



MUSCLE GAIN

2-WEEK GUIDE

BUILD MUSCLE · INCREASE STRENGTH · TRANSFORM YOUR PHYSIQUE

WHAT'S INSIDE:

- * 14-Day Hypertrophy Training Plan
- * Progressive Overload Framework
- * Sets, Reps & Rest Protocols
- * Muscle Group Split Schedule
- * Expert Tips for Maximum Gains



WELCOME TO YOUR 2-WEEK MUSCLE GAIN JOURNEY

This programme is built on the science of hypertrophy - the process by which your muscles grow larger in response to progressive overload and adequate recovery.

Over your 14 days, you will follow a structured push/pull/legs split designed to hit every major muscle group twice per week for maximum stimulus.

Remember: muscle is built in the kitchen and during sleep - not just in the gym. Follow this programme and the nutrition principles alongside it for best results.

PROGRESSIVE OVERLOAD

Increase weight or reps each week to force muscle adaptation

VOLUME & FREQUENCY

Hit each muscle group 2x per week with optimal sets & reps

REST & RECOVERY

Muscles grow at rest 48hr recovery between same muscle groups

YOUR KEY TRAINING NUMBERS

SETS PER EXERCISE	3-5	Compound movements 4-5, Isolation 3
REP RANGE	6-12	Hypertrophy sweet spot for muscle growth
REST BETWEEN SETS	60-90s	Compound: 2-3 min / Isolation: 60-90s
SESSIONS PER WEEK	5-6	Push / Pull / Legs split x2
PROGRESSIVE OVERLOAD	+2.5-5kg	Aim to add weight each week if possible





WEEK 1 -PUSH / PULL / LEGS SPLIT

MON PUSH	MONDAY - PUSH DAY 5x5 Bench Press 4x8 OHP 4x10 Incline DB Press 3x12 Lateral Raises 3x15 Tricep Pushdown <i>* Focus on form - chest to bar</i>
TUE PULL	TUESDAY - PULL DAY 5x5 Deadlift 4x8 Barbell Rows 4x10 Pull-Ups 3x12 Face Pulls 3x15 Hammer Curls <i>* Deadlift = king of mass builders</i>
WED LEGS	WEDNESDAY - LEGS DAY 5x5 Squats 4x10 Leg Press 3x12 Romanian Deadlift 3x15 Leg Curl 4x15 Calf Raises
THU REST	THURSDAY - REST DAY Active recovery - 20min walk, stretching and foam rolling. Prioritise nutrition today. <i>* Eat your protein today</i>
FRI PUSH	FRIDAY - PUSH DAY 2 4x8 DB Bench Press 4x10 Cable Flies 4x10 Arnold Press 3x12 Skull Crushers Dips 3x12
SAT PULL	SATURDAY - PULL DAY 2 4x8 Pull-Ups 4x10 Seated Cable Row 3x12 Lat Pulldown 3x12 Rear Delt Flies 3x15 Curls
SUN REST	SUNDAY - REST DAY Full rest. Sleep 8+ hours. Meal prep for Week 2. Reflect on Week 1 performance. <i>* Recovery is gains!</i>





WEEK 2 - PUSH / PULL / LEGS SPLIT

MON PUSH	MONDAY - PUSH DAY 5x5 Bench Press (+2.5kg) 4x8 OHP (+2.5kg) 4x10 Incline DB 3x12 Lat Raises 3x15 Tri PD <i>* Add weight from Week 1</i>
TUE PULL	TUESDAY - PULL DAY 5x5 Deadlift (+5kg) 4x8 BB Rows (+2.5kg) 4x10 Pull-Ups 3x12 Face Pulls 3x15 Curls <i>* Progressive overload week!</i>
WED LEGS	WEDNESDAY - LEGS DAY 5x5 Squats (+2.5kg) 4x10 Leg Press (+10kg) 3x12 RDL 3x15 Leg Curl 4x20 Calf Raises
THU REST	THURSDAY - REST DAY Active rest. Walk, stretch, foam roll. Review your session notes and celebrate progress. <i>* Check your weights log</i>
FRI PUSH	FRIDAY - PUSH DAY 2 4x8 DB Bench (+2kg) 4x12 Cable Flies 4x10 Arnold Press 3x12 Skull Crushers Dips 3x15
SAT PULL	SATURDAY - PULL DAY 2 4x10 Pull-Ups 4x12 Seated Cable Row 3x15 Lat Pulldown 3x12 Rear Delt 3x15 Curls
SUN REST	SUNDAY - REST + ASSESS Rest. Take measurements and photos. Compare to Week 1. Plan your next phase with Ayo. <i>* Share your progress!</i>





COACH AYO'S

MUSCLE GAIN SECRETS

PROGRESSIVE OVERLOAD

The #1 rule of muscle growth. Each week, aim to lift more weight or perform more reps. Your muscles adapt quickly - you must keep challenging them.

EAT IN A SURPLUS

To build muscle you need a calorie surplus of 200-400 calories above maintenance. Eating too little while training hard will result in spinning your wheels with no gains.

PROTEIN TIMING

Consume 30-40g of protein within 60 minutes of training. While total daily protein is most important, post-workout nutrition helps kickstart muscle protein synthesis.

COMPOUND FIRST

Always perform your big compound lifts (squats, deadlifts, bench, rows) at the start of your session when your central nervous system is fresh and performance is highest.

MIND-MUSCLE CONNECTION

Slow down your reps and focus on the muscle you are training. A 3-second eccentric (lowering) phase dramatically increases time under tension and muscle activation.

DELOAD WHEN NEEDED

If your lifts are stalling and you feel beaten up, take a deload week - drop volume and intensity by 40%. You will come back stronger. Recovery IS part of the programme.





WANT PERSONALISED COACHING?

Get a custom programme built specifically for your body, goals and lifestyle.

Get a plan built specifically around your body, goals and lifestyle.

1-1 ONLINE COACHING

- Tailored training & nutrition
- Weekly video check-ins
- App tracking + support

TRANSFORMATION PLAN

- Custom 12-week plan
- Progress check-ins
- Lifetime plan access

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