



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



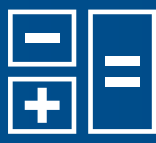
Diet Plans



Expert Guides



Videos



Tools

## HUGE IN A HURRY WORKOUT PROGRAM

If you're trying to add lean muscle quickly, the huge in a hurry workout program is perfect for you! Try out this 3 day a week program to build muscle!

Link to Workout: <https://www.muscleandstrength.com/workouts/huge-in-a-hurry-workout-program>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells  
**Author:** Dave Bonollo

### Day 1: Muscle Tension

Exercise	Sets	Reps
<a href="#">Deadlift</a>	8	3
<a href="#">Dumbbell Bench Press</a>	6	4
<a href="#">Dumbbell Row</a>	6	4
<a href="#">Dumbbell Shoulder Press</a>	6	4
Rest: 90 - 120 Secs; Weight: 85 - 90% of 1 Rep Max (RM)		

### Day 2: Muscle Stress

Exercise	Sets	Reps
<a href="#">Squat</a>	3	12
<a href="#">Cable Fly</a>	4	12
<a href="#">Lat Pull Down</a>	4	12
<a href="#">Dumbbell Reverse Fly</a>	3	15
<a href="#">Dumbbell Curls</a>	4	12
<a href="#">Dips</a>	4	12
Rest: < 60 Secs; Weight: 65 - 70% of 1 RM		

### Day 3: Muscle Damage

Exercise	Sets	Reps
<a href="#">Front Squat</a>	5	6
<a href="#">Dumbbell Incline Bench</a>	4	6
<a href="#">Seated Cable Row</a>	3	8
<a href="#">Dumbbell Lateral Raise</a>	3	12
<a href="#">Seated Calf Raise</a>	3	20
<a href="#">Cable Crunch</a>	4	15
Rest: 60 - 90 Secs; Weight: 70 - 85% of 1 RM		

