

START HERE sun mon tues wed thurs fri sat							BUILD Series 3	
	1 Upper Body Push / Pull Strength Foundations 50 min	2 Lower Strength Foundations Squat / Hip Hinge 45 min	3 Abs & Core Burn Weighted Rotations 30 min	4 REST	5 Full Body Intro to Strength Moves 60 min	6 Foundations to Dumbbell Cardio 30 min	FIRST BLOCK DAY 1 - DAY 27 WEEK 1 STRENGTH FOUNDATIONS (DAY 1 - 6) WEEK 2 STRENGTH & STABILITY (DAY 7 - 13) WEEK 3 HYPERTROPHY & CONTROL (DAY 14 - 20) WEEK 4 POWER & PERFORMANCE (DAY 21 - 27) WEEK 5 DELOAD WEEK: DAY 28- DAY 35 WWW.CHRISED1.COM WEEK 1 - 4	
7 REST	8 Lower Strength & Stability Split Squats + Lunges + Bridges 45 min	9 Align & Energize: Neck to Ankles Flow 30 min	10 Full Body Strength Muscle Group Targeting 60 min	11 REST	12 Upper Body Heavy + Stability Challenge 60 min	13 No Repeat Cardio with Abs & Core 30 min		
14 REST	15 Lower Strength Slow ECCENTRICS + Time under Tension 50 min	16 Push Day with Slow ECCENTRICS + Abs & Core 40 min	17 Glutes Tri-Sets High Volume & Control 40 min	18 REST	19 Pull Day with Slow ECCENTRICS with ISO 40 min	20 Bodyweight Supersets Cardio 30 min		
21 REST	22 Full Body Straight Sets + Explosiveness 50 min	23 Mobility for PERFORMANCE & Stretching Flow 30 min	24 Full Body Giant Sets / Deadlifts, Snatches 50 min	25 REST	26 Full Body / Upper Lower Supersets+Agility 50 min	27 PERFORMANCE with RESISTANCE Bands 30 min		
28	29	30	31	32	33	34	WEEK 5 // DELOAD WEEK // REST AND RE-CHARGE	

What is Build Series 3.0?

Build Series 3.0 is an 8-week, follow-along muscle and strength-building program starting January 6th, 2025, on our YouTube channel, Chris and Edi. It's completely FREE and designed to help you get stronger, build muscle, and improve your overall fitness.

This year, we've added a new focus on mobility and core strength, especially abs—something we've never done before. The program is structured to hit every muscle group multiple times a week for real progress, while also improving endurance and resilience.

If you're ready to challenge yourself and grow stronger, Build Series 3.0 has everything you need to make it happen!

Equipment Needed: Light, Medium and Heavy Dumbbells or Kettlebells, Yoga Mat, Bench or a Plyo Box or a strong Chair, Yoga Blocks and Resistance Bands. If you are a beginner or have limited equipment at home, you can still join us. Just follow along with what you have available.

What is the workout schedule for Build Series 3.0?

We're posting 5 brand-new workouts every week, with a different workout split for each week. As shown on the calendar, each week has a specific focus, carefully planned to maximize muscle growth and strength.

We highly recommend following the schedule as outlined on the calendar. While you can start the program on any day, sticking to the planned sequence is key to seeing the best results.

Since Build Series 3.0 is a muscle-building-focused program, scheduled cardio sessions are limited. We'll provide cardio recommendations for the 8 weeks, but you won't find HIIT workouts in this program. Some weeks include cardio sessions, but these are carefully programmed to avoid overstressing your body.

Why this approach?

Recovery is just as important as the workouts themselves. If you push yourself with heavy weights, rest days and balanced cardio help ensure your body recovers and adapts. This way, you'll build strength without risking overtraining.

What is DELOAD WEEK?

Right after Week 4, we've included a deload week—a full week with no intense training. During this time, we won't post any new workouts, and instead, we encourage you to focus on active recovery.

What does active recovery look like?

It can include light activities like jogging, walking, cycling, stretching routines, yoga, or any other low-impact movement that keeps you active without overloading your body.

Why is a deload week important?

- 1. Recovery and Repair:** After 4 weeks of intense training, your body needs time to repair muscles and recover fully.
- 2. Improved Performance:** Rest allows your nervous system to reset, so you can come back stronger and ready to push hard in the second half of the program.
- 3. Injury Prevention:** Deload weeks reduce the risk of overtraining and injuries, helping you stay consistent in the long run.

Think of this week as hitting the reset button for your body—giving it the rest it needs to prepare for the next 4 weeks of hard work.

What to do after DELOAD Week is over?

After the deload week, we dive into the second block of Build Series 3.0—the final 4 weeks of the program. By now, you'll feel refreshed and re-energized, ready to take on the next phase.

The second block builds on the progress you made in the first 4 weeks, continuing to focus on strength and muscle growth while incorporating everything you've gained so far. This phase will challenge you to push harder and finish the program stronger than ever.

Stick to the schedule, give it your all, and enjoy the process—you've got this!

I'm a beginner—can I join Build Series 3.0?

Yes, absolutely! While Build Series 3.0 is designed for intermediate and advanced lifters, beginners are more than welcome to join.

If you're new to training, we recommend starting with Build Series 1 and Build Series 2 first, as they're more beginner-friendly and will help you build a solid foundation. However, if you're excited to jump in with Build Series 3.0, you can absolutely do that too!

Tips for Beginners:

- **Adjust the program:** Modify exercises to suit your fitness level, and don't worry about using lighter weights or fewer reps.
- **Take extra rest days:** Recovery is key, so listen to your body and give yourself more time to rest when needed.
- **Focus on form:** Prioritize good technique over heavier weights to avoid injuries and set yourself up for long-term success.

The most important thing is to stay consistent and progress at your own pace. You've got this!

How Long Are the Workouts? Can I Do This Program at Home or in a Gym?

Each session typically lasts between 30-60 minutes, depending on specific phase and workouts.

Build Series 3.0 is designed to be flexible—you can do it at home or in a gym. At home, you'll only need minimal equipment (dumbbells, resistance bands, a bench), and we've included modifications for any exercises if you don't have access to all the equipment.

In the gym, you can follow the same workout structure, using the equipment available to you. The program is adaptable, so you can make it work wherever you train.

Active Rest Day Recommendations & Extra Cardio:

Active rest days are essential for recovery, allowing your muscles to repair and grow stronger without overloading your body. During these days, keep the intensity light and incorporate 1-2 enjoyable, low-impact activities like:

- Running, swimming, or biking
- Rowing, boxing, or any cardio you enjoy

The goal is to stay active without stressing your body further. These activities help increase blood flow, support muscle repair, and keep your fitness level consistent. However, if you're feeling extra fatigued, it's okay to opt for a more restful day.

Sleep & Recovery:

In addition to active rest, sleep is one of the most important factors in recovery. Aim for 7-9 hours of quality sleep each night to allow your muscles to repair and rebuild. During sleep, your body releases growth hormones that support muscle growth, strength gains, and overall recovery.

Prioritize rest alongside your workouts to maximize your results. Without enough sleep, your performance and recovery will be limited, so make it a non-negotiable part of your routine.

Remember, recovery—including rest, sleep, and active recovery—plays a huge role in building strength and muscle.

Nutrition:

Proper nutrition is key to supporting your muscle growth and recovery during Build Series 3.0. Focus on eating a balanced diet with plenty of protein, healthy fats, and complex carbohydrates to fuel your workouts and help your muscles repair.

Make sure to stay hydrated, and if your goal is muscle growth, consider increasing your calorie intake slightly to ensure you're in a slight surplus. Proper fueling combined with your training will maximize your progress and help you get the best results from the program.

Need Extra Help with Nutrition?

If you're looking for extra guidance or meal ideas, check out our 220 delicious recipes on our website, including breakfast, lunch, snacks, and dinners—all with macro breakdowns, instructions, storage options, and meal prep ideas. Check out our [RECIPE COLLECTION HERE: https://chrisedi.com/products/chris-edis-recipe-collection-220-delicious-recipes](https://chrisedi.com/products/chris-edis-recipe-collection-220-delicious-recipes)