



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



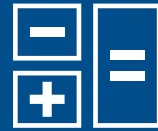
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BUILD HUGE MUSCLES: 12 WEEK WORKOUT PROGRAM TO GET HUGE

A lot of lifters have one single and simple goal - get huge. If you're looking for a workout program to get huge with, give this 12 week program a try!

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

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Josh England

Day 1: Lower Body (Hamstring & Glute Focused)

Exercise	Sets	Reps
Deadlifts	3	6 - 12
Barbell Hip Thrusts	3	6 - 12
Nordic Ham Curls	3	6 - 12
Leg Curl	3	6 - 12
Hyperextension (Glute-Focused)	3	6 - 12

Day 2: Upper Body (Push Focused)

Exercise	Sets	Reps
Incline Dumbbell Press	3	6 - 12
Push Up	3	6 - 12
Pec Dec Fly	3	6 - 12
Seated Dumbbell Press	3	6 - 12
Lateral Raise	3	6 - 12
Seated Overhead EZ Bar Tricep Extension	3	6 - 12

Day 3: Lower Body (Quad & Calf Focused)

Exercise	Sets	Reps
Squat	3	6 - 12
Dumbbell Lunge	3	6 - 12
Leg Press	3	6 - 12
Leg Extension	3	6 - 12
Seated Calf Raise	3	6 - 12

Day 4: Upper Body (Pull Focused)

Exercise	Sets	Reps
Bent Over Row	3	6 - 12
Seated Cable Row	3	6 - 12
Lat Pull Down	3	6 - 12
Standing Cable Reverse Fly	3	6 - 12
Barbell Curl	3	6 - 12
Reverse Dumbbell Curl	3	6 - 12