

# **Primary Goal:**

**Build Muscle** 

# **Equipment Required:**

Machine, Dumbbell, and Barbell

## Level:

Intermediate to advanced.

## **Program Duration:**

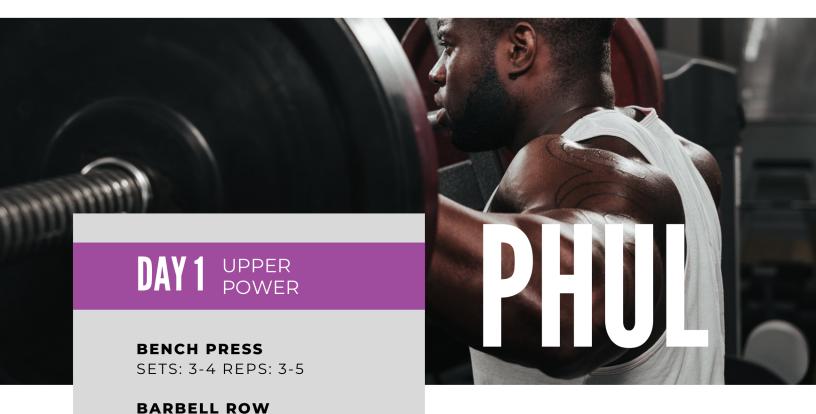
12 weeks

## Days Per Week:

4

## **Time Per Workout:**

45-60 minutes



# DAY 2 LOWER POWER

## SETS I ( DEDS

SETS: 3-4 REPS: 3-5

## **INCLINE PRESS**

SETS: 3-4 REPS: 6-10

## **LAT PULL DOWN**

SETS: 3-4 REPS: 6-10

## **OVERHEAD PRESS**

SETS: 3-4 REPS: 5-8

## **BICEP CURL**

SETS: 3-4 REPS: 6-10

## **SKULLCRUSHERS**

SETS: 3-4 REPS: 8-12

## **SQUAT**

SETS: 3-4 REPS: 3-5

## **DEADLIFT**

SETS: 3-4 REPS: 3-5

## **LEG PRESS**

SETS: 3-4 REPS: 6-10

## **LEG CURL**

SETS: 3-4 REPS: 6-10

## STANDING CALF RAISE

SETS: 3-4 REPS: 6-10





DAY 4 LOWER HYPERTROPHY

## SEATED CABLE ROW

SETS: 3-4 REPS: 8-12

## **DUMBBELL CHEST FLY**

SETS: 3-4 REPS: 8-12

## **DUMBBELL ROW**

SETS: 3-4 REPS: 8-12

## **DUMBBELL LATERAL RAISE**

SETS: 3-4 REPS: 8-12

#### **DUMBBELL CURL**

SETS: 3-4 REPS: 8-12

## TRICEP PUSHDOWN

SETS: 3-4 REPS: 10-15

**SQUAT** 

SETS: 3-4 REPS: 8-12

## **BULGARIAN SPLIT SQUAT**

SETS: 3-4 REPS: 8-12

## **LEG PRESS**

SETS: 3-4 REPS: 8-12

## **LEG CURL**

SETS: 3-4 REPS: 8-12

## LEG EXTENSION

SETS: 3-4 REPS: 8-12

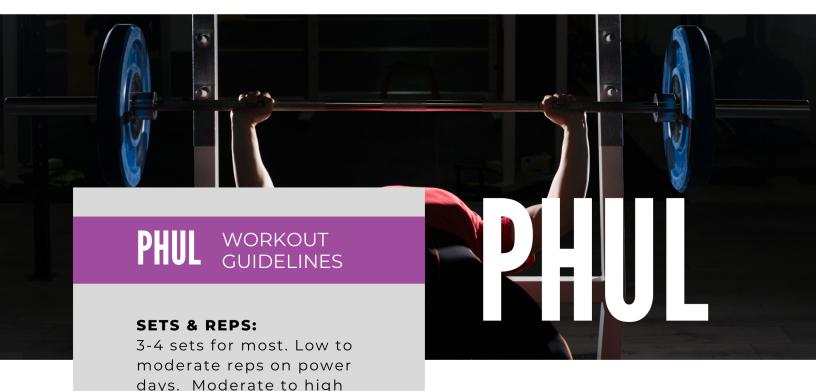
#### STANDING CALF RAISE

SETS: 3-4 REPS: 8-12

## SEATED CALF RAISE

SETS: 3-4 REPS: 8-12





#### **REST BETWEEN SETS:**

2-3 minutes but can be up to 5 minutes, especially in power, for compound movements, and 1-2 minutes for isolation movements.

reps on hypertrophy days.

## **FAILURE:**

Aim to be close to failure at your *last set* of each exercise, NOT every set. You can go to failure more often in the isolation exercises than the compound exercises too.



## **PROGRESSIONS:**

WEEK ONE: Start off with a weight where you can complete the set and rep range. If you cannot complete the minimal set or rep range, then the working weight is too heavy.

EVERY WEEK: Aim to get in one more rep, or the extra set. When you reach the target sets/reps, then increase the weight by a small amount (~2.5 kg / 5 lb) for your next workout.

EVERY 12 WEEKS: You can repeat the program, fine-tuning and refining form and technique.

It is recommended to take a deload week in between each new program, where weight is reduced by 30% for recovery.