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Introduction

Hey! My name is Kyle and I am the owner of CampusGains.com. I help college students build muscle and lose body fat.

The reason I created this cheat sheet for Steve Cook’s Big Man on Campus 12 Week College Trainer is because it’s an effective nutrition and training program targeted at college students, but it’s covered in 2 hours of videos and more than a dozen articles.

That’s a ton of information and I wanted to help you save time, understand the main points of the program, and get started right away without having to go through all of that content.

Of course, if you feel like you need more detailed explanations on anything in this cheat sheet, go to the Sources section and click through to the original videos and articles.

Get to it.
Training

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General Training Tips

- For each exercise, increase the weight on each set
- Don't let your form break down or get sloppy
- Try to increase the weight from week to week
- Supersets are when you perform the exercises back to back with no rest in between
- Drop sets are when you drop the weight back to the amount of the first set or lighter
- Warm up with 5 minutes of low intensity cardio before each workout

Chest and Triceps Workout (50 min - 1 hr 15 min)

#1 - Incline Barbell Press
- 1 x 8-12 - warm-up
- 3 x 8-12
- 1 x 21 - drop set
- Rest 60-90 sec between sets

#2 - Incline DB Flyes
- 3 x 8-12
- Rest 30-60 sec between sets

#3 - Dumbbell Press
- 4 x 6-10
- Rest 60-90 sec
#4 - Modified Dip/Push-up Superset
- 3 x failure
- Rest 30 sec between rounds

#5 - Skull Crushers/Close Grip Bench Press Superset
- 1 x 8-12 warm-up set
- 3 x 12-16
- Rest 60 sec between rounds

#6 - Rope Extensions
- 3 x 12-16
- Don’t activate the shoulders and use partial movements to get more blood into the muscle.

#7 - Overhead Dumbbell Extensions
- 4 x failure
- No rest in between
- Decrease the weight on each set

Back, Biceps, and Calves Workout (45 min - 1 hour)

#1 - Wide-Grip Pull-Up
- 4 x 10-failure
- Rest 60 sec between sets
- Make sure you get 10 reps on each set even if you need to rest or a spotter
- If you can get more than 15 reps, add weight with a dip belt

#2 - Bent-Over T-Bar Row
- 3 x 10-12
- Rest 60 sec between sets
- Dropset on last set

#3 - Close-Grip Pulldown
- 3 x 10-12
- Rest 60 sec between sets
- Dropset on last set
#4 - Dumbbell Single-Arm Row
- 3 x 8-12
- Rest 60 sec between sets

#5 - Straight-Arm Rope Lat Pulldown
- 5 x 15
- Rest 30 sec between sets

#6 - EZ-Bar Curl
- 1 x 12-14 (strict set)
- 1 x 8-10 (strict set)
- 1 x 6 (cheat set)
- 1 x 4 (cheat set)
- Rest 60 sec between sets
- Cheat - Throwing your back just enough to get the weight up

#7 - Incline Dumbbell Curl
- 4 x 10-12
- Rest 30-60 sec between sets

#8 - Spider Curl/Dumbbell Hammer Curl Superset
- 2 x failure
- Rest 30 sec between rounds

Legs Workout (45 min - 1 hr)

Note: It’s recommended to wear a weight belt for all leg exercises to keep a stable core and protect your lower back.

#1 - Straight-Legged Deadlift
- 1 x 8-12 warm-up
- 3 x 8-12
- Rest 60-90 sec between sets

#2 - Standing Leg Curl
- 3 x 8-12
- Rest 60 sec between sets

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#3 - Seated Leg Curl
- 5 x 12
- Rest 30 sec between sets

#4 - Front Squat
- 1 x 8-12 warm-up
- 1 x 14-16
- 1 x 10-12
- 1 x 6-8
- Rest 60-90 sec between sets
- Dropset on last set

#5 - Leg Press
- 3 x 10-12
- Dropset right after the last set

#6 - Leg Extension/Jumping Lunge Superset
- 3 x 12-15
- Rest 30 sec between rounds

Shoulders, Traps, and Calves Workout (45 min - 1 hr)

#1 - Dumbbell Press
- 3 x 12-16
- Rest 60-90 sec between sets
- Dropset to failure right after the last set

#2 - Lateral Raise
- 4 x 10-12
- Rest 60-90 sec between sets
- Triple drop set on the last set (Do a set, drop the weight, and repeat - 3 total sets)

#3 - Reverse Pec Dec
- 5 x 10-14
- Rest 30 sec between sets
#4 - Front Raise/Upright Row Superset 3x
- 3 x 10-14
- Rest 30 sec between rounds

#5 - Barbell Shrug
- 1 x 12-15 warm-up
- 4 x 8-12
- Rest 60 sec between sets
- Use a weight belt and straps if you need it

Rest Days - Things to Do
- Sleep - Rest up for the next workout
- Low intensity cardio - Sports, walking, jogging, etc.
- Stretching or Yoga - Follow this routine
- Foam Rolling - Use a foam roll and work out some tight muscles (Suggested routine)
- Study - Be a good student, bro
- Hit a lagging body part with 3-4 exercises, 3 x 10 with light weight

Optional Full-Body Workout

Note: This workout can be done on day 7 each week, but use light weight and short rest times.
- Barbell Squat 3 x 6-8
- Barbell Bench Press 3 x 8-10
- Bent Over Barbell Row 3 x 8-10
- Dumbbell Shoulder Press 3 x 8-10
- Leg Extensions 2 x 10-12
- Lying Leg Curls 2 x 10-12
- Barbell Curl 2 x 10-12
- Side Lateral Raise 2 x 10-12

Recommended Gear
- Dip belt - Adds additional weight to pull-ups and dips
- Weight belt - Stabilize your core
- Wrist straps - Help your grip on stiff-legged deadlifts
- Foam roll - Work the kinks out of tight muscles
Nutrition

Calories

- You need to eat in a caloric surplus to gain new muscle mass
- Daily Calories to Eat = Your bodyweight in lbs x 17.5
- Example: 200 lbs x 17.5 = 3500 cal

Protein

- Protein is the most important macronutrient for growing and repairing muscle tissue
- Eat 1 - 2 g of protein per 1 lb of your bodyweight
- Example: If you weigh 200 lbs, eat 200 - 400 g of protein a day
- Good protein sources
  - Lean meats - beef, poultry, and fish
  - Eggs
  - Nuts
  - Greek yogurt
  - Whey protein
Carbohydrates

- Carbohydrates are your body’s preferred energy source
- Get roughly 40% of your daily calories from carbohydrates
- Good carb sources
  - Rice
  - Veggies
  - Fruit
  - Oats
  - Whole grain bread
  - Potatoes

Fats

- Fats regulate your hormones, maintain healthy skin and hair, protect your organs, repair cells, and perform a number of other important functions
- Get roughly 20% of your daily calories from fat
- Fat should be present in your protein and carb sources

[Calculate Your Calories and Macros Using the Big Man Mass Calculator]

(Note: If you’re looking for a fat-loss diet setup, check out the Alpha Student Fat Loss Diet Series instead.)

General Nutrition Tips

- Eat 6-8 meals throughout the day.
- Modify food to meet your goals - At parties, don’t eat pizza and donuts, but do eat burgers without the bun.
- Have healthy snacks and small meals ready to eat throughout the day.
  - Protein bars
  - Low-sodium jerky
  - Greek yogurt
  - Veggies
  - Fruits
  - Almonds
- Avoid sugary foods and drinks because they’re addictive and will lead to an energy crash.
- Try to get every meal, but don’t stress if you can’t. Your body is still growing and the most important thing is getting all the nutrients you need.
Budget Shopping Tips

- Healthy foods are not always expensive. Here are some cheap food sources to spend your money on.
  - Brown rice
  - Eggs
  - Canned tuna
  - Chicken
- Buy in bulk
- Take advantage of sales
- Use coupons
- Ask stores if they offer a student discount

(Note: I created a list of 5 cheap high-protein foods that every student can afford.)

Social Eating Tips

- Order off the dollar menu at fast food places and disassemble your food to get to the healthy stuff (grilled chicken sandwich without the bun).
- Make special requests at restaurants
- Curb your hunger with coffee or green tea

Sample Meal Plan

Calories: 3430
Protein: 321 g
Carbs: 311 g
Fat: 101 g

Meal #1

- Whole eggs - 2
- Egg whites - 6
- Veggies
- Oats - 3/4 cup
- Frozen blueberries

Note: this meal may be substituted for a chicken omelette and oatmeal.

Meal #2

- Protein shake
- Apple
  - Almonds - 15

Meal #3
- Ezekiel bread - 2 slices
- Roasted turkey - 4 oz
- Lowfat American cheese - 2 slices
- Fruit

Meal #4 - Pre-Workout
- Chicken breast - 8 oz
- Mixed salad - 10 oz
- Sweet potato - 1

*Note: this meal may be substituted for chicken, sweet potato, and green beans.*

Meal #5 - Post-Workout
- [Whey protein powder](#) - 1 serving

Meal #6 - 1 Hour After Workout
- Steak - 8 oz
- Broccoli - 1 cup
- Brown rice - 1 cup

Meal #7
- Greek yogurt - 6 oz
- Almonds - 15
- Granola - 1 cup

Meal #8
- [Casein protein powder](#) - 1 serving
Supplements

Whey Protein

- Whey protein is a fast-digesting source that's optimal to consume post-workout.
- **Dosage:** Take 1 serving 15-30 minutes after your resistance workout.
- **Recommended Products**
  - Optimum Nutrition Gold Standard 100% Whey
  - Bodybuilding.com Whey Power
  - BPI Sports Best Protein

Multivitamin

- A multivitamin provides you with all the micronutrients that you're not getting from your food when you're strictly analyzing protein, carbs, and fats.
- **Dosage:** Take with a meal. Read the directions.
- **Recommended Products**
  - Optimum Nutrition Opti-Men
  - Vita Jym
  - Bodybuilding.com Foundation Multivitamin

Creatine

- Creatine monohydrate is one of the most studied supplements on the market and actually has evidence of improving performance.
- **Loading dosage:** Take 30 g a day for 4 to 5 days. Spread your daily doses across multiple meals.
- **Maintenance dosage:** Take 1 serving of creatine per day.
- **Recommended Products**
  - Optimum Nutrition Creatine Monohydrate
  - RSP Creatine Monohydrate
  - Bodybuilding.com Micronized Creatine

Casein protein

- Casein is a slow digesting proteins and so it's recommended to take before bed.
- **Dosage:** Take 30 minutes before bed.
- **Recommended Products**
  - Optimum Nutrition Gold Standard 100% Casein Protein
  - Dymatize Elite Casein
  - MusclePharm Combat 100% Casein
Energy Supplement

- Steve only takes energy supplements that come from natural sources like green tea extract.
- Dosage: Take any time you need a pick-me-up.
- Recommended Products
  - Optimum Nutrition Amino Energy
  - Evlution Nutrition
  - BPI Sports Best BCAAs

Training Stacks

**Big Man on Campus Beginner Stack**

- Optimum Nutrition Gold Standard 100% Whey Protein
- Optimum Nutrition Opti-Men
- Optimum Nutrition Fish Oil Softgels

**Big Man on Campus Advanced Stack**

- Optimum Nutrition Gold Standard 100% Whey Protein
- Optimum Nutrition Opti-Men
- Optimum Nutrition Fish Oil Softgels
- Optimum Nutrition Micronized Creatine
- Optimum Nutrition Gold Standard 100% Casein Protein
- Optimum Nutrition Essential AmiN.o. Energy
Goals

It’s important to establish achievable goals to keep your motivation high during the program. Here are the main goal-setting tips.

#1 - Create a Long-Term Goal

Set either a strength-based or weight-based goal to accomplish with the Big Man on Campus program.

Example: gain 10 pounds.

#2 - Use Short Term Goals to Achieve Your Long-Term Goal

Even though they seem small, short term goals give you enough "wins" to stay focused on the bigger thing you want to achieve.

Short-Term Goal Examples

- Eat 1 g of protein per 1 lb of bodyweight every day.
- Don't skip a single work out.
- Log your workout progress.
- Increase lifting weight each week.
- Eat more if you're not gaining weight.

#3 - Quitting is the Only Way You Fail

Even if you don't reach all of your goals, it's OK. It's only when you decide to give up that you truly fail.

#4 - Improve Your Results with Accountability

Tell friends and family about your goals and get a lifting partner to hold you accountable for your progress.

#5 - Use Role Models as Motivation

Pick an inspiring figure to follow as a means of motivation.

Example: Steve followed both Ryan Lewis and Arnold Schwarzenegger.
Time management

A typical college schedule is very hectic, so use these time management tips to not only fit everything into your day, but also to keep your priorities straight.

#1 - Time Your Campus Travel

Clock how long it takes you to walk around campus to your classes, friends’ dorms, the gym, among other places so you have accurate estimates of the time it takes to get around when you make your schedule.

#2 - Schedule Around Your Classes

Create a schedule that puts your classes first and makes adequate time for training, studying, and meal prep.

Bonus Tip: Review your schedule every Sunday night and determine what's working and what isn't.

#3 - Make Sunday "Meal Prep Day”

Since Sunday is when most guys have the most free time, make it a day where you prep your meals for the week by grilling out and cooking as much of your lean meats and veggies ahead of time.

Bonus Tip: Use a small electric grill for ease of cooking.

#4 - Make Working Out a High Priority

Limit your time spent on social media and playing video games and instead focus on your fitness goals and plan to fit at least 45 minutes of training.

# 5 - Make Your Workouts More Efficient

- String multiple exercises together in supersets.
- Take less rest between exercises.
- Insert cardio between exercises as plyometrics.
- Split a single workout into two smaller 30 minute workouts (one in the morning and one in the evening).
- Walk on the treadmill while reading (multitask).
#6 - Make Yourself Busier to Stop Procrastinating

It may sound strange, but only when slight pressure is applied to your schedule through school, work, and training will you feel the drive and motivation to get more things done quicker.

(Note: Reference additional tips and strategies in this blog post; No Time to Exercise - The Ultimate Guide.)
**Lifestyle**

College is full of awesome experiences, but also temptations that may distract you from your fitness goals. Use these tips to keep yourself on course.

**#1 - Connect with Other Students Interested in Fitness**

Make friends with other fitness junkies by taking a nutrition class, signing up for a fitness class in your campus rec center, joining an intramural team, or just talking to people at the gym.

**#2 - Be Smart about Alcohol Consumption**

Try to avoid drinking if you can, but if you want to have a few drinks with your friends, eat fewer carbs during the day you plan to go out at night.

*(Note: You may be interested in the blog post, [How to Keep Your Six Pack and Still Make Drunk College Memories](#), for further tips.)*

**#3 - Meet Some Girls**

... because... Why not?

 Seriously, that was a tip... but without much more explanation than that.
Sources

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- I am not affiliated with Bodybuilding.com, Steve Cook, or One Nutrition.
- This document contains affiliate links and I will earn a commission if you purchase through those links. You are under no obligation to purchase anything through those links.
- The information in this document reflects my best effort to cover the main points of the Big Man on Campus program without sharing my personal opinions on the program’s principles.