

Muscle Gain Accelerator: 1 Month Ignite

Important Disclaimers:

- This is not medical advice. Always consult with a healthcare professional before starting any new workout plan.
- LISTEN TO YOUR BODY. If you feel any pain, stop the exercise.
- Prioritize proper form over lifting heavy.

You don't just want size — you want strength you can actually use. My Muscle Gain Accelerator is built to help you pack on lean, powerful, and aesthetic muscle without wasting hours in the gym. We're talking big lifts for power, calisthenics for control, and finishers that leave you sore in all the right places. This isn't about chasing numbers for ego — it's about building functional, durable muscle that looks good, moves well, and makes you feel unstoppable. This program is designed to challenge you in the best way possible, bringing out the best of you. Yes it will be difficult but are you willing to sacrifice a month of hard work for a lifetime prosperity?

Week 1 · Consistency is Everything

Day 1: Volume Legs

Warm-up (5–10min): Light Cardio, Dynamic Stretching

Exercise:

1. Air Squat: 3x20 superset with 35 calf raises (Rest 45–60s) (*straight back, stay flat footed, full ROM*)
2. Wall Sit Isometric: 3x45–60s (Rest 45–60s) (*legs 90 degrees, back against wall, breath*)
3. Nordic Curls: 3xFailure (Rest 60–90s) (*slow eccentric, hands by sides, straight back*)
4. Step-ups: 3x6 each leg (Rest 60–90s) (*max force on elevated surface, drive opposite knee upwards*)
5. Hanging Knee Raises: 3x10–12 (Rest 30–45s) (*bring knees to 90 degrees, limit sway*)

Cool-down: Static Stretch, Post Workout Fuel

Cue: Legs burning, hip flexors and hamstrings exhausted

Day 2: Upper Volume

Warm-up: Dead Hangs, Pulsing Pull-ups, Knee Push-ups

Exercise:

1. Pull-ups: 4x10 (Rest 45–60s)
2. Push-ups: 3x10 (Rest 45–60s)
3. Dips: 3x10 (Rest 45–60s)
4. Chin-ups: 3x10 (Rest 45–60s)
5. Diamond Push-ups: 1xFailure
6. Plank: 1xFailure

Cool-down: Static Stretch, Post Workout Fuel

Cue: chest and forearms cooked

Day 3: Active Recovery

Warm-up (20–25min): Light walk/jog (10–15min), Foam roller, dynamic stretch

Core Circuit (30s each, 10s rest): Legs in Air Crunches, Toe Touchers, V-ups, Russian Twists, Flutter Kicks, Low Bicycle, Side Plank, Plank

Cool-down: Deep Stretch anytime before bed, Mobility (90/90s, hip circles, leg swings)

Day 4: Athletic Day

Athlete Warm-up: 5min jog, High Knees, Butt Kicks, Karaoke, Backward Runs, Leg Swings, Dynamic Stretches (20m each movement)

Exercise:

1. Tempo Push-ups: 3×12–15 (Rest 30–45s) (*explosive like jumping with hands*)
2. Pike Push-ups: 3×8–10 (Rest 45–60s) (*Steady form, shoulder burn*)
3. Sled Pushes: 3×10m (Rest 60–90s) (*Put lots of force into the ground, back straight*)
4. Walking Lunges: 3×10–12 (Rest 60–90s) (*Keep balance, don't rush*)
5. Kettlebell Swings: 3×10–12 (Rest 45–75s) (*Swing through hips, keep steady, straight back*)

Cool-down: 5min Walk, Stretch Used Muscles, Post Workout Fuel

Cue: Full body burn

Day 5: Upper Volume

Warm-up: Dead Hangs, Pulsing Pull-ups, Knee Push-ups

Exercise:

1. Pull-ups: 4×10 (Rest 45–60s)
2. Push-ups: 3×10 (Rest 45–60s)
3. Dips: 3×10 (Rest 45–60s)
4. Chin-ups: 3×10 (Rest 45–60s)
5. Diamond Push-ups: 1×Failure
6. Plank: 1×Failure

Cool-down: Static Stretch, Post Workout Fuel

Day 6: Cardio (rotation encouraged)

Athlete Warm-up: 5min jog, High Knees, Butt Kicks, Karaoke, Backward Runs, Leg Swings, Dynamic Stretches (20m each movement)

Rotate weekly:

- Sprint: 8×20s (80–85% effort, Rest 45–60s)
- Jog: 2 miles
- Bicycle: 30–45min

Cool-down: Deep Stretch + Foam Roller, Post Workout Fuel

Cue: Lactic buildup in legs

Day 7: Rest Day

Stretch, eat properly, drink water, listen to your body.

Week 2 · Test Your Strength

Day 1: Lower Heavy

Warm-up: Light Cardio, Dynamic Stretching (lunges, elephant walks, quad stretch)

Lifts

1. Barbell Squat: 4×6–8 (Rest 90–120s) (*Heels steady on ground, straight back, slow eccentric*)
2. Romanian Deadlift: 3×8–10 (Rest 90–120s) (*Straight back, deep hamstring stretch, move through hips*)
3. Bulgarian Split Squat: 3×8–10 each leg (Rest 90–120s) (*straight back, 95% weight on front leg*)
4. Calf Raises: 3×12–15 (Rest 45–60s) (*slow and controlled eccentric, pause 1s at climax*)

Cool-down: Static Stretch (quads, hamstrings, calves), Post Workout Fuel

Cue: Quads + core burn

Day 2: Upper Heavy

Warm-up (5–10min): Light cardio, Dynamic Stretching

Lifts:

1. Barbell Bench Press: 4×6–8 (Rest 90–120s) (*Leg drive, squeeze back, slow eccentric explosive finish*)
2. Barbell Incline Bench Press: 3×6–8 (Rest 90–120s)
3. Military Press: 3×8–10 (Rest 60–90s) (*steady body, push through shoulders*)
4. Lateral Raises: 3×10–12 (Rest 45–60s) (*push through shoulders, slight bend in arms*)
6. Decline Sit-ups: 3×15 (Rest 45–60s)

Cool-down: Static Stretch (back, chest, arms), Post Workout Fuel

Cue: Chest and shoulder burn

Day 3: Active Recovery

Warm-up (20–25min): Light jog/walk (10–15min), Foam roller, dynamic stretch

Core Circuit (same as Week 1, Day 3)

Cool-down: Deep Stretch before bed, Mobility (90/90s, hip circles, leg swings)

Day 4: Athletic Day

Athlete Warm-up: 5min jog, High Knees, Butt Kicks, Karaoke, Backward Runs, Leg Swings, Dynamic Stretches (20m each movement)

Exercise:

1. Short Sprints: 5×30m (Rest 45–60s)
2. Med Ball Throws: 4×6 (Rest 45–60s)
3. Sled Pushes: 4×15m (Rest 60–90s)
4. Successive Bounds: 4×3 (Rest 30s)

Cool-down: 5min Walk, Stretch Used Muscles, Post Workout Fuel

Cue: Leg burn/lactic build up)

Day 5: Upper Heavy

Warm-up (5–10min): Light cardio, Dynamic Stretching

Lifts:

1. Bent Over Rows: 4x6–8 (Rest 90–120s) (*focus on back contraction, straight back, slight bend in knees + hips*)
2. Triceps Pulldowns 3x8–10 (Rest 45–60s) (*feel contraction on triceps, full ROM*)
3. Lat Pulldowns: 3x8–10 (Rest 60–90s) (*dont pull with arms, feel squeeze in back, keep steady*)
4. Cable Rows: 3x8–10 (Rest 60–90s) (*feel squeeze in back, proud chest, keep steady*)
5. 21s Bicep Curls: 2 sets (*7 half ROM, 7 half ROM starting from full contraction, and 7 full ROM*) (Straight Bar)

Cool-down: Static Stretch, Post Workout Fuel

Cue: Tight biceps, back burn)

Day 6: Cardio (rotation encouraged)

Athlete Warm-up: 5min jog, High Knees, Butt Kicks, Karaoke, Backward Runs, Leg Swings, Dynamic Stretches (20m each movement)

Rotate weekly:

- Sprint: 8x20s (80–85% effort, Rest 45–60s)
- Jog: 2 miles
- Bicycle: 30–45min

Cool-down: Deep Stretch + Foam Roller, Post Workout Fuel

Day 7: Rest Day

Stretch, eat properly, drink water, listen to your body.

Cue: Body soreness & Fatigue

Week 3 · Discipline Builds Resilience

Repeat Week 1 with 3–5% progressive overload. Increasing repetitions/adding weight to Calisthenic exercises

Week 4 · Proof of Progress

Repeat week 2 with 3–5% progressive overload. Increasing weight on all lifts

Tips

- If you cannot complete all the reps in a set, go until failure and pulse the rest.
- Ensure proper form before adding excessive weight.
- Listen to your body.
- Effort, consistency, and discipline are more important than the workouts themselves.
- Commit to this and you will see improvements — it's in your hands.

You've put in the effort in the gym — now it's time to unlock your full potential. The real transformation happens when training, nutrition, recovery, and accountability all come together. With the Full Support Plan, you'll learn how to fuel your body, recover faster, and build lean muscle you can maintain for life. Don't settle for short-term results — take the next step and invest in the stronger, more resilient version of yourself. Your progress doesn't stop here, it accelerates.

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