

Published based on [Build Muscle and Strength, How to Build Size and Power, Beginner Bodybuilder Workout](#)

Build Muscle and Strength, How to Build Size and Power, Beginner Bodybuilder Workout

www.PumpExperience.com http In this workout, Aaron Garza The Youtube Body Designer show you how to drastically increase your lean muscle while losing fat. This video specifically gives you the know-how on building muscle with what Aaron refers to as "The Base Program" A part of this program includes using base power movements to increase lean muscle and power. The exercises for this Bodybuilding/BodyDesign Workout include: Chest Press, Deadlifts, Squats, Shoulder Press, Bicep Curls and Tricep Extensions. The workout is designed to be completed 3x per week with days off in between. Sets should be 4 per exercise and should start with 15 reps then 12 reps then 10 reps and finally 6-8 reps. The weights should get progressively heavier as the sets continue. Learn everything you need to know about building your best body and your best self ever through MrBodyDesigners YouTube Channel, MrBodyDesigner or his website, www.BodyDesignerTV.com Information including science based bodybuilding, nutrition, supplementation and other information which can help you maximize results in the gym will be given on a weekly basis. Be sure and subscribe as we bring you the latest right from Pump24 Hour Training Mecca in McAllen Texas. The new home of advanced training and body transformation. If you're goal is leaning out, toning up or Designing A New Body this year then you've come to the right place. Let Aaron help you through his proven techniques and no Bull approach to training. Come by ...

Watch the full 20 minute version with full sound and demonstrations, at www.mycontestprep.com Facebook: www.facebook.com TEAM Optimum Nutrition Physique Athlete www.optimumnutrition.com Check out my online store for offers on clothing, DVD's & supplements, plus fully customized training programs www.robrichesstore.com TRX [http](http://www.robtrich.com) See my full workout routine on Bodybuilding.com bodyspace.bodybuilding.com Follow me on Twitter! twitter.com Check out www.robriches.com for more information and training and nutrition. Music provided by The Rookz. "Formed in January 2010 The Rookz are the brainchild of two friends Jordan Chappell and Darren Richards. After just 11 months, The Rookz have already been played on numerous radio stations, performed at dozens of venues, raised thousands of pounds supporting charity events, won the South Wales Battle of The Bands, and recorded their first EP, which should be available on iTunes within the next few weeks! The Rookz signed to an Indie Label Slick Records in June 2010, and will be releasing their debut album for summer 2011. The Rookz will be appearing in numerous big music festivals in 2011. The Rookz believe that music should be 100% entertaining, there is no other band you can compare them to! They are unique!"

Video Rating: 4 / 5

You can also find this article published on [Build Muscle and Strength, How to Build Size and Power, Beginner Bodybuilder Workout](#), and on the tag pages [Beginner](#), [Bodybuilder](#), [Build](#), [Muscle](#), [POWER](#), [Size](#), [Strength](#), [Workout](#).