**Lesson #1: Workout & Training Intro**

All right guys, welcome to the workout module.

Alright, in this module, I'm going to explain exactly how you need to train in order to maximize muscle growth. Alright?

I'll be covering a concept I like to call progressive training segmentation, which refers to how you should change your training split over time in order to break through plateaus.

I'll give you the exercises, the reps, and the sets for each split. I'll also explain the main mechanism behind building muscle consistently over time as a natural lifter progressive overload.

I'll also show you guys how to figure out if you're over training, or under training. And I'll tell you why I think you should not be doing any cardio.