

## How to Build Muscle on a Tight Schedule

I was thinking that either before going to work, or after coming home, I'd bust out a couple of workouts, eat, and crash before having to get up and do this shit all over again. Just thought I'd get a pro's opinion. Cheers Matt Dixon  
Since frequency is important you will still want to hit each body part at least once every 4-5 days.

So you could do three days on, one day off. Or you could go six days on, one day off. Or just five days straight.

Not sure what option works best for you so I will give you an example of each.

Three days on, one day off: Day 1- Vertical pushing & pulling

Day 2- Lower body

Day 3- Horizontal pushing & pulling

Day 4- Off

Day 5- Repeat Day 1 using different exercises

Or

Day 1- Chest & Biceps

Day 2- Legs Day

3- Back & Triceps

Day 4- Off

Day 5- Repeat

Day 1 using different exercises If you are going to go six days straight you don't want to be doing pressing exercises on back to back days which would happen with either of the above options so you may be best doing the old push/pull.

Day 1- Chest & shoulders

Day 2- Back width (chins) & back thickness (rows)

Day 3- Legs

Day 4- Repeat

Day 1 using different exercises If you are going to go five days straight just do this:

Day 1- Chest & shoulders

Day 2- Back width (chins) & back thickness (rows)

Day 3- Legs

Day 4- Repeat

Day 1 using different exercises

Day 5- Repeat

Day 2 using different exercises

Day 6- Off

Day 7- Off

Day 8 (the following Monday)- Repeat

Day 3 with different exercises Depending on how much time you have you could throw in a set or two of triceps at the end of day one and biceps on day two.

Now as far as sets and reps go, this really depends on how much time you have. As does exercise selection. In time pressed situations like this I like to start with higher reps and work your way down. This way your work sets become your warm ups and vice versa.

So instead of needing to do more warm up sets to start with a set of five, you should start with a set of 10-12 and take that to near failure.

Count that as your first set and then drop the reps and up the weight for one or two more sets. This saves you time. If you are really in a rush you will also have to do the opposite of what I normally recommend. Instead of choosing exercises that allow you to use the most weight, you will actually have to choose the exercises that allow you to use the least weight. That way your warm up time will be cut way down. Warming up to a 405 squat takes a lot longer than warming up to a pistol squat with no weight. Same can be said of deadlifts versus glute ham raises or inverted rows versus heavy, cheat one arm rows.

So choose accordingly.

Hopefully that gives you some ideas and options to play with.