

**Men'sHealth**

**THE NEW RULES OF MUSCLE  
WORKOUT  
BUILDER**

**NEW RULES  
OF  
MUSCLE**

# THE NEW RULES OF MUSCLE WORKOUT BUILDER



**With Ebenezer Samuel's Workout Builder, you can transform the *New Rules of Muscle* workouts into a plan to crush your fitness goals!**

In the *New Rules of Muscle* program, you'll find five workouts that help you build muscle in your arms, chest, abs, and back—as well as burn fat. You can also customize the program for specific results. That's where these plans come in handy.

**WANT ESPECIALLY MASSIVE ARMS?** Check out the 3-Week Ultimate Arm Blast on page 4. Or if you're just starting the *New Rules of Muscle* program, use the 4-Week Start-Up on page 3 to begin building your new body. And there's more! Eb created four plans to keep your training fresh and effective, week after week.

**HERE'S HOW IT WORKS:** If you're new to the program, begin with the 4-Week Start-Up. After you complete it, choose the plan that best fits your fitness goals. Alternate among the plans as your goals (and body) change.

**ON RECOVERY DAYS:** All of the workout plans include one or two “Rest or Active Recovery” days. On these days, you can choose to either rest completely or recover actively to relieve stiffness. For best results, Eb recommends doing low-intensity activities like walking or gentle yoga.

# PLANS

## 4-WEEK START-UP

Begin your muscle-making journey with this 4-week program for all-over greater gains. You can return to this phase anytime and repeat for as many as 4 cycles in a row before moving on to a new plan.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 THE RULE OF <b>LATS</b>	 THE RULE OF <b>LEGS</b>	 THE RULE OF <b>ABS</b>	 THE RULE OF <b>CHEST</b>	 THE RULE OF <b>GUNS</b>	 REST OR ACTIVE RECOVERY	 REST OR ACTIVE RECOVERY

Repeat schedule for four weeks.

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## THE 3-WEEK SHRED

Show off for beach season or a special event with this 3-week program. You'll double-up on workouts and focus on conditioning to help you burn extra fat. On Days 1 and 5, you'll do two workouts per day. If your schedule allows, do one workout in the morning and one at night. If not, perform the workouts back-to-back.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 THE RULE OF <b>LATS</b>  +  THE RULE OF <b>ABS</b>	 THE RULE OF <b>LEGS</b>	 THE RULE OF <b>ABS</b>	 THE RULE OF <b>CHEST</b>	 THE RULE OF <b>GUNS</b>  +  THE RULE OF <b>ABS</b>	 REST OR ACTIVE RECOVERY	 REST OR ACTIVE RECOVERY

Repeat schedule for three weeks.

## THE 3-WEEK ULTIMATE ARM BLAST

Grow your guns by packing maximum arm training into every week of this 3-week plan. Muscle protein synthesis—the process of rebuilding muscle tissue to help you get bigger and stronger—needs a 48-hour rest window for best results. That’s why, in this plan, you’ll do as much arm training as possible between rest and training other muscle groups.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
THE RULE OF GUNS	THE RULE OF ABS	THE RULE OF LATS	THE RULE OF CHEST	THE RULE OF LEGS	THE RULE OF GUNS	REST OR ACTIVE RECOVERY

Repeat schedule for three weeks.

## THE 4-WEEK MAINTENANCE PLAN

Want to train like Ebenezer? Here’s how he maintains his fitness and conditioning throughout the year. It’s the perfect follow-up to any of the other Workout Builder plans.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
THE RULE OF LATS	THE RULE OF CHEST	THE RULE OF LEGS	THE RULE OF LATS	THE RULE OF CHEST	THE RULE OF GUNS + THE RULE OF ABS	REST OR ACTIVE RECOVERY

Repeat schedule for four weeks.