

MUSCLE MANIA: 10 WEEK WORKOUT FOR LEAN GAINZ

Build lean muscle like an absolute maniac with this 10 week workout program. This 6 day upper/lower workout maximizes frequency and volume to give you results!

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-mania-10-week-muscle-growth-workout>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 10 Weeks

Days Per Week: 6 Day

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Target Gender: Male & Female

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Workout 1: Upper Workout

Exercise	Sets	Reps
Bent Over Row	4	6 - 8
Barbell Bench Press	4	6 - 8
Lat Pull Down	3	8 - 12
Seated Side Lateral Raise	3	8 - 12
Barbell Curl	3	12 - 15
French Press	3	12 - 15

Workout 2: Lower Workout

Exercise	Sets	Reps
Barbell Back Squat	4	6 - 8
Romanian Deadlift	4	6 - 8
Dumbbell Rear Lunge	3	8 - 12
Leg Curl	3	8 - 12
Seated Calf Raise	4	15 - 20
Machine Crunch	4	15 - 20

Workout 3: Upper Workout

Exercise	Sets	Reps
Pull Up	4	8 - 12
Dumbbell Incline Bench Press	4	8 - 12
Cable Row	3	8 - 12
Seated Dumbbell Shoulder Press	3	8 - 12
Machine Preacher Curl	3	12 - 15
Machine Dip	3	12 - 15

Workout 4: Lower Workout

Exercise	Sets	Reps
Leg Press	4	8 - 12
Barbell Glute Bridge	4	8 - 12
Leg Extension	3	12 - 15
Seated Leg Curl	3	12 - 15
Standing Calf Raise	4	8 - 12
Machine Crunch	4	15 - 20

Workout 5: Upper Workout

Exercise	Sets	Reps
Machine Pec Dec	4	12 - 15
Machine Lateral Raise	3	12 - 15
Machine Row	4	12 - 15
Machine Reverse Fly	3	12 - 15
Dip	3	6 - 8
Chin Up	3	6 - 8

Workout 6: Lower Workout

Exercise	Sets	Reps
Machine Hack Squat	4	12 - 15
Hyperextension	3	12 - 15
Hip Adduction	3	12 - 15
Hip Abduction	3	12 - 15
Leg Press Calf Press	4	10 - 15
Machine Crunch	4	15 - 20