

FENRIR POWER NUTRITION'S



# MUSCLE GAIN PLAN

(FREE)



# INTRODUCTION

**This muscle gain plan is designed for individuals looking to maximise muscle hypertrophy using structured resistance training, as well as let you see if the full purchase of this plan will be right for you.**

**The programme is split into a push, pull, legs (PPL) format with progressive overload to ensure continual growth. To further accelerate results, incorporating Fenrir Power Nutrition Testosterone Booster can help enhance strength, stamina, and muscle recovery**

**Fenrir Power Nutrition only recommends Testosterone supplements for Men only.**



# TRAINING SCHEDULE

- **Week 1-2: Focus on moderate weights (70-75% of 1RM), higher volume (8-12 reps per set).**
- **Week 3-4: Increase intensity (75-85% of 1RM), lower reps (6-10) with heavier weights.**

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- **Increase resistance by 2-5% per week**
  - **Improve form through controlled reps and full range of motion**
  - **Mind-Muscle Connection to enhance activation of target muscles**

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- **Sleep: Aim for 7-9 hours per night**
  - **Hydration: Maintain adequate fluid intake**
  - **Supplementation: Support training with natural products like Fenrir Power Nutrition Testosterone Booster for maximised muscle gains, increased energy levels, and enhanced recovery.**





# FREE DAY

## Day 1 - Push (Chest, Shoulders, Triceps):

- **Plate Loaded Chest Press – 4x8-12**
- **Overhead Shoulder Press – 3x8-12**
- **Incline Dumbbell Press – 3x10-12**
- **Lateral Raises – 3x12-15**
- **Tricep Dips – 3x8-12**
- **Skull Crushers – 3x10-12**
- **Dumbbell Fly – 3x10-15**

