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method
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**VIA METHOD: Muscle-
Building Blueprint**

**BEGINNER-FRIENDLY 4-
DAY / WEEK PLAN**

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WELCOME TO THE VIA METHOD MUSCLE-BUILDING BLUEPRINT

I know how confusing it can feel to start working out when you're not sure if you're doing the right things. I created this blueprint to take away that stress and give you a simple, effective plan you can follow with confidence. My goal is to help you build muscle, gain structure, and finally feel like you're making real progress, without needing hours in the gym or a complicated routine. You're not doing this alone. I designed every part of this plan to guide you step-by-step, just like I would if I were coaching you personally.

WHAT THIS BLUEPRINT IS

This blueprint gives you a clean, beginner-friendly 4-day training program designed to help you build muscle in a sustainable, realistic way. Every workout is structured, easy to follow, and built to help you get stronger week after week.

WHO THIS IS FOR

I built this blueprint for anyone who wants to build muscle but doesn't know where to start — beginners, hardgainers, people getting back into the gym, students, or anyone who feels inconsistent or overwhelmed. If you're ready to stop guessing and start training with purpose, you're in the right place.

HOW TO USE THIS PROGRAM

Follow these guidelines as you work through the plan so you get the most out of it:

- Follow the workouts in order each week.
- Focus on clean reps and controlled form.
- Rest 1–2 minutes between sets unless otherwise noted.
- Don't rush to lift heavy — master the movements first.
- Be consistent. That's where real progress comes from.
- If you miss a day, don't start over. Just pick up where you left off.

THE 8-WEEK PROGRESSION SYSTEM

This program runs for 8 weeks. You'll follow the same four workouts each week and gradually increase intensity over time. This is how real muscle growth happens — not from changing workouts constantly, but from mastering the basics and getting stronger at them.

RIR PROGRESSION

RIR means “Reps In Reserve,” or how many more clean reps you could do if you absolutely had to. Here's your weekly intensity target:

WEEK	TARGET
1	3 RIR
2	3 RIR
3	2 RIR
4	2 RIR
5	1 RIR
6	1 RIR
7	0 RIR (Failure)
8	8 RIR (Deload)

****Starting easier and building intensity each week helps your muscles grow while keeping your joints healthy and your form sharp.****

YOUR WEEKLY PROGRESSION RULE

How to Progress

- Add 5 lbs
- Add 1–2 reps
- Add 1 extra set

How to Choose What to Do

- If you finished the set with more reps left than your RIR target → add a little weight next week
- If you hit the RIR target and feel the muscle working well → add 1–2 reps
- If you hit the RIR target but feel a bit too tired → repeat the same weight
- If you missed your RIR target or felt overly fatigued → reduce weight, reps, or sets

****Being sore is normal at first, but if you stay sore for more than 2–3 days, the muscle isn't recovering well. Next week, lower the weight, reps, or sets until soreness returns to normal.****

DELOAD WEEK

Deload week (Week 8) is where you let your body recover so you can come back stronger for your next cycle.

You'll still do the workouts, but everything should feel very easy:

- **Use about 50–60% of your normal weight**
- **Keep RIR around 8**
- **No pushing, no intensity, no grinding**
- **Deloading is one of the most important things beginners skip — but it's a huge part of long-term muscle growth. This is where your body repairs, rebuilds, and resets.**

“Remember, deloads should feel easy. Reduce sets and stop reps before they get challenging.”



TRAINING GUIDELINES TO MAXIMIZE YOUR PROGRESS

These are not rules meant to restrict you — they're here to help you get the most out of your efforts. Beginners make fast progress when they follow simple structure.

1. Master your form first.

Moving well matters more than moving heavy. Clean reps build muscle faster than sloppy reps ever will.

2. Rest 1–2 minutes between sets.

This keeps you strong enough to hit your target reps each time.

3. Control the weight. Don't rush.

Fast reps = less muscle growth.

Smooth, controlled reps = more muscle growth.

4. Stick to the plan.

Adding random exercises makes the program less effective. Follow the structure exactly.

5. If you miss a day, don't panic.

Just continue where you left off. Consistency beats perfection every time.

6. Track your lifts.

Even a simple notes app works.

Seeing your progress is one of the most motivating parts of training.

THE 4-DAY TRAINING PROGRAM

I designed this 4-day split to give you a balanced routine that builds muscle everywhere, without overcomplicating anything. Stick to the plan, follow the progression rules, and you'll get stronger every week.

DAY	FOCUS
1	Upper Body A
2	Lower Body A
3	Upper Body B
4	Lower Body B

HOW TO WARM UP

START WITH 5 MINUTES OF DYNAMIC STRETCHING

Light movements: arm circles, leg swings, hip openers, band pull-aparts, etc. This warms up your joints and increases your range of motion.

WARM UP FOR YOUR FIRST EXERCISE WITH RAMP-UP SETS

Do 2–3 warm-up sets using fractions of your working weight:

- 40% x 8–10 reps
- 60% x 5–6 reps
- 80% x 2–3 reps

FOR EVERY NEW MUSCLE GROUP THAT DAY

Perform 1 warm-up set with a light version of the movement before starting working sets.

DAY 1 — UPPER BODY A

Exercise	Sets	Reps
Flat DB Bench Press	2	8 to 12
Incline DB Press	2	8 to 12
Lat Pulldown (Parallel Grip)	2	12 to 15
Lateral Raise Machine or DB	3	12 to 20
Standing or Seated DB Curl	3	12 to 20
Rope Tricep Pushdown	3	15 to 20

DAY 2 — LOWER BODY A

Exercise	Sets	Reps
Hack Squat	2	8 to 12
Leg Extension	2	8 to 12
Seated Leg Curl	2	12 to 15
Hip Thrust	2	8 to 12
Seated/Standing Calf Raises	3	12 to 20

DAY 3 — UPPER BODY B

Exercise	Sets	Reps
Seated Row Machine	2	8 to 12
Lat Pulldown (Wide Grip)	2	12 to 15
Incline DB Press	2	8 to 12
Rear Delt Flye Machine	3	15 to 20
Overhead Tricep Extension (Cable)	3	12 to 20
DB Hammer Curl	3	12 to 20

DAY 4 — LOWER BODY B

Exercise	Sets	Reps
DB Romanian Deadlift	2	12 to 20
Lying Leg Curl	2	12 to 20
Hip Adduction	3	15 to 20
Leg Extension	2	8 to 15
Seated/Standing Calf Raises	3	12 to 20

THE VIA METHOD NUTRITION BLUEPRINT

THE PHILOSOPHY

Nutrition doesn't need to be extreme. You don't need a strict meal plan to build muscle — just simple habits you can stick with. My goal is to help you fuel your training without overthinking it.

DAILY PROTEIN GOAL

Aim for 0.7–1.0 grams per pound of bodyweight per day.

(If you're 160 lbs, shoot for 110–160g per day.)

Protein is the foundation of muscle growth.

THE 3-MEAL STRUCTURE

Here's the simplest way to eat for muscle:

- 1) High-protein breakfast
- 2) Balanced lunch (protein + carb + fruit/veggie)
- 3) Solid dinner (protein + carb + vegetables + optional fats)

Optional snack if needed.

This keeps your energy stable and supports muscle growth.

SAMPLE DAY OF EATING

Breakfast	Greek yogurt bowl or eggs + toast
Lunch	Chicken and rice bowl or turkey sandwich
Dinner	Ground beef/turkey bowl, salmon + rice, or stir-fry
Snacks	Protein bar, fruit, cottage cheese, jerky, smoothie

SIMPLE NUTRITION RULES

- **Eat protein at every meal**
- **Drink enough water**
- **Carbs fuel your training — don't fear them**
- **Choose whole foods most of the time**
- **Eat until comfortably full**
- **Stay consistent, not perfect**

80/20 LIFESTYLE

Aim for 80% whole foods and 20% flexible choices.

This is how you stay consistent without feeling restricted — and consistency is what drives real results.

CLOSING MESSAGE

You now have everything you need to start building muscle with confidence. If you stick to this blueprint, stay consistent, and apply the progression process week after week, I promise you will get stronger and look better.

UNLOCK PERSONALIZED 1:1 COACHING

If you want faster results, accountability, and a plan built exactly for your body, schedule, and goals — my 1:1 coaching program is designed to take you from “following a plan” to transforming your physique.

**CLICK THE LINK IN MY
INSTAGRAM BIO:
[@VIAMETHODCOACHING](#)**