GENERAL

max workouts 90 day ultimate lean body program

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Max Workouts 90 Day Ultimate Lean Body Program

Imagine waking up every morning with the confidence that your body is lean, toned, and performing at its peak. The **Max Workouts 90 Day Ultimate Lean Body Program** is designed to transform that vision into reality. Whether you're a seasoned athlete or a beginner looking to shed excess fat while building muscle, this comprehensive guide will walk you through a structured, science backed regimen that delivers measurable results in just three months.

Why a 90 Day Plan Works

Human bodies adapt quickly to new stimuli. A 90 day window is long enough to create lasting habits, but short enough to maintain motivation. This program is built around three distinct phases—Foundation, Hypertrophy, and Cutting—each with clear objectives, workouts, and nutritional tweaks. By the end of the 12 weeks, you'll have a lean, muscular physique and a toolkit of lifestyle habits that keep the results permanent.

Phase 1: Foundation (Weeks 1–4)

Goal: Build Strength, Master Form, and Set a Nutritional Baseline

During the first month, the focus is on compound lifts, core stability, and establishing a healthy eating pattern. Strength gains here lay the groundwork for the explosive work that follows.

Workout Structure

- Frequency: 4 days per week (e.g., Mon, Tue, Thu, Fri)
- Split: Upper/Lower, Upper/Lower
- Reps: 4–6 per set for compound lifts; 8–10 for accessory work
- Rest: 2–3 minutes between sets for strength movements

Sample Weekly Schedule

1. Monday – Upper Body Strength

   Bench Press – 4×6
2. Weighted Pull Ups – 4×6
3. Overhead Press – 3×8
4. Barbell Row – 3×8
5. Face Pulls – 3×12

- Back Squat – 4×6
- Deadlift – 3×5
- Romanian Deadlift – 3×8
- Leg Press – 3×10
- Calf Raises – 4×12

- Incline Dumbbell Press – 4×10
- Lat Pulldown – 4×10
- Arnold Press – 3×12

- Seated Cable Row – 3×12
- Hammer Curls – 3×15

- Front Squat – 4×10
- Hip Thrust – 4×10
- Bulgarian Split Squat – 3×12
- Leg Curl – 3×12
- Standing Calf Raises – 4×15

Nutritional Foundations

- Calorie Intake: Start at maintenance to support strength gains.
- Macronutrient Split: 40% protein, 30% carbs, 30% healthy fats.
- Protein Goal: 1.0–1.2 /g per pound of body weight.
- Meal Timing: 3–4 balanced meals, with a protein rich snack pre or post workout.
- Hydration: 3–4 /liters per day, more on training days.

Recovery Focus

Sleep is your secret weapon. Aim for **7–9 hours per night**. Incorporate foam rolling and dynamic stretches on rest days to maintain mobility.

Phase 2: Hypertrophy (Weeks 5–8)

Goal: Increase Muscle Volume, Boost Metabolic Rate, and Enhance Definition

After establishing a strong base, the program ramps up volume and introduces higher rep ranges. This phase pushes your muscles to adapt, resulting in increased size and improved vascularity.

Workout Structure

- Frequency: 5 days per week (e.g., Mon, Tue, Wed, Fri, Sat)
- Split: Push/Pull/Legs (PPL) + Upper/Lower
- Reps: 8–12 for most sets; 12–15 for isolation work
- Rest: 60–90 seconds between sets to elevate heart rate

Sample Weekly Schedule

1. Monday – Push (Chest, Shoulders, Triceps)

   Flat Bench Press – 4×8
2. Incline Dumbbell Press – 4×10
3. Dumbbell Fly – 3×12
4. Seated Overhead Press – 4×10
5. Triceps Pushdown – 3×15

- Weighted Pull Ups – 4×8
- Barbell Row – 4×10
- Lat Pulldown – 3×12
- Face Pull – 3×15
- Cable Curl – 3×15

- Back Squat – 4×8
- Romanian Deadlift – 4×10
- Leg Press – 3×12

- Leg Curl – 3×15
- Calf Raises – 4×20

- Incline Bench Press – 4×12
- Seated Cable Row – 4×12
- Lateral Raises – 3×15
- Rear Delt Fly – 3×15
- Hammer Curls – 3×15

- Front Squat – 4×12
- Hip Thrust – 4×12
- Bulgarian Split Squat – 3×15
- Leg Curl – 3×15
- Standing Calf Raises – 4×25

Nutrition Tweaks

- Increase carbohydrate intake by 10–15% to fuel higher volume workouts.
- Maintain protein at 1.2 /g per pound of body weight.
- Consider a pre workout carb source (e.g., banana, oats) 30–60 /minutes before sessions.
- Post workout recovery shake: 1 scoop whey protein + 1 scoop creatine + a quick carb.

Supplementation

- Creatine Monohydrate: 5 /g daily to enhance power and muscle fullness.
- Beta Alanine: 2–3 /g to buffer lactic acid during high intensity sets.
- Fish Oil: 2–3 /g for joint health and inflammation control.

Phase 3: Cutting (Weeks 9–12)

Goal: Reduce Body Fat, Reveal Muscle Definition, and Preserve Strength

The cutting phase introduces a calorie deficit while preserving lean muscle mass. Cardio becomes more prominent, and meal timing is refined to maximize fat loss.

Workout Structure

- Frequency: 4–5 days per week (PPL + Cardio)
- Volume: 6–8 sets per exercise, 8–12 reps.
- Cardio: 20–30 /minutes HIIT or steady state sessions 2–3 times per week.
- Rest: 45–60 seconds between sets to maintain intensity.

Sample Weekly Schedule

1. Monday – Push + Cardio

   Flat Bench Press – 4×8
2. Incline Dumbbell Press – 4×10
3. Overhead Press – 3×12
4. Triceps Rope Pushdown – 3×15
5. HIIT: 20 /min (30 /s sprint, 90 /s walk)

- Weighted Pull Ups – 4×8
- Barbell Row – 4×10
- Face Pull – 3×15

- Preacher Curl – 3×15
- Steady State: 30 /min brisk walk

- Back Squat – 4×8
- Romanian Deadlift – 4×10
- Leg Press – 3×12
- Calf Raises – 4×20
- HIIT: 20 /min (30 /s sprint, 90 /s walk)

- Circuit (3 rounds): 10 /push ups, 15 /air squats, 20 /mountain climbers, 10 /burpees
- Steady State: 30 /min cycling

Nutritional Strategy

- Calorie Deficit: Reduce intake by 500–750 /kcal from maintenance.
- Macronutrient Shift: 35% protein, 30% carbs, 35% fats.

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