



8-WEEK MUSCLE BUILDING PROGRAM FOR ADULTS 40+

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Day
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Roger “Rock” Lockridge

Workout 1: Push Day

Exercise	Sets	Reps
Incline Dumbbell Bench Press	4	12, 10, 8, 6
Incline Dumbbell Flys	4	12, 10, 8, 6
Machine Shoulder Press	4	12, 10, 8, 6
Lateral Raise	4	12, 10, 8, 6
Seated Dumbbell Tricep Extension	4	12, 10, 8, 6
Rope Tricep Extension	4	12, 10, 8, 6

Workout 2: Leg Day

Exercise	Sets	Reps
Barbell Squat	4	20, 15, 10, 10
Leg Press	4	20, 15, 10, 10
Leg Extension	4	20, 15, 10, 10
Romanian Deadlift	4	20, 15, 10, 10
Lying Leg Curl	4	20, 15, 10, 10
Standing Calf Raise	4	20, 20, 20, 20

Workout 3: Pull Day

Exercise	Sets	Reps
Deadlift	4	12, 10, 8, 6
One Arm Dumbbell Row	4	12, 10, 8, 6
Wide Grip Lat Pulldown	4	12, 10, 8, 6
Bent Over Dumbbell Reverse Fly	4	12, 10, 8, 6
Dumbbell Shrug	4	12, 10, 8, 6
Preacher Curl	4	12, 10, 8, 6
Cable Curl	4	12, 10, 8, 6

Workout 4: Full Body Day

Exercise	Sets	Reps
Box Squat	3	15, 15, 15
Single Leg Curl	3	15, 15, 15
Seated Calf Raise	3	15, 15, 15
Dumbbell Bench Press	3	10, 10, 10
Front Raise	3	10, 10, 10
Reverse Grip Cable Tricep Extension	3	10, 10, 10
Seated Row	3	10, 10, 10
Face Pull	3	10, 10, 10
Hammer Curl	3	10, 10, 10
Oblique Crunch	3	10, 10, 10
Lying Leg Raise	3	10, 10, 10