

Bespoke Training Schedule

Date: [Insert Date]

To: [Client's Name]

From: [Trainer's Name]

Dear [Client's Name],

We are excited to present your customized training schedule designed specifically for muscle gain. This plan is tailored to your individual fitness level, goals, and preferences.

Weekly Training Schedule

Day	Exercise	Sets	Reps
Monday	Bench Press	4	8-10
Tuesday	Squats	4	8-10
Wednesday	Rest/Active Recovery	-	-
Thursday	Deadlifts	4	6-8
Friday	Overhead Press	4	8-10
Saturday	Pull-Ups	4	To Failure
Sunday	Rest	-	-

Nutrition Recommendations

To complement your training, consider the following nutritional guidelines:

- Incorporate protein-rich foods in each meal.
- Stay hydrated throughout the day.
- Consume healthy fats and carbohydrates for energy.

Feel free to reach out for any questions or adjustments to this plan. Looking forward to helping you achieve your muscle gain goals!

Best Regards,

[Trainer's Name]

[Contact Information]