

A graphic featuring a muscular arm holding a gold medal with a green, white, and red ribbon. The background is a mix of green and yellow tones.

# Fit Magic CHAMPION MUSCLE Building Course



## WORKOUT LOGS

4 DAYS PER WEEK WORKOUT

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## 4 DAYS PER WEEK TRAINING LOG

### Workout tips before you get started

- Always consult with a physician before starting any training program.
- This workout is for intermediate and advanced lifters who have perfected their ability for all of the lifts. Beginners or new lifters should first do the beginner program and then the 3 day per week workout.
- Sets listed below are working sets that do not include warm-up sets. For example on squats it states 4 sets. So you would do 2 or more warm-up sets with light weight (50% of max) and then the 4 sets.
- All working sets are done at constant weight.
- Rest between sets is 90-120 seconds on the compound lifts. You should be well rested so you can have the same intensity on the next set.
- **Add Volume each week!** Add more weight or more reps than your previous workout.
- Adding weight example: Once you are able to do 8 reps for the 4 sets with perfect form, you should increase the weight. You might only do 4 sets of 7 your next time (it happens), but work your way back up to 4 sets of 10 and increase the weight again.
- The exercises can be altered in the workout. I recommend changing your exercises at least every 12 weeks and perhaps switching a few exercises each month. Try to stay with the main lifts like squat, bench press, and deadlift for 12 weeks before changing.
- The last page list recommended exercises as substitutes for each.
- DB=Dumbbell



# TRAINING LOG



## WEEK ONE

### DAY 1

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

### DAY 2

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

### DAY 3 - OFF DAY





# TRAINING LOG



## DAY 4

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

## DAY 5

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 6 - OFF DAY

## DAY 7 - OFF DAY



# TRAINING LOG



## WEEK TWO

### DAY 8

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

### DAY 9

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

### DAY 10 - OFF DAY



# TRAINING LOG



## DAY 11

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

## DAY 12

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 13 - OFF DAY

## DAY 14 - OFF DAY



# TRAINING LOG



## WEEK THREE

### DAY 15

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

### DAY 16

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

### DAY 17 - OFF DAY





# TRAINING LOG



## DAY 18

### SHOULDERS AND BICEPS

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

## DAY 19

### BACK

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 20 - OFF DAY

## DAY 21 - OFF DAY



# TRAINING LOG



## WEEK FOUR

### DAY 22

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

### DAY 23

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

### DAY 24 - OFF DAY



# TRAINING LOG



## DAY 25

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

## DAY 26

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 27 - OFF DAY

## DAY 28 - OFF DAY



# TRAINING LOG



## WEEK FIVE

### DAY 29

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

### DAY 30

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

### DAY 31 - OFF DAY



# TRAINING LOG



## DAY 32

### SHOULDERS AND BICEPS

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

## DAY 33

### BACK

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 34 - OFF DAY

## DAY 35 - OFF DAY





# TRAINING LOG



## WEEK SIX

### DAY 36

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

### DAY 37

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

### DAY 38 - OFF DAY



# TRAINING LOG



## DAY 39

### SHOULDERS AND BICEPS

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

## DAY 40

### BACK

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 41 - OFF DAY

## DAY 42 - OFF DAY



# TRAINING LOG



## WEEK SEVEN

### DAY 43

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

### DAY 44

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

### DAY 45 - OFF DAY



# TRAINING LOG



## DAY 46

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

## DAY 47

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 48 - OFF DAY

## DAY 49 - OFF DAY



# TRAINING LOG



## WEEK EIGHT

### DAY 50

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

### DAY 51

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

### DAY 52 - OFF DAY





# TRAINING LOG



## DAY 53

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

## DAY 54

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 55 - OFF DAY

## DAY 56 - OFF DAY



# TRAINING LOG



## WEEK NINE

### DAY 57

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

### DAY 58

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

### DAY 59 - OFF DAY



# TRAINING LOG



## DAY 60

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

## DAY 61

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 62 - OFF DAY

## DAY 63 - OFF DAY



# TRAINING LOG



## WEEK TEN

### DAY 64

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

### DAY 65

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

### DAY 66 - OFF DAY



# TRAINING LOG



## DAY 67

### SHOULDERS AND BICEPS

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

## DAY 68

### BACK

Set 1

Set 2

Set 3

Set 4

Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 69 - OFF DAY

## DAY 70 - OFF DAY





# TRAINING LOG



## WEEK ELEVEN

### DAY 71

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

### DAY 72

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

### DAY 73 - OFF DAY



# TRAINING LOG



## DAY 74

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

## DAY 75

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 76 - OFF DAY

## DAY 77 - OFF DAY



# TRAINING LOG



## WEEK TWELVE

### DAY 78

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

### DAY 79

#### LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

### DAY 80 - OFF DAY



# TRAINING LOG



## DAY 81

### SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

## DAY 82

### BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

## DAY 83 - OFF DAY

## DAY 84 - OFF DAY



## Alternate Exercises

Starting Exercise	Alternative 1	Alternative 2
<b>Legs</b>		
Squats	Front Squats	Wide/Narrow Squats
Stiff Legged Deadlift	Barbell Lunges	DB Lunges
Leg Press	Hack Squats	
Leg Extensions		
Lying Leg Curls	Seated Leg Curls	
Standing Calf Raises	Seated Calf Raises	Leg Press Calf Raises
<b>Back</b>		
Deadlift	Sumo Deadlift	
Barbell Rows	DB Rows	Yates Rows
Pullups	Chinups	BTN Pullups
Seated Rows	T-bar Rows	
Lat Pulldowns	Underhand Pulldowns	
Hyperextensions	Good Mornings	
<b>Chest, Triceps</b>		
Flat Bench Press	Flat DB Press	
Barbell Incline Press	Incline DB Press	Barbell Decline Press
Dips		
Skull Crushers	Overhead DB Extensions	
Tricep Pushdowns	Close-grip Bench Press	
Flys	Incline Flys	Pullovers
<b>Shoulders, Biceps</b>		
Overhead Press	Seated Military Press	
Seated DB Press	Arnold Presses	
DB Lateral Raises	DB Front Raises	
Standing Barbell Curls	Preacher Curls	Standing DB Curls
Seated DB Curls	Incline DB Curls	Concentration Curls
Barbell Shrugs	DB Shrugs	Upright Rows