable

Plan Notes →

## Shoulders & Traps Day

Exercise Title	Number of Sets	Number of Reps (Minutes)	Tempo	Rest Interval	Training Systems
Military Press	4	8-12	3010	30 Sec	Descending Pyramid
Machine Shoulder Press	3	6-10	3010	30 Sec	Descending Pyramid
Dumbbell Lateral Raise	3	8-12	3010	30 Sec	Descending Pyramid
Cable Leaning Lateral Raise	2	10-15	3010	30 Sec	Descending Pyramid
Bent-Over Dumbbell Reverse Fly	3	8-12	3010	30 Sec	Descending Pyramid
Barbell Rear Delt Row	2	8-12	3010	30 Sec	Descending Pyramid
Dumbbell Shrug	3	8-12	3010	30 Sec	Descending Pyramid
Barbell Upright Row	3	10-15	3010	30 Sec	Descending Pyramid
Palms-Down Barbell Wrist Curl Over Bench	3	Max Capacity (Until Failure)	2010	30 Sec	Descending Pyramid
Palms-Up Barbell Wrist Curl Over Bench	3	Max Capacity (Until Failure)	2010	30 Sec	Descending Pyramid

Plan Notes →

## Leg Day

Exercise Title	Number of Sets	Number of Reps (Minutes)	Tempo	Rest Interval	Training Systems
Barbell Back Squats	3	6-10	3010	30 Sec	Descending Pyramid
Leg Press	3	10-15	3010	30 Sec	Descending Pyramid
Smith Machine Lunge Squat	2	8-12	3010	30 Sec	Descending Pyramid
Machine Hack Squat	3	8-12	3010	30 Sec	Descending Pyramid
Leg Extension	4	10-15	3010	30 Sec	Descending Pyramid
Barbell Stiff-Legged Deadlift	3	6-10	3010	30 Sec	Descending Pyramid
Lying Leg Curl	3	10-15	3010	30 Sec	Descending Pyramid
Standing Calf Raise	3	10-15	3010	30 Sec	Descending Pyramid
Seated Calf Raise	3	12-15	3010	30 Sec	Descending Pyramid
Single Leg-Arm V-Up	3	15-20	Not Applicable	30 Sec	Not Applicable

Plan Notes →

# Plan Notes

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## Notes on the Entire Workout Plan

1. In all of the exercises, aim to select a load that challenges you sufficiently, making the final repetition of each set difficult to complete. It is crucial to maintain proper form throughout all repetitions, including the last one.
2. If you find time for home or gym exercises on days other than those you've specified, incorporating abdominal exercises is recommended. Alternatively, consider relocating abs exercises from the conclusion of your regular workout days to your rest days. This adjustment can prove beneficial for both your primary workout routine and the development of other muscle groups targeted during those sessions. Moreover, dedicating specific days to abdominal exercises can enhance their focus and effectiveness!

## Key Principles

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### Personalized Key Principles for an Optimal Workout Regimen: Unleash Your Full Potential!

To have an effective workout and shape your body, it's important to consider several key points. Here are some general guidelines to follow:

#### **Applicable to purchased plans!**

This information will be added to your purchased workout plan!

#### **Remember!**

Keep in mind that each person's fitness journey is unique, so it's crucial to pay attention to your body and adapt your routine accordingly. If you have any uncertainties or seek personalized guidance, consider scheduling a consultation session for tailored advice on your workout routine.

# Tempo Tutorial

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## Understanding Exercise Tempo: A Quick Guide

### What is Tempo?

Exercise tempo is a way to describe the speed and rhythm of your movements during a workout. It's usually represented by a four-digit code, like 3010.

### Decoding the Digits

1. **Eccentric (Negative) Phase:** The first digit represents the lowering phase of an exercise. Imagine it as the “going down” part. In 3010, the “3” means take three seconds for this part.
2. **Pause at the Bottom:** The second digit is a pause at the bottom. In 3010, there's no specific pause, so it's 0 seconds.
3. **Concentric (Positive) Phase:** The third digit is for the lifting or pushing part of an exercise. It's the “coming up” phase. In 3010, the “1” means take one second for this part.
4. **Pause at the Top:** The fourth digit is a pause at the top. In 3010, there's no specific pause, so it's 0 seconds.

### Putting it Together

For 3010, you would lower the weight for three seconds, no pause at the bottom, lift for one second, and no pause at the top.

### Why Does it Matter?

Controlling your movement helps build strength, endurance, and muscle. It also reduces the risk of injury by keeping you in command of each phase.

#### **Personalized Tempo!**

The tempo will be tailored to align with the client's objectives, taking into consideration factors such as blood group and ethnicity as the client specifies in the plan request form!

# Training Systems Tutorial

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## Descending Pyramid

- **Description:** The Descending Pyramid training system is designed to promote muscle hypertrophy and gain. In this approach, you gradually increase the number of repetitions in each set of the exercise while staying within the specified range for that particular exercise. However, you should aim to decrease the load you lift to maintain proper form until the last repetition. As the repetitions increase, the intensity decreases. This method allows for a sustained effort, emphasizing muscle endurance and growth.
- **Example:** Let's say you're doing bicep curls with a recommended set range of 8-12 repetitions. Start with a heavier weight for 8 reps, then decrease the load for the next set of 10 reps, and further decrease for the final set of 12 reps.

### Personalized Training Systems!

The client's workout plan will incorporate personalized training systems, along with tutorials tailored to their specific goals and other provided information!



# Medical Recommendations

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## Note!

It is recommended to perform the [General Health Assessment](#) to find out if you're ready for high-intensity workouts or should consult your GP first.

## Personalized Medical Recommendations!

The client's workout plan will integrate personalized medical recommendations based on the information provided by the client at the time of purchase!

# Notes on the Client's Body Type

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## Personalized Notes on the Client's Body Type!

The workout plan will be customized to incorporate personalized information based on the client's body type, ensuring optimal enhancement of workout efficiency!

# Lifestyle Recommendations

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## Personalized Lifestyle Recommendations!

If necessary, Dr. Fitology will offer additional personalized lifestyle recommendations to further enhance the quality of the client's workout based on the information they provide!