



ADONIS INDEX WORKOUT

**Muscle Building
Foundation**

**12-Week
Program**

JOHN BARBAN



Adonis Index Workout Systems



Muscle Building Foundation Program

**12 Week Periodized Program For:
Mass
Strength
Power**

By: John Barban

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2010

Muscle Building Foundation Week 1

Muscle Building Foundation: Week 1 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Muscle Building Foundation: Week 1 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Chin Ups	4	12	90	
One Arm Dumbbell Rows	4	12	90	
Standing Lateral Raise	4	12	90	
Standing Front Raise	4	12	90	
Standing Alternate Dumbbell Curl	4	8	120	
Incline Curls	4	8	120	
Incline Tricep Extension	4	8	120	
Tate Press	4	8	120	

Muscle Building Foundation Week 1

Muscle Building Foundation: Week 1 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	8	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 1 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
High Pull	4	12	90	
Bent Lateral Raise	4	12	90	
Wide Grip Pulldowns	4	12	90	
Low Pulley Row	4	12	90	
Overhead Tricep Extension	4	8	120	
Lying Tricep Extension	4	8	120	
Barbell Curl	4	8	120	
Hammer Curl	4	8	120	

Muscle Building Foundation Week 1

Muscle Building Foundation: Week 1 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Incline Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 1 Final Notes: _____

Muscle Building Foundation Week 2

Muscle Building Foundation: Week 2 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Muscle Building Foundation: Week 2 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Chin Ups	4	12	90	
One Arm Dumbbell Rows	4	12	90	
Standing Lateral Raise	4	12	90	
Standing Front Raise	4	12	90	
Standing Alternate Dumbbell Curl	4	8	120	
Incline Curls	4	8	120	
Incline Tricep Extension	4	8	120	
Tate Press	4	8	120	

Muscle Building Foundation Week 2

Muscle Building Foundation: Week 2 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	8	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 2 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
High Pull	4	12	90	
Bent Lateral Raise	4	12	90	
Wide Grip Pulldowns	4	12	90	
Low Pulley Row	4	12	90	
Overheard Tricep Extension	4	8	120	
Lying Tricep Extension	4	8	120	
Barbell Curl	4	8	120	
Hammer Curl	4	8	120	

Muscle Building Foundation Week 2

Muscle Building Foundation: Week 2 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Incline Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 2 Final Notes: _____

Muscle Building Foundation Week 3

Muscle Building Foundation: Week 3 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Muscle Building Foundation: Week 3 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Chin Ups	4	12	90	
One Arm Dumbbell Rows	4	12	90	
Standing Lateral Raise	4	12	90	
Standing Front Raise	4	12	90	
Standing Alternate Dumbbell Curl	4	8	120	
Incline Curls	4	8	120	
Incline Tricep Extension	4	8	120	
Tate Press	4	8	120	

Muscle Building Foundation Week 3

Muscle Building Foundation: Week 3 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	8	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 3 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
High Pull	4	12	90	
Bent Lateral Raise	4	12	90	
Wide Grip Pulldowns	4	12	90	
Low Pulley Row	4	12	90	
Overhead Tricep Extension	4	8	120	
Lying Tricep Extension	4	8	120	
Barbell Curl	4	8	120	
Hammer Curl	4	8	120	

Muscle Building Foundation Week 4

Muscle Building Foundation: Week 4 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Bench Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Muscle Building Foundation: Week 4 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Chin Ups	4	12	90	
One Arm Dumbbell Rows	4	12	90	
Standing Lateral Raise	4	12	90	
Standing Front Raise	4	12	90	
Standing Alternate Dumbbell Curl	4	8	120	
Incline Curls	4	8	120	
Incline Tricep Extension	4	8	120	
Tate Press	4	8	120	

Muscle Building Foundation Week 4

Muscle Building Foundation: Week 4 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	8	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 4 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
High Pull	4	12	90	
Bent Lateral Raise	4	12	90	
Wide Grip Pulldowns	4	12	90	
Low Pulley Row	4	12	90	
Overheard Tricep Extension	4	8	120	
Lying Tricep Extension	4	8	120	
Barbell Curl	4	8	120	
Hammer Curl	4	8	120	

Muscle Building Foundation Week 5

Muscle Building Foundation: Week 5 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Muscle Building Foundation: Week 5 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Reverse Grip Pulldown	4	10	90	
Low Pulley Row Wide Grip	4	10	90	
Seated Lateral Raises	4	10	90	
Bent Lateral Raise	4	10	90	
Seated Dumbbell Curls	4	10	90	
Concentration Curls	4	10	90	
Rope Pushdowns	4	10	90	
Lying Tricep Extension (dumbbell)	4	10	90	

Muscle Building Foundation Week 5

Muscle Building Foundation: Week 5 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	10	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 5 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
One Arm Dumbbell Rows	4	10	90	
Chin Ups	4	10	90	
Tate Press	4	10	90	
Dips	4	10	90	
Cable Curls	4	10	90	
Reverse Curls	4	10	90	

Muscle Building Foundation Week 5

Muscle Building Foundation: Week 5 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Incline Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 5 Final Notes: _____

Muscle Building Foundation Week 6

Muscle Building Foundation: Week 6 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Muscle Building Foundation: Week 6 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Reverse Grip Pulldown	4	10	90	
Low Pulley Row Wide Grip	4	10	90	
Seated Lateral Raises	4	10	90	
Bent Lateral Raise	4	10	90	
Seated Dumbbell Curls	4	10	90	
Concentration Curls	4	10	90	
Rope Pushdowns	4	10	90	
Lying Tricep Extension (dumbbell)	4	10	90	

Muscle Building Foundation Week 6

Muscle Building Foundation: Week 6 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	10	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 6 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
One Arm Dumbbell Rows	4	10	90	
Chin Ups	4	10	90	
Tate Press	4	10	90	
Dips	4	10	90	
Cable Curls	4	10	90	
Reverse Curls	4	10	90	

Muscle Building Foundation Week 6

Muscle Building Foundation: Week 6 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Incline Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 6 Final Notes: _____

Muscle Building Foundation Week 7

Muscle Building Foundation: Week 7 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Muscle Building Foundation: Week 7 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Reverse Grip Pulldown	4	10	90	
Low Pulley Row Wide Grip	4	10	90	
Seated Lateral Raises	4	10	90	
Bent Lateral Raise	4	10	90	
Seated Dumbbell Curls	4	10	90	
Concentration Curls	4	10	90	
Rope Pushdowns	4	10	90	
Lying Tricep Extension (dumbbell)	4	10	90	

Muscle Building Foundation Week 7

Muscle Building Foundation: Week 7 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	10	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 7 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
One Arm Dumbbell Rows	4	10	90	
Chin Ups	4	10	90	
Tate Press	4	10	90	
Dips	4	10	90	
Cable Curls	4	10	90	
Reverse Curls	4	10	90	

Muscle Building Foundation Week 7

Muscle Building Foundation: Week 7 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Incline Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 7 Final Notes: _____

Muscle Building Foundation Week 8

Muscle Building Foundation: Week 8 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Muscle Building Foundation: Week 8 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
Reverse Grip Pulldown	4	10	90	
Low Pulley Row Wide Grip	4	10	90	
Seated Lateral Raises	4	10	90	
Bent Lateral Raise	4	10	90	
Seated Dumbbell Curls	4	10	90	
Concentration Curls	4	10	90	
Rope Pushdowns	4	10	90	
Lying Tricep Extension (dumbbell)	4	10	90	

Muscle Building Foundation Week 8

Muscle Building Foundation: Week 8 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	10	120	
Deadlifts	2	8	90	
	2	6	90	
	5	5	180	

Muscle Building Foundation: Week 8 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
One Arm Dumbbell Rows	4	10	90	
Chin Ups	4	10	90	
Tate Press	4	10	90	
Dips	4	10	90	
Cable Curls	4	10	90	
Reverse Curls	4	10	90	

Muscle Building Foundation Week 8

Muscle Building Foundation: Week 8 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
Incline Bench Press	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 8 Final Notes: _____

Muscle Building Foundation Week 9

Muscle Building Foundation: Week 9 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Muscle Building Foundation: Week 9 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
One Arm Dumbbell Row	4	8	120	
Chin Ups	4	8	120	
Bent Lateral Raises	4	12	90	
Plate Front Raises	4	12	90	
Barbell Curls	4	12	90	
Standing Dumbbell Curls	4	12	90	
Lying Tricep Extensions	4	12	90	
Rope Pushdowns	4	12	90	

Muscle Building Foundation Week 9

Muscle Building Foundation: Week 9 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	12	120	
Deadlifts	2	8	90	
	2	6	90	
	5	3	180	

Muscle Building Foundation: Week 9 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
Wide Grip Pulldown	4	8	120	
Low Pulley Row	4	8	120	
Tate Press	4	12	90	
Lying Tricep Extension (dumbbells)	4	12	90	
Hammer Curls	4	12	90	
Incline Curls	4	12	90	

Muscle Building Foundation Week 9

Muscle Building Foundation: Week 9 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Incline Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 9 Final Notes: _____

Muscle Building Foundation Week 10

Muscle Building Foundation: Week 10 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Muscle Building Foundation: Week 10 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
One Arm Dumbbell Row	4	8	120	
Chin Ups	4	8	120	
Bent Lateral Raises	4	10	90	
Plate Front Raises	4	10	90	
Barbell Curls	4	12	90	
Standing Dumbbell Curls	4	12	90	
Lying Tricep Extensions	4	12	90	
Rope Pushdowns	4	12	90	

Muscle Building Foundation Week 10

Muscle Building Foundation: Week 10 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	12	120	
Deadlifts	2	8	90	
	2	6	90	
	5	3	180	

Muscle Building Foundation: Week 10 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
Wide Grip Pulldown	4	8	120	
Low Pulley Row	4	8	120	
Tate Press	4	12	90	
Lying Tricep Extension (dumbbells)	4	12	90	
Hammer Curls	4	12	90	
Incline Curls	4	12	90	

Muscle Building Foundation Week 10

Muscle Building Foundation: Week 10 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Incline Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 10 Final Notes: _____

Muscle Building Foundation Week 11

Muscle Building Foundation: Week 11 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Muscle Building Foundation: Week 11 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
One Arm Dumbbell Row	4	8	120	
Chin Ups	4	8	120	
Bent Lateral Raises	4	12	90	
Plate Front Raises	4	12	90	
Barbell Curls	4	12	90	
Standing Dumbbell Curls	4	12	90	
Lying Tricep Extensions	4	12	90	
Rope Pushdowns	4	12	90	

Muscle Building Foundation Week 11

Muscle Building Foundation: Week 11 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	12	120	
Deadlifts	2	8	90	
	2	6	90	
	5	3	180	

Muscle Building Foundation: Week 11 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
Wide Grip Pulldown	4	8	120	
Low Pulley Row	4	8	120	
Tate Press	4	12	90	
Lying Tricep Extension (dumbbells)	4	12	90	
Hammer Curls	4	12	90	
Incline Curls	4	12	90	

Muscle Building Foundation Week 11

Muscle Building Foundation: Week 11 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Incline Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 11 Final Notes: _____

Muscle Building Foundation Week 12

Muscle Building Foundation: Week 12 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Muscle Building Foundation: Week 12 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
One Arm Dumbbell Row	4	12	90	
Chin Ups	4	12	90	
Bent Lateral Raises	4	12	90	
Plate Front Raises	4	12	90	
Barbell Curls	4	12	90	
Standing Dumbbell Curls	4	12	90	
Lying Tricep Extensions	4	12	90	
Rope Pushdowns	4	12	90	

Muscle Building Foundation Week 12

Muscle Building Foundation: Week 12 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
Military Press	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
Flat Dumbbell Press	4	12	120	
Deadlifts	2	8	90	
	2	6	90	
	5	3	180	

Muscle Building Foundation: Week 12 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
Dumbbell Upright Row	4	10	90	
One Arm Lateral Raises	4	10	90	
Wide Grip Pulldown	4	8	120	
Low Pulley Row	4	8	120	
Tate Press	4	12	90	
Lying Tricep Extension (dumbbells)	4	12	90	
Hammer Curls	4	12	90	
Incline Curls	4	12	90	

Muscle Building Foundation Week 12

Muscle Building Foundation: Week 12 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
Squats	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
Incline Bench Press	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 12 Final Notes: _____
