

INTERMEDIATE MUSCLE BUILDING WORKOUT

Shock your muscle into growth by rotating this workout with your current routine. This workout hits each major muscle group twice per week.

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 5 Days

Time Per Workout: 45 Mins
Equipment: Barbell, Bodyweight, Cables, DBs, EZ Bar, Machines
Author: Team Muscle & Strength

Monday - Chest, Shoulders & Triceps

Exercise	Sets	Reps
Chest		
Dumbbell Bench Press	3	10, 10, 8 (adding weight)
Incline Dumbbell Bench Press	3	10
Chest Dip	3	MAX
Triceps		
Lying Tricep Extension	3	8 - 10
One Arm Dumbbell Extension	3	10
Tricep Extension	3	10
Shoulders		
Barbell Front Raise	4	12
Dumbbell Lateral Raise	4	15, 12, 8, 8 (adding weight)

Tuesday - Back & Biceps

Exercise	Sets	Reps
Back		
Wide Grip Pull Up	3	MAX
Lat Pull Down	3	10
Straight Arm Lat Pull Down	3	10
Machine Reverse Fly	3	10
Upright Row	3	8 - 10
Biceps		
Standing Barbell Curl	3	8 - 10
Preacher Curl	3	10
Incline Dumbbell Curl	3	10

Wednesday - Legs

Exercise	Sets	Reps
Quads, Glutes & Hamstrings		
Squat	4	10, 10, 8, 8
Dumbbell Lunge	3	8 on each leg
45 Degree Leg Press	3	12
Leg Curl	3	15
Leg Extension	3	15
Calves		
Standing Calf Raise	5	10, 8, 8, 8, 6 (heavy)
Seated Calf Raise	5	15 (light)

Thursday - Chest, Triceps & Shoulders

Exercise	Sets	Reps
Chest		
Barbell Bench Press	4	10, 10, 8, 6
Dumbbell Flys	3	10
Cable Crossovers	3	10
Triceps		
Close Grip Bench Press	4	10, 10, 8, 6
Lying Dumbbell Extension	3	10
Tricep Kickback	3	10
Shoulders		
Seated Dumbbell Press	4	10, 10, 8, 8
One Arm Cable Lateral Raise	3	12
Notes		
Every second week superset bench press and dumbbell flys. Crossovers: Ultra slow rep timing with 2 second pause and squeeze at the top of the movement.		

Friday - Back & Biceps

Exercise	Sets	Reps
Back		
Seated Row	4	10
Bent Over Barbell Row	3	10
Bent Over Row	3	12
Smith Machine Upright Row	3	8 - 10
Biceps		
Cable Curl	4	8 - 10
Concentration Curl	3	10
Reverse Barbell Curl	3	10