

Biogen
FOR THE RESULTS YOU WANT

GAINER'S GUIDE TO GREATNESS

MEAL PLAN

BREAKFAST

BREAKFAST SMOOTHIE

- 30 g Raw Oats
- 1 Tbsp Peanut Butter (sugar & salt free)
- 50 g Mixed Berries (fresh or frozen)
- 40 g Banana
- 1 Serving Biogen Iso-Whey Premium
- 1 Serving Biogen L-Glutamine



SNACK MEAL

MID-MORNING SNACK

- 1 Serving Biogen Iso-Whey Premium
- 50 g Mixed Berries
- 1 Tbsp Peanut Butter (sugar & salt free)



LUNCH

PROTEIN & VEG

- 1 Serving Protein (120 g Chicken / 200 g Hake / 150 g Lean Mince)
- 80 g Basmati Rice, cooked
- 80 g Mixed Veg, cooked
- 1 Tbsp Extra Virgin Olive Oil

WORKOUT

PRE-WORKOUT (TAKEN MIN 1 HR BEFORE)

- 1 Serving Biogen Pure Creatine
- 1 Serving Biogen Rage Energy
- 1/2 Tsp Salt
- 1 Serving Biogen Arginine AKG



INTRA-WORKOUT

- 1 Serving Biogen Lean Aminos

POST-WORKOUT

- 1 1/2 Serving Biogen Iso-Whey Premium
- 80 g Banana

DINNER

PROTEIN & VEG

- 1 Serving Protein (120 g Chicken / 180 g Hake / 160 g Lean Mince)
- 80 g Lettuce
- 50 g Cucumber
- 80 g Butternut, cooked
- 50 g Broccoli, lightly cooked
- 2 Tbsp Light Salad Dressing



* Products highly recommended for this meal plan

Those on the hunt for lean gains require a diet with fewer carb-derived calories than those on a bulking diet. Tilting your macronutrient ratio towards a higher protein intake is a sensible way to add more muscle without adding extra fat.

MORE MUSCLE // LESS FAT
LEAN

EXERCISE GUIDE

5 DAY EXERCISE SCHEDULE See full workouts on following page

DAY 1 - BACK & BICEPS + ABS



- Wide Grip Pull Ups
- Chin Ups
- Bicep Curls
- Alternating Rows
- Deadlifts

- Alternating Reverse Grip Bicep Curls
- Hammer Bicep Curls
- Rows
- Supermans

DAY 2 - SHOULDERS & TRICEPS + ABS



- Lateral Raises
- 90° Lateral Raises
- Shoulder Presses
- Front Raises
- Tricep Kick Backs

- Bent Over Reverse Flyers
- Tricep Dips
- Close Stance Tricep Push Ups
- Wall Hand Stand Push Ups or Pike Presses

DAY 3 - LEGS + ABS



- Alternating Walking Lunges
- Body Weight Squats
- Split Squats
- 3D Lunges
- Prone Hamstring Curls

- Reverse Lung Into Forward Knee Lifts
- Slider Hamstring Curls
- Step Calf Raises
- Calf Farmers Walk

DAY 4 - CHEST



- Push Ups
- Stability Ball Flyers
- Stability Ball Presses
- Wide Stance Push Ups
- Decline Push Ups

- Standing Flyers
- Standing Shoulder Presses
- Pike Presses
- Front Raises
- Alternating Shoulder Presses

DAY 5 - HIIT & ABS



- Shuttle Runs
- Sit Ups
- Lying Leg Raises
- Sit Up & Over Head Reaches
- Alternating Unilateral V-Ups

- Slider Ab Pikes
- Thusters (Squat To Shoulder Press)
- Accumulative Plank
- Hollow Rocks

ABS (ADD ON TO WORKOUTS)



- V-Ups
- V-tucks
- Butterfly Sit Ups
- Burpees

- Forearm Plank
- Full Plank
- Heel Rotational Plank
- Inchworms

OPTIONAL & SUGGESTED DAILY VITAMINS



- Biogen Multi Vitamin Plus
- Biogen Vitamin D3
- Biogen Omega 3
- Biogen Vitamin C Ester Plus
- Biogen Probiotic 9-Strain



Meal plans created for Biogen by
DOM VON PANNIER
FITNESS & NUTRITION // BIOGEN AMBASSADOR

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EXERCISE PLAN

5 DAY EXERCISE SCHEDULE

DAY 1 - BACK & BICEPS + ABS

WARM UP

5 Min Stairs / Skipping / Shuttle Runs

EXERCISE

- Wide Grip Pull Ups** 50 Reps (Split Sets or Banded Lat Pull Downs)
- Chin Ups** 50 Reps (Split Sets or Reverse-grip Banded Lat Pull Downs)
- Bicep Curls*¹** 4 Sets x 20 Reps Each Arm
- Alternating Rows*²** 4 Sets x 16 Reps Each Side (Bent over)
- SUPER SETS**
- Deadlifts*³** 16 Reps
- Grip Bicep Curls*¹** 4 Sets x 16 Reps Each Arm
- SUPER SETS**
- Hammer Bicep Curls*¹** 4 Sets x 20 Reps Each Arm
- Rows*⁴** 4 Sets x 16 Reps (Bent over)
- Supermans** 4 Sets x 10 Reps (2 Second pause at the top)

DAY 2 - SHOULDERS & TRICEPS + ABS

WARM UP

5 Min Stairs / Skipping / Shuttle Runs + 3 Sets Shoulder Rotations (30 seconds forward circles + 30 seconds back wards)

EXERCISE

- Lateral Raises*¹** Xx???
- SUPER SETS**
- 90° Lateral Raises** Xx?? (See **TECHNIQUE *6**)
- Shoulder Presses*⁴** 4 Sets X 16 Reps
- Front Raises*¹** 4 Sets X 16 Reps Each Side
- Bent Over Reverse Flyers*¹** 4 Sets X 16 Reps (seated)
- Tricep Kick Backs*¹** 12 Reps
- SUPER SET 4 SET**
- Tricep Dips** 20 Reps
- Tricep Push Ups** Xx?? (Close stance - inside shoulder width apart)
- Wall Hand Stand Push Ups or Pike Presses** 50 Reps (Split the reps up - minimum 50)

DAY 3 - LEGS + ABS

WARM UP

5 Min Stairs / Skipping / Shuttle Runs

EXERCISE

- Walking Lunges** 100x Body Weight Alternating
- Body Weight Squats** 100x Body Weight
- Split Squats*²** 4 Sets x 16 Each Leg
- Reverse Lung into Forward Knee Lifts*²** 4 Sets x 16 Each Leg (Control the lift & tighten glutes)
- 3D Lunges*²** 3 Sets x 10 Reps
- Prone Hamstring Curls*²** 5 Sets x 12 Reps (See **TECHNIQUE *7**)
- Slider Hamstring Curls*⁵** 5 Sets x 12 Reps
- Step Calf Raises*¹** 6 Sets x 25 Reps
- Calf Farmers Walk*²** 4 Sets x 30 Reps (Walk on your toes, squeezing your calves)

DAY 4 - CHEST

WARM UP

5 Min Stairs / Skipping / Shuttle Runs

EXERCISE

- Push Ups** 100x Split Sets
- Stability Ball Flyers*¹** 4 Sets x 20 Reps
- SUPER SET**
- Stability Ball Presses*¹** 4 Sets x 20 Reps
- Wide Stance Push Ups** XX??
- Decline Push Ups** 4 Sets x 12 Reps (Feet up on a bench)
- SUPER SET**
- Standing Flyers*¹** 12 Reps each side
- Standing Shoulder Presses*¹** 4 Sets x 20 Reps
- SUPER SET**
- Pike Presses** 4 Sets x 12 Reps
- Front Raises*¹** 4 Sets x 12 Reps
- Alternating Shoulder Presses*¹** 4 Sets x 12 Reps (Palms facing inwards)

DAY 5 - HIIT & ABS

WARM UP

5 Min Stairs / Skipping / Shuttle Runs

EXERCISE

This is to be performed with very little to no rest in between exercises.

- 8x 10m Shuttle Runs
- 40x Sit Ups
- 6x 10m Shuttle Runs
- 30x Sit Up & Over Head Reach (with Odd Object)
- 4x 10m Shuttle Runs
- 20x Lying Leg Raises (with Odd Object)
- 2x 10m Shuttle Runs
- 16x Alternating Unilateral V-Ups
- 10x Thrusters (Squat To Shoulder Press) *¹
- 4 Sets x 10 Reps Stability Ball / towel Or Disc Slider Ab Pike

SUPER SET

- 1 Minute Accumulative Plank hold after every pike set

SUPER SET

- 50x Hollow Rocks (every time you break do 6x 10m Shuttle Run)

ADDITIONAL ABS WORKOUT

Repeat 3x a week after workouts of choice or as an additional workout

EXERCISE

4 ROUNDS:

- 10x V-Ups
- 10x V-Tucks
- 10x Butterfly Sit Ups
- 10x Burpees

3 ROUNDS:

- 30 Seconds Forearm Plank
- 30 Seconds Full Plank
- 30 Seconds Heel Rotational Plank (activate obliques)
- 10x Inchworms



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*** EQUIPMENT**

- ¹ Dumbbell / Band / Odd Object
- ² Dumbbell / Odd Object
- ³ Barbell / Dumbbell / Stick / Odd Object
- ⁴ Barbell / Band / Odd Object
- ⁵ Hamstring Ball Rolls / Towel / Disk

*** TECHNIQUE**

- ⁶ Arms at your side bent in a hammer curl position & raise arms to shoulder height
- ⁷ Hold dumbbell in between your feet, or with band around your ankles