



Stronger: 90 Day Muscle Building Program

Who says you need a gym membership to build muscle? With just a pair of dumbbells and a will to succeed you can build muscle right from your living room!

If you're looking for an easy to follow home bodybuilding calendar, then look no further. Resistance training is the best way to improve strength and reshape your physique by building muscle and burning unwanted body fat at the same time.

Stronger isn't just for men, but for women too! No, you won't get too bulky or too big – you just don't have enough testosterone to get that way.

You'll perform the most advanced muscle building techniques to break plateaus and spark new growth.

- – Over 40 unique workout routines so you never get bored
- – Build lean muscle, gain strength, and burn body fat
- – Intermediate through Advanced trainees
- – Only requires a pair of dumbbells

For best results combine the muscle building program with one of HASfit's meal plans.

DIET GUIDE:

Stronger 90 is designed to compliment our [Eating For Life](#) diet guide. If you're not eating the right foods for your goal, then it doesn't matter how hard you exercise because you're not going to see results.

[Eating For Life](#) will teach you how to eat the foods you love while getting the results you need.

****Limited time offer**** Use the discount code: "Tribe20" at checkout for 20% off the ebook

INSTRUCTIONS:

Start with day 1 and progress through the calendar by completing each workout in sequential order.

Start with Day 1 and progress chronologically through the entire 90 day program. In a perfect world the program will take 90 days to complete; however, it's okay if it takes you longer.

You're encouraged to adjust the routines and plan to your specific needs and goals. Use the modifications to decrease the difficulty. Increase the difficulty by using heavier weights.

You may also mix it up by alternating days between this program and another HASfit program like our Warrior 90 2.0 plan or with your own routine.

For most people, we do not recommend adding extra workouts in addition to everything listed because it can lead to overtraining. We only recommend adding additional workouts for well-trained athletes and those who are in peak physical condition. If this doesn't describe you, then there is no need to add extra cardio, extra weights, etc. to this plan.

You may repeat the bodybuilding plan as many times as you'd like while trying to increase the weight used as your strength builds.

REST DAYS:

The work and rest days may be moved around to adapt to your schedule, but be sure to take rest days. Your body needs rest to recover.

EQUIPMENT:

The only equipment required is two pair of dumbbells. This program uses muscle building techniques that require you to have at least one lighter and one heavier pair, so that you can change up the weight as needed. The weight you use will be totally dependent on your fitness level.

You'll also have the opportunity to use a weight bench, stability ball, barbell, pull up bar, and resistance band, but again it is important for us to stress that they are not required.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>35 Minute Upper Body Workout at Home</u>	2 <u>30 Min Home Butt and Leg Workout</u>	3 A: <u>10 Minute Abs Workout at Home</u> B: <u>30 Minute Full Body Stretching</u>	4 OFF	5 <u>40 Min Total Body Workout with Weights</u>	6 <u>30 Minute HIIT Tabata Workout with Weights</u>	7 OFF
8 <u>30 Min Home Shoulder Workout Routine</u>	9 <u>30 Minute Leg Workout with Dumbbells</u>	10 A: <u>12 Minute Dynamic Stretching</u> B: <u>20 Minute Arms Workout at Home</u>	11 OFF	12 <u>30 Min Chest and Triceps Workout</u>	13 <u>30 Min Home Leg Workout</u>	14 OFF
15 <u>50 Min Full Body Workout with Dumbbells</u>	16 A: <u>15 Minute Intense Abs</u> B: <u>20 Minute Mobility Routine</u>	17 <u>20 Minute Fat Burning HIIT</u>	18 OFF	19 <u>35 Min At Home Butt and Thigh Workout No Equipment</u>	20 <u>30 Min No Equipment Upper Body Workout</u>	21 OFF
22 <u>30 Minute Bodybuilding Leg Workout</u>	23 <u>20 Minute Dumbbell Chest Workout</u>	24 <u>20 Minute Bodybuilding Back Workout</u>	25 OFF	26 A: <u>10 Minute Lower Abs Workout</u> B: <u>25 Minute Total Body Yoga Stretch</u>	27 <u>35 Minute Strength Training Workout</u>	28 OFF
29 <u>40 Min Chest and Tricep Workout</u>	30 <u>45 Min Butt and Legs Workout</u>					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 <u>30 Minute Full Body Stretching</u>	32 OFF	33 <u>40 Min Back and Bicep Workout</u>	34 <u>15 Minute Intense Abs</u>	35 OFF
36 <u>45 Min Weight Training Workout + Abs</u>	37 <u>30 Minute HIIT at Home with Dumbbells</u>	38 <u>40 Minute Arm Workout</u>	39 OFF	40 <u>30 Minute Leg Workout with Dumbbells</u>	41 <u>35 Minute Upper Body Workout at Home</u>	42 OFF
43 <u>25 Min Chest and Tricep Workout</u>	44 <u>30 Min Back and Biceps Workout</u>	45 A: <u>12 Min Dynamic Stretching</u> B: <u>17 Min Leg Workout</u> C: <u>8 Minute Six Pack Abs</u>	46 OFF	47 <u>45 Min Total Body Strength Workout</u>	48 <u>30 Minute Full Body Stretching</u>	49 OFF
50 <u>30 Min Chest and Triceps Workout</u>	51 <u>30 Min Home Leg Workout</u>	52 <u>30 Min Back and Biceps Workout</u>	53 OFF	54 <u>20 Minute Shoulder Workout</u>	55 A: <u>10 Minute Abs Workout at Home</u> B: <u>20 Minute Butt Workout</u>	56 OFF
57 <u>50 Min Full Body Workout with Dumbbells</u>	58 <u>30 Minute Fat Burning Cardio</u>	59 A: <u>14 Minute Standing Abs</u> B: <u>25 Minute Total Body Yoga Stretch</u>	60 OFF	61 <u>35 Minute Upper Body Workout at Home</u>		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					62 <u>30 Minute Home Butt and Leg Workout</u>	63 OFF
64 <u>20 Minute Dumbbell Chest Press</u>	65 <u>20 Minute Bodybuilding Back Workout</u>	66 A: <u>20 Minute Arms Workout with Dumbbells</u> B: <u>10 Minute Abs and Obliques</u>	67 OFF	68 <u>30 Minute Bodybuilding Leg Workout</u>	69 <u>30 Minute Full Body Stretching</u>	70 OFF
71 <u>35 Min At Home Butt and Thigh Workout No Equipment</u>	72 <u>30 Min No Equipment Upper Body Workout</u>	73 <u>30 Minute Dumbbell Arm Workout</u>	74 OFF	75 <u>25 Min Cardio Abs Workout without Equipment</u>	76 <u>40 Min Total Body Workout with Weights</u>	77 OFF
78 <u>30 Min Home Shoulder Workout Routine</u>	79 <u>30 Min Home Butt and Leg Workout</u>	80 A: <u>12 Minute Dynamic Stretching</u> B: <u>25 Min Arm Workout</u>	81 OFF	82 <u>40 Min Total Body Strength Training Workout</u>	83 <u>30 Minute Power Yoga for Strength</u>	84 OFF
85 <u>40 Min Chest and Tricep Workout</u>	86 <u>30 Minute Leg Workout with Dumbbells</u>	87 <u>40 Min Back and Bicep Workout</u>	88 OFF	89 <u>30 Minute HIIT Tabata with Weights</u>	90 <u>45 Min Total Body Strength Workout</u>	