



**TRAINER
LINDSEY**

7 Day Guide to

LEAN MUSCLE BUILDING





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HEY GUYS!

If you're reading this book you probably have the goal to build some lean muscle, create some shape to your hot bod or even tone up! With my own fitness journey and over a decade of training under my belt, I've learned that if you want to see lasting results you have to hit it from all angles. Focused workouts, on point nutrition, lots of water and using the appropriate supplements will get you to your goals.

And when you achieve those goals, adjusting and setting new ones will keep you motivated and hungry for more. Included in this eBook are my top 10 tips to remember as you start your muscle building journey, a week's worth of workouts and a week's worth of meals to get you started! Once you finish this program you will be more than ready to move on to my 6 Week Fit Body Sculpt!

This program will get you into the gym and get you started prepping your food so you can be successful in your journey! I'd love for you to post about your results and your journey on social media! Make sure you use the hashtags #trainerlindseystribe and #findyourfit so I can find your posts!

Xoxo,
Trainer Lindsey

Trainer Lindsey's Top 10 Tips for

STARTING YOUR JOURNEY

#10: Don't focus on the scale!

When you're trying to build muscle, the scale will play games with your mind! You'll be eating to fuel your workouts and your metabolism and the scale may bounce around a bit. This is normal, to be expected, and totally ok! Focus more on progress pictures, measurements, and how you look while you're lifting. If you notice yourself feeling more of a pump (increased blood flow) and you notice your muscles looking fuller while you're lifting, that's a good thing! If you can break yourself of relying on the scale as the main measure of progress, you'll be much happier in your lean muscle building journey!

#9: Remember that you won't feel "skinny" or lean all the time

Feeling lean every day and that slightly empty feeling in your stomach are symptoms of being in a fat loss phase. This is not normal and not expected for everyday life. You will feel totally different when you're eating to build lean muscle. There will be days you feel less than stellar. But there will also be days that you feel amazing! You'll see full muscles and a beautiful shape being built! It's normal to have these ups and downs. Try to keep the big picture in mind and remember your goals on those hard days.

#8: Plan your workouts in advance

I always plan my workout week on Sundays. I pull out my planner and pencil in when I will be doing each workout every day for the week. Then, as if I was making an appointment with myself, I don't miss it. When you're trying to build muscle your workouts are incredibly important. It's HARD to build muscle and if you're not getting all of your workouts in you're going to struggle with this goal. Make a plan and then execute that plan.

#7: Have a workout buddy with similar goals

If you work out with your bestie you can spot each other, which allows you to push yourself harder in your workouts. You can keep each other on track and pushing through the hard sets. You also won't want to wimp out in front of her. You need to show her that you are the bad a\$\$ that you are. ;-) So recruit a friend! Your workouts will be that much more fun!

#6: Learn to track your own macros

Following a meal plan is great and takes a lot of the thinking out of it. But when you can track your own macros and create your own recipes and meal plans, that's when you're setting yourself up for long term success. Then you'll be able to build in a variety of foods and eat the foods that you love. You found a yummy, healthy recipe on pinterest? Sure, you can have it! Just build it into your plan for the next day! You'll learn so much about your own body as you learn how YOU react to certain macronutrients and ratios.

#5: Don't sweat the small stuff

When you're in a fat loss phase, every nutrition detail matters. There isn't usually a ton of room for slip ups. But when you're working on building lean muscle you have more flexibility. If you get off track with your meal plan or macros, it's not a huge deal. Get back on track and make sure you kill it in your workout the next day and you'll be fine! This is not the time to be tupperware-ing (that's a verb now) your way through family get togethers and parties. This is the time to enjoy life while making healthy choices and pushing yourself hard in your workouts.

#4: Be consistent

If you have a good, on track week, followed by a week off track, and repeat that cycle over and over, all you're going to do is spin your wheels and you won't get anywhere. It's so important that you create habits you can stick with over the long run, habits that you can be consistent with day-in and day-out. It's consistency over months and years that will build the beautiful lean muscle you're working for!

#3: Be patient

Building lean muscle takes time. It takes SO much time. To see serious results in muscle building you're looking at years of your journey. You'll see small changes and success every few months, such as more muscle fullness when you're lifting, but really changing the shape of your body is something you'll be working on your entire fitness journey. It's so important that you don't throw in the towel when you have a couple weeks where you feel like you don't see progress. It's HARD to see progress over the short term with muscle building. You have to do it because you love it, put in the work day-in and day-out, and patiently wait for those results!

#2: Don't compare your journey or progress to anyone else's

There will always be someone out there who is leaner than you, who is stronger than you, who can eat more carbs than you, etc. You have to focus on YOU and forget the rest. You're doing this for YOU. Hopefully you set these goals because YOU want to achieve them, so don't worry about anyone else's progress on their own journey. Comparison is the thief of joy, and that is so true when it comes to your fitness journey. If all you're doing is spending time watching others, you'll be robbing yourself of the excitement of your own journey.

#1: Learn to love the process

Because the process of building your body is something you'll be working on for a very long time, it's so important that you truly love the process. If you do too many things you don't enjoy in order to reach your goals, you won't be as likely to maintain your results because you won't want to maintain the lifestyle it takes to achieve those goals. If you love the process you'll continue it and adjust your habits to fit your changing goals. Then you'll know you've really found a lifestyle you can continue for the long term.

7 Days of Lean Muscle Building

WORKOUTS

Choosing your weights:

Make sure you choose a weight where you can keep good form throughout all the reps and are struggling to complete the last 2-3 reps. If you can get through all the reps relatively easily, then increase your weight for the next set. If you reach failure too early then decrease your weight for the next set.

The weight you'll use for each exercise varies depending on the person and the muscle group and may take some trial and error to figure out. I recommend using a notebook and taking notes as to how much weight you lifted and how many reps you did, so you know how to adjust next time you do the same workout.

DAY 1: LEGS

Warm up superset: Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 45 seconds and repeat for 3 rounds total.

Banded Side Step Squats - 10 reps each side
Banded Bridges - 20 reps

Straight Sets: Do one set of the first exercise followed by a 60 second rest. Complete 3 sets total before moving on to the next exercise.

Barbell Squats - 3 sets of 15 reps
Alternating Reverse Lunges - 3 sets of 10 each leg
Sumo Leg Press - 3 sets of 12 reps
Leg Extensions - 3 sets of 15 reps
Single Leg Deadlift - 3 sets of 10 reps each side
Stability Ball Banded* Leg Curls - 3 sets of 25 reps

*Using a band is optional. If you use a band, push out with your knees against the band to recruit your glutes.

DAY 2: SHOULDERS

Warm up superset: Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 45 seconds and repeat for 3 rounds total.

Lateral Raises - 15 reps
Overhead Press- 15 reps

Straight Sets: Do one set of the first exercise followed by a 60 second rest. Complete 3 sets total before moving on to the next exercise.

Arnold Press - 3 sets of 12 reps
Alternating Front Raises- 3 sets of 10 each side
Seated Lateral Raises- 3 sets of 12 reps
Leaning Cable Lateral Raises - 3 sets of 15 reps
Face Pulls - 3 sets of 8 reps
Bent Over Reverse Flys - 3 sets of 12 reps

HIIT Cardio: After a 3-5 minute warm up, complete 20 minutes of HIIT training where you will alternate 60 seconds of all out intensity with 60 seconds of low intensity/rest. You can do this on any piece of cardio equipment or take it outdoors to the pavement or your local track! Follow it up with 3-5 minutes of a cool down with decreasing intensity.

DAY 3: BACK/ABS

Warm up: Complete 3 sets of the exercise starting with light resistance and increasing the resistance each set.

Assisted Pull Ups - 3 sets of 15-20 reps

This workout is set up in supersets. Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 60 seconds and repeat for 3 rounds total.

Superset #1:

Wide Grip Seated Cable Rows - 3 sets of 15 reps

Cable Crunches - 3 sets of 20 reps

Superset #2:

Single Arm Dumbbell Rows - 3 sets of 10 reps

Reverse Crunches - 3 sets of 15 reps

Superset #3:

Straight Arm Cable Pull Downs - 3 sets of 12 reps

Stability Ball Crunches - 3 sets of 15 reps

Superset #4:

Underhand Lat Pull Downs - 3 sets of 15 reps

Plank Holds - 3 sets of 45-60 seconds

Renegade Rows - 3 sets of 12, each side

Plank Twists - 3 sets of 20 reps, each side

DAY 4: CHEST/ARMS

Warm up superset: Complete one set of each exercise as your warm up.

Push Ups - 10 reps
Tricep Kickbacks - 15 reps
Dumbbell Curls - 15 reps

This workout is set up in supersets. Complete one set of the first exercise immediately followed by a set of the second exercise and then the third with minimal rest. Then rest for 60 seconds and repeat for 3 rounds total.

Superset #1:

Incline Dumbbell Bench Press - 3 sets of 15 reps
Incline Curls: 3 sets of 15 reps
Overhead Dumbbell Tricep Extension: 3 sets of 15 reps

Superset #2:

Smith Machine Bench Press: 3 sets of 12 reps
Barbell Curls: 3 sets of 12 reps
Cable Tricep Kickback: 3 sets of 12 reps

Superset #3:

Alternating Dumbbell Bench Press: 3 sets of 10 reps, each arm
Alternating Dumbbell Curls: 3 sets of 10 reps

HIIT Cardio: After a 3-5 minute warm up, complete 20 minutes of HIIT training where you will alternate 60 seconds of all out intensity with 60 seconds of low intensity/rest. You can do this on any piece of cardio equipment, or take it outdoors to the pavement or your local track! Follow it up with 3-5 minutes of a cool down with decreasing intensity.

DAY 5: LEGS

Warm up superset: Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 45 seconds and repeat for 3 rounds total.

Banded Side Step Squats - 10 reps each side
Banded Bridges - 20 reps

This workout is set up in supersets. Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 60 seconds and repeat for 3 rounds total.

Superset #1:

Seated Leg Curls - 3 sets of 20 reps
Bicycle Crunches - 3 sets of 20 reps, each side

Superset #2:

Straight Leg Deadlift - 3 sets of 12 reps
Alternating V-Ups - 3 sets of 10 reps, each side

Superset #3:

Single Leg Press - 3 sets of 10 reps, each side
Lying Leg Raises - 3 sets of 15 reps

Superset #4:

Weighted Bridges - 3 sets of 10 reps
Banded Duck Walks - 3 sets of 15 steps forward and 15 steps backward

Superset #5:

Bulgarian Split Squats - 3 sets of 12 reps, each leg
Leg Extension - 3 sets of 20 reps

DAY 6: UPPER BODY

Warm up superset: Complete one set of the first exercise immediately followed by a set of the second exercise. Then rest for 45 seconds and repeat for 3 rounds total.

Push Ups: 10 reps

Bent Over Dumbbell Row: 10 reps

Straight Sets: Do one set of the first exercise followed by a 60 second rest. Complete 3 sets total before moving on to the next exercise.

Seated Overhead Press - 3 sets of 12 reps

Cable Leaning Lateral Raises - 3 sets of 12 reps

Cable reverse Flys - 3 sets of 12 reps

Neutral Grip Lat Pull Downs - 3 sets of 12 reps

Landmine Row - 3 sets of 12 reps

Close Grip Bench Press - 3 sets of 12 reps

Traveling Push Ups - 3 sets of 12 reps

HIIT Cardio: After a 3-5 minute warm up, complete 20 minutes of HIIT training where you will alternate 60 seconds of all out intensity with 60 seconds of low intensity/rest. You can do this on any piece of cardio equipment or take it outdoors to the pavement or your local track! Follow it up with 3-5 minutes of a cool down with decreasing intensity.

DAY 7: REST

Lean Muscle Building

MEAL PLANS

For this meal plan, choose one option for each meal. You'll eat 6 meals a day taking in a full serving of protein at each meal. This will initiate protein synthesis (the building of muscle tissue) and help your muscle building journey! Do not skip meals! Getting adequate calories is vital! Your body can't create something from nothing. You have to FUEL the muscle building process! Have fun!

MEAL 1

Option 1:

No Bake Cookie Bars

40g (½ c) oats

16g (1 tbsp.) peanut butter

28g (1 scoop) Chocolate Brownie IdealLean Protein Powder

1-2 tbsp. almond milk, unsweetened (just enough to be able to stir)

Mix all ingredients in large bowl. Form into a cookie shape and wrap in plastic wrap. Freeze for 2-3 hours or until firm. Keep in the freezer and thaw slightly before eating.

Meal Prep Tip: Make multiple servings at a time and keep in the freezer to have enough for the week.

Option 2:

Blueberry Muscle Muffins

8 egg whites

1 egg

1 ½ c oats

½ c baking stevia (optional)

½ c cottage cheese

½ c applesauce or 1 banana

1 scoop Vanilla IdealLean Protein

½ tsp. baking soda

½ tsp. baking powder

1 tsp. cinnamon

1 tsp. vanilla

110g blueberries

Blend all ingredients except the blueberries in the blender and pour into well greased muffin tins. Press berries into the muffin batter spreading the blueberries evenly between all muffins. Bake at 350 degrees for approx 20 minutes. This recipe should make 12 muffins. Have four muffins for your meal.

Meal Prep Tip: 12 muffins will last you for three days/servings. Put four muffins in a bag and keep the bags in the freezer. Pull them out the night before you want to eat them and keep them in the fridge.

MEAL 2

Option 1:

Raspberry Cheesecake Shake

28g (1 scoop) Vanilla IdealLean Protein
1 1/2 sheet (6 squares) low fat graham crackers
30g fat-free cream cheese
100g (3/4 c) frozen raspberries
1 c unsweetened almond milk
Ice

Blend all ingredients in a blender. Reserve 1 graham cracker square to crumble on top of your shake.

Option 2:

40g (1/4 c) cream of wheat
12g (2 tbsp.) PBfit® (powdered peanut butter)
28g (1 scoop) Chocolate Coconut IdealLean Protein*
5g (1 tbsp.) cocoa
Stevia, to taste

Mix protein powder, 5g (1 tbsp.) cocoa, stevia and 1 tbsp. (or less) of water until you have a thick brownie batter like paste. Spread it over the bottom of your bowl. Meanwhile cook 40g of cream of wheat with 1 c water and according to package directions. Stir in salt and stevia when it's done cooking. Spread cream of wheat over your protein powder. Reconstitute your powdered peanut butter with 1 tbsp. water and spread over your cream of wheat. This is one of my favorite breakfasts!

ALTERNATE: If you'd rather drink your protein powder on the side and stir the powdered peanut butter into your cream of wheat, that's delicious too!

MEAL 3

Option 1:

1 whole wheat tortilla or wrap (80-90 cals)

130g (1 small) apple

85g canned chicken or tuna

15g (1 tbsp.) olive oil mayo

Make tuna/chicken salad by combining meat, mayo, chopped celery, onion, pickles, and cucumber. Wrap up in the tortilla and have your apple on the side!

Option 2:

Hamburger Salad

70g ground beef (90/10 or leaner), browned

140g ($\frac{3}{4}$ c) brown rice, cooked

60g ($\frac{1}{4}$) avocado

pickles, onions, mustard, reduced sugar ketchup, etc.

Make a hamburger salad! Make a huge romaine salad with any veggies you'd like. Top with rice and beef and hamburger toppings! I top with reduced sugar ketchup, mustard, pickles, onions, etc!

Meal Prep Tip: When you make your taco meat, also brown some ground beef without taco seasoning for this meal!

MEAL 4

Option 1:

Fruit and Nut Bowl

180g (3/4 c) low-fat cottage cheese

75g (2/3 c) raspberries

16g slivered almonds

10 almond thin crackers (or 75 calories of any whole wheat/
rice/nut cracker)

Top cottage cheese with berries and almonds and enjoy! Have your crackers on the side or dip into the cottage cheese.

Option 2:

2 plain rice cakes

16g (1 tbsp.) peanut butter

60g (1/2 small) banana

28g (1 scoop) any flavor IdealLean Protein Powder

1 c unsweetened almond milk

Top the rice cakes with peanut butter and banana and have your shake on the side. Or you can blend frozen banana and peanut butter into your shake and eat your rice cakes plain.

MEAL 5

Option 1:

Tacos

4 oz ground beef (90/10 or leaner)
1 tbsp. from a packet of taco seasoning
2 small corn tortillas (60 cals each)
10g (2 tbsp.) cheddar cheese
diced onion and tomato and shredded lettuce

Brown ground beef. Drain the fat and add one tbsp. of taco seasoning. Using shredded lettuce, diced onions and tomatoes, assemble tacos with the beef and cheese.

Meal Prep Tip: Use 1lb of ground beef and make enough taco meat for the whole family or for multiple days at a time!

Option 2:

Buffalo Chicken

4 frozen chicken breasts
1 envelope Ranch Dips packet
 $\frac{3}{4}$ of a 23 oz buffalo sauce jar

Dinner portions:

100g buffalo chicken
120g ($\frac{3}{4}$ c) brown rice
45g ($\frac{1}{4}$) avocado

This recipe makes multiple days worth or enough for a whole family! Put four frozen chicken breasts in crock pot and top with 1 envelope Ranch Dips packet and $\frac{3}{4}$ of a 23 oz bottle of buffalo sauce. Cook on low for 4-5 hours. Pull the chicken with two forks or use a hand mixer to shred it. Add more sauce if needed and cook for another hour or so. If you aren't a fan of spicy food, try 1 packet of ranch dip powder and 1 packet of taco seasoning instead!

Serve 85g of the chicken over 145g ($\frac{3}{4}$ c) brown rice, top with 45g ($\frac{1}{4}$) avocado and serve with steamed veggies on the side. You can also top with 1 tbsp. plain Greek yogurt as well.

Meal Prep Tip: Store leftover chicken in the fridge to use for other meals in the week, or you can freeze it and pull it out later for a quick no-prep meal. If you'd like to keep things easy you can even use this chicken in your lunches.

MEAL 6

Option 1:

150g plain fat-free Greek yogurt

16g peanut butter

2g (½ tbsp.) sugar-free fat free butterscotch pudding powder

Stevia, to taste

Combine all ingredients in a small bowl. Let set in fridge for 20 minutes to thicken. Enjoy!

Meal Prep Tip: You can make multiple days worth at a time and freeze them. Let it thaw about 30-45 minutes before eating for a soft ice cream consistency.

Option 2:

Freezer Fudge

28g Chocolate Brownie IdealLean Protein

5g (1 tsp.) cocoa

16g peanut butter

Make freezer swirl fudge! Stir 1-2 tbsp. of water (adding ½ tbsp. at a time) into the protein powder. Add ½ tsp. cocoa and sweetener if desired. Layer the peanut butter on top and "swirl" it into the chocolate by using a fork or butter knife and dragging it in a zigzag pattern. Freeze for 20 minutes until it is firm but not frozen solid. If it does get frozen solid, thaw for about 30 minutes.

Meal Prep Tip: Make multiple servings at once in small tupperware containers and store in the freezer. Thaw for 30 minutes before eating.

SUPPLEMENT GUIDE:

Supplements are a great way to help maximize your hard work in the gym and kitchen. I've put together the ultimate Lean Muscle Building Stack to help you take your goals to the next level:

IdealLean Protein

Protein is as crucial to my daily routine as my workouts and my meal preparation. The right kind of protein powder is so important to your lean muscle building goals. IdealLean Protein is such a delicious and easy way to increase daily protein consumption to help with lean muscle building and support training. IdealLean Protein is so tasty on its own and also mixes well into shakes. So get creative, and most importantly, make sure you're treating your muscles right! :)

IdealLean BCAAs

Drinking water is key to having great workouts. Want another key? IdealLean BCAAs. They are fundamental to helping me take my gym sessions to the next level. IdealLean BCAAs are designed to be taken during your workouts to help support hydration, muscle building, and even have ingredients to help boost fat loss.

IdealLean Nighttime Probiotic

Proper sleep habits and taking time to rest up is just as important as the work you put in at the gym! IdealLean Nighttime Probiotic is formulated to help restore your body's natural balance and well-being. This probiotic supplement doesn't just help with nutrient absorption, digestive health, and even your metabolism, it also contains a Sleep blend to help you catch those super important Zzz's.

IdealLean CLA

IdealLean CLA is a high-quality CLA supplement that will help you fast track your lean muscle building results by aiding fat metabolism. This supplement makes getting important healthy fats easier than ever, so you can make the most of your hard work in the gym!



LEAN MUSCLE BUILDING STACK

GET IT TODAY!