

T SHIRT MUSCLES



DITCH THE XTRA
SMEDIUMS SHIRTS
AND GET SWOLE
NOW

GET 10LBS
OF THICK
T-SHIRT
MUSCLES
IN 6 WEEKS

BY TEIKO REINDORF

T-Shirt Muscles

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**GAIN 10LBS OF
THICK T-SHIRT
MUSCLE IN 6 WEEKS**

INTRODUCTION

First things first

Congrats I'm making the wise decision to download the **T-shirt Muscle Program**.

The program is pretty straightforward; it's an upper body specialization program where you *focus on* training the major muscle groups of the upper body **more so** than the lower.

The program is a 3-day split where we perform high volume training for the muscles that **count** when it comes to looking good in a shirt.

The day-to-day breakdown is as follows

Day 1: Chest and Back

Day 2: Shoulders and Arms

Day 3: Off

Day 4: Legs and Abs

Day 5: Off

Day 6: Start all over again

Now that you've seen the structure lets get into the actual workouts

Day 1: Chest and back

A1: Incline barbell press 3 x 12
A2: Seated rope- pull to neck 3 x12

B1: Pull-ups 3 x12
B2: Lean forward dips 3 x 12

C1: Cable flyes 3 x 15
C2: EZ bar pull-over's 3 x 15

Day 2: Shoulders and Arms

A1: Seated shoulder press 3 x 12
A2: Close grip barbell press 3 x 9
A3: Ez bar biceps curls 3 x 12

B1: Seated lateral raises 3 x 12
B2: Ez bar triceps extensions 3 x 12
B3: Scott machine biceps curl 3 x 9

C1: One arm rear delt raise 2 x 15
C2: Low cable biceps curls 2 x 15
C3: Rope triceps extensions 2 x 15

Day 3: Legs and Abs

A1: Prone hamstring curls 4 x 6
A2: leg press low feet position 4 x 8

B1: Dumbbells squat 3 x 12
B2: Dumbbells Romanian deadlift 3 x 12

C1: Swiss ball abs curl 3 x 12
C2: Leg lowering 3 x 12
C3: plank holds 90 seconds

Rest 60 seconds inbetween all exercises per superset

THE DIET

When it comes to eating for T-shirt muscles I prefer to keep it simple.

Your first 3 meals of the day should be a combination of proteins and carbohydrates like eggs with a cup of oatmeal or turkey breast sandwich on flax bread.

Whereas the last 3 meals should be a protein and fats combo like salmon with spinach drizzled in olive oil.

See nice and simple.

Aim to drink tons of water during this training and if you must supplement. Supplement with branch chain amino acids before and during training.

A post workout shake should be drunk after each training session. Any high quality whey will do.

CONCLUSION

There you have it a basic, easy plan to get you filling out a t-shirt within the next 6 weeks.

Check your email for messages over the next little while, I will be sending you even more information to help you get bigger, more muscular and stronger.

Okay man, till next time

I'm out