



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



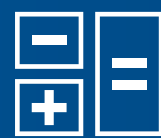
Diet Plans



Expert Guides



Videos



Tools

BODYBUILDING ICONS: GEORGE HACKENSCHMIDT INSPIRED WORKOUT

George Hackenschmidt was the first-ever World Heavyweight Champion in professional wrestling and pushed his ability to build muscle to the natural limit.

Link to Workout: <https://www.muscleandstrength.com/workouts/george-hackenschmidt-inspired-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Roger “Rock” Lockridge

Day 1: Chest, Shoulders, Triceps

Exercise	Sets	Reps
Bench Press	5	5
Clean and Jerk	3	4 - 6
Single Arm Dumbbell Shoulder Press	3	6 - 8
Lateral Raise	3	8
Close Grip Floor Press	3	8
Triceps Pressdown	3	8

Day 2: Lower Body

Exercise	Sets	Reps
Barbell Hack Squat	5	5
Romanian Deadlift	3	4 - 6
Leg Press	3	6 - 8
Lying Leg Curl	3	8
Seated Calf Raise	3	10
Standing Calf Raise Machine	3	10

Day 3: Back, Biceps, Abs

Exercise	Sets	Reps
Bent-Over Barbell Row	5	5
Pull Up	3	6 - 8
One Arm Row	3	8
Rear Lateral Raise	3	8
Barbell Curl	3	8
Dumbbell Curl	3	8
Hanging Leg Raise	3	10
Plank	3	30 - 60 Secs

