

**THE MECCA METHOD**  
**4 WEEK TRAINING PLAN**  
**WEEK 4**

# BUILD MUSCLE



**Purpose:** In Week #3 we introduced muscle group specific days which allowed us to increase the volume of work each muscle group was doing, but each group was still only getting worked once per week. In week four we will continue to target specific muscles on specific days, but we will now target each muscle group twice. We will also increase intensity (weight) and decrease volume (reps) which will promote even more muscle growth!

**DAY 1: FULL BODY    DAY 2: FULL BODY    DAY 3: REST    DAY 4: FULL BODY    DAY 5: FULL BODY    DAY 6 & 7: REST**

### FULL BODY: STRENGTH TRAINING

**PROPER REST & RECOVERY**

- ▷ Since this is a four-day split with two days focusing on the upper body and two days focusing on the lower half, you should rest (aka no weightlifting) at least one or two full days in between Day #2 and Day #3.
- ▷ On these rest days, get in some active recovery by doing low to moderate intensity cardio for 30-minutes to one hour. This will lead to increased blood flow which will improve your rate of muscle recovery.

**WARM-UP**

10 MINS: ELLIPTICAL

**DAY 1**

**DAY 2**

**DAY 4**

**DAY 5**

EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	EXERCISES	SETS	REST	REPS	WEIGHT DAY 2	EXERCISES	SETS	REST	REPS	WEIGHT DAY 4	EXERCISES	SETS	REST	REPS	WEIGHT DAY 5
Chest Press	Set 1	1 min	10		Leg Press	Set 1	1 min	10		Chest Press	Set 1	1 min	10		Leg Press	Set 1	1 min	10	
	Set 2		10			Set 2		10			Set 2		10			Set 2		10	
	Set 3		10			Set 3		10			Set 3		10			Set 3		10	
Lat Pulldown	Set 1	1 min	10		Seated Hamstring Curl	Set 1	1 min	10		Seated Row	Set 1	1 min	10		Seated Hamstring Curl	Set 1	1 min	10	
	Set 2		10			Set 2		10			Set 2		10			Set 2		10	
	Set 3		10			Set 3		10			Set 3		10			Set 3		10	
Overhead Press	Set 1	1 min	10		Hip Abduction Machine	Set 1	1 min	10		Overhead Press	Set 1	1 min	10		Leg Extension	Set 1	1 min	10	
	Set 2		10			Set 2		10			Set 2		10			Set 2		10	
	Set 3		10			Set 3		10			Set 3		10			Set 3		10	
EZ Bar Preacher	Set 1	1 min	10		Close Grip Bench Press	Set 1	1 min	10		EZ Bar Preacher	Set 1	1 min	10		Leg Extension	Set 2	1 min	10	
	Set 2		10			Set 2		10			Set 2		10			Set 3		10	
Crunches	Set 1	1 min	15			Close Grip Bench Press		Set 1	1 min		10			Crunches		Set 1		1 min	15
	Set 2		15		Set 2		10			Set 2	15		Set 2		10				
	Set 3		15		Set 3		10			Set 3	15		Set 3		10				

**CARDIO**

20 MINS CARDIO EQUIPMENT

**BUILT BY GOLD'S X POWERED BY PANDA**