

SUPER STRENGTH: 8 WEEK STRENGTH

BUILDING WORKOUT FOR BEGINNERS

Workout Summary Main Goal: Increase Strength
Training Level: Beginner
Days Per Week: 5 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Roger

The chart below will show you what weights to use each week. This applies to all five opening lifts

Week	Sets/Reps Percentages
Week 1	Max Out Week (test your baseline)
Week 2	5 sets of 4 with 80% of your max
Week 3	5 sets of 3 with 85% of your max
Week 4	5 sets of 2 with 90% of your max
Week 5	4 sets of 4 with 80% of your max
Week 6	4 sets of 3 with 85% of your max
Week 7	4 sets of 2 with 90% of your max
Week 8	Max Out Week (retest)

Monday - Squat

Exercise

Squat	See Chart	See Chart
Front Squat	3	5
Bulgarian Split Squat	3	8
Leg Extension	3	8

Sets

Sets

Reps

Reps

Tuesday - Bench Press

Exercise

Incline Bench Press 3 5 Dumbbell Fly 3 8	Bench Press	See Chart	See Chart
	Incline Bench Press	3	5
	Dumbbell Fly	3	8
Tricep Dips 3 8	Tricep Dips	3	8

Wednesday - Deadlift

Exercise	Sets	Reps
Deadlift	See Chart	See Chart
Good Mornings	3	5
Lying Leg Curl	3	8
Walking Lunge	3	8

Thursday - Standing Barbell Press

Exercise	Sets	Reps
Standing Barbell Press	See Chart	See Chart
Front Raise	3	5
Seated Lateral Raise	3	8
Rope Tricep Extension	3	8

Friday - Bent-Over Barbell Row

Exercise	Sets	Reps
Bent-Over Barbell Row	See Chart	See Chart
Pull Up or Lat Pull Down	3	5
Rear Lateral Raise	3	8
Incline Dumbbell Curl	3	8

THE BODY YOU WANT













Target Gender: Male & Female

Author: Roger

20 MINUTE HIIT WORKOUT YOU

CAN DO ANYWHERE

This 20-minute workout will help you burn endurance, calories, increase improve athleticism, and even challenge you mentally. All you need is just your bodyweight!

: https://www.muscleandstrength.com/ Link to

workouts/20-minute-hiit-workout

20 Minute HIIT Workout

Perform this cycle twice, but do the exercises in the reverse order the second time.

Exercise	Time	Rest
Forward Lunge	40 - 50s	10 - 20s
Bodyweight Squat	40 - 50s	10 - 20s
Mountain Climber	40 - 50s	10 - 20s
Running in Place	40 - 50s	10 - 20s
Burpees	40 - 50s	10 - 20s
High Kick	40 - 50s	10 - 20s
Hand Chest Press and Row	40 - 50s	10 - 20s
Sit Up	40 - 50s	10 - 20s
Bicycles	40 - 50s	1 Min





3 DAY FULL BODY WOMEN

DUMBBELL ONLY WORKOUT

Workout Summary Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Bodyweight, Dumbbells
Target Gender: Female
Author: Roger

3

Sets

15

Reps

Day 1 - Abs/Glutes

Exercise	Sets	Reps
Ab Crunch	3	15
Lying Leg Raise	3	15
Side Oblique Crunch (Each Side)	3	15 Each
Glute Kick Back	3	15
Dumbbell Romanian Deadlift	3	15

Day 2 - Lower Body

Reverse Lunge

Exercise	Sets	Reps
Dumbbell Squat	3	15
Dumbbell Lunge (Each Side)	3	15 Each
Dumbbell Lying Leg Curl (On The Floor)	3	15
Bodyweight Single Leg Deadlift	3	15
Seated Calf Raise	3	15
Standing Calf Raise	3	15

Exercise

Day 3 - Upper Body

Dumbbell Bench Press (On The Floor)	3	15
Bent-Over Dumbbell Row	3	15
Dumbbell Pullover	3	15
Lateral Raise	3	15
Lying Dumbbell Extension	3	15
Hammer Dumbbell Curl	3	15



45-MINUTE KETTLEBELL AND BODY-

WEIGHT WORKOUT FOR FAT LOSS

Workout

Summary

Main Goal: Lose Fat
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Bodyweight, Kettle Bells Target Gender: Male & Female Author: Roger

45-Minute Kettlebell and Bodyweight

Workout

A note on rest times: Take as much time as needed between each exercise. A good place to start is 30-60 sec. At the end of your first circuit, rest of 2 minutes, then repeat for one more round (for a total of two rounds).

Exercise	Rest
Kettlebell Halo	60 sec (30 sec each direction)
Push Up	60 sec
Kettlebell Swing	60 sec
Lying Leg Raise	60 sec
Kettlebell Row	60 sec (30 sec each side)
Abdominal Crunch	60 sec
Kettlebell Goblet Squat	60 sec
Bodyweight Jump Squat	60 sec
Kettlebell Single Leg Deadlift	60 sec (30 sec each side)

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Alternating Bodyweight Lunge



60 sec



8 WEEK BEGINNER FAT LOSS

WORKOUT FOR WOMEN

Workout Summary Main Goal: Lose Fat
Training Level: Beginner
Days Per Week: 4 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines Target Gender: Female Author: Roger

Workout #1 - Upper Body

Exercise	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Bent-Over Barbell Row	3	12, 10, 8
Smith Machine Shoulder Press	3	12, 10, 8
Alternate Dumbbell Curl	3	12, 10, 8
Lying Triceps Extension	3	12, 10, 8
Lying Leg Raise	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #2 - Lower Body

Exercise	Sets	Reps
Goblet Squat	3	12, 10, 8
Stiff Leg Deadlift	3	12, 10, 8
Leg Press	3	12, 10, 8
Walking Lunge	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Crunches	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Exercise

Workout #3 - Upper Body

Wide Grip Lat Pull Down	3	12, 10, 8
Flat Bench Press	3	12, 10, 8
Lateral Raise	3	12, 10, 8
Hammer Dumbbell Curl	3	12, 10, 8
Straight Bar Tricep Extension	3	12, 10, 8
Abdominal Air Bike	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Sets

Reps

Workout #4 - Lower Body

Exercise	Sets	Reps
Squat	3	12, 10, 8
Deadlift	3	12, 10, 8
Dumbbell Step Up	3	12, 10, 8
Abductor Machine	3	12, 10, 8
Adductor Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Exercise Ball Crunch	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		



3 DAY SMITH MACHINE ONLY

WORKOUT FOR WOMEN

Workout Summary

Main Goal: Build Muscle Training Level: Beginner Days Per Week: 3 Days Program Duration: 8 Weeks Click here for the full workout!

Equipment: Machines Target Gender: Female Author: Roger

Full Body Smith Machine Workout: Day 1

Exercise	Sets	Reps
Wide Smith Machine Squat	3	10
Smith Machine Lunge	3	12
Smith Machine Incline Bench Press	3	12
Smith Machine Bent-Over Row	3	12
Smith Machine Upright Row	3	12
Smith Machine Bicep Curl	3	15

Full Body Smith Machine Workout: Day 2

Exercise	Sets	Reps
Good Mornings Off Pins	3	10
Smith Machine Front Squat	3	12
Smith Machine Deadlift	3	12
Inverted Row	3	12
Smith Machine Bench Press	3	12
Smith Machine Calf Raise	3	12

Full Body Smith Machine Workout: Day 3

Exercise	Sets	Reps
Smith Machine Hip Thrust	3	10
Smith Machine Leg Press	3	12
Smith Machine Shoulder Press	3	12
Smith Machine Close Grip Bench Press	3	12
Smith Machine Incline Tricep Extension	3	12
Smith Machine Shrug	3	15

THE TOOLS YOU NEED TO BUILD

THE BODY YOU WANT















8 WEEK POWER PHYSIQUE WORKOUT

Forget what you know about the squat, bench press, and deadlift. There in town to help you transform your body and increase your strength.

Link to

: https://www.muscleandstrength.com/ workouts/power-physique-8-week-program

Main Goal: Increase Strength Training Level: Beginner Program Duration: 8 Weeks Days Per Week: 4 Day Time Per Workout: 60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines Target Gender: Male & Female Author: Roger

Front Squat (Or Pause Squat) Day

Exercise	Sets	Reps	Rest Between Sets
Front Squat (Warm-up)	3	4 (light weight)	2 minutes
Front Squat Work Sets	3	Refer to Chart	3 minutes
Deadlift	3	5	2 minutes
Hack Squat or Leg Press	3	8	2 minutes
Single Lying Leg Curl	3	8	2 minutes
Reverse Hyper	3	10	2 minutes

Incline Bench Press Day

Exercise	Sets	Reps	Rest Between Sets
Incline Bench Press (Warm-up)	3	4 (light weight)	2 minutes
Incline Bench Press Work Sets	3	Refer to Chart	3 minutes
Flat Dumbbell Press	3	5	2 minutes
Lateral Raise	3	8	2 minutes
Overhead Dumbbell Extension	3	8	2 minutes
Triceps Rope Pressdown	3	10	2 minutes

Pendlay Row Day

Exercise	Sets	Reps	Rest Between Sets
Pendlay Row (Warm-up)	3	4 (light weight)	2 minutes
Pendlay Row Work Sets	3	Refer to Chart	3 minutes
Dumbbell Pullover	3	5	2 minutes
Reverse Grip Lat Pulldown	3	8	2 minutes
Rear Delt Flyes with Pause	3	8	2 minutes
Dumbbell Preacher Curl	3	8	2 minutes
Standing Cable Curl	3	10	2 minutes
Smith Machine Shrugs	3	10	2 minutes

Exercise

Abs and Calves Day

	Hanging Leg Raise	2	10	2 minutes
	Weighted Crunch	3	10	2 minutes
	Oblique Crunch	3	10 per side	2 minutes
	Seated Calf Raise	3	8	2 minutes
	Calf Press	3	10	2 minutes

Reps

Rest Between Sets

Sets



8 WEEK MASS BUILDING WORKOUT

FOR BEGINNERS

Workout Summary Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Roger

Workout 1

Exercise	Sets	Reps
Incline Bench Press	4	12, 10, 8, 6
Dumbbell Bench Press	4	12, 10, 8, 6
Cable Crossover	4	12, 10, 8, 6
Tricep Dip	4	12, 10, 8, 6
Seated Dumbbell Press	4	12, 10, 8, 6
Lateral Raise	4	12, 10, 8, 6
Machine Reverse Fly	4	12, 10, 8, 6

Workout 2 - Back

Exercise	Sets	Reps
Deadlift	4	12, 10, 8, 6
One Arm Dumbbell Row	4	12, 10, 8, 6
Lat Pull Down	4	12, 10, 8, 6
Seated Row	4	12, 10, 8, 6
Single Arm Lat Pull Down	4	12, 10, 8, 6
Hyperextension	4	12, 10, 8, 6
Dumbbell Shrug	4	12, 10, 8, 6

Workout 3 - Legs

Exercise

Barbell Squat	4	12, 10, 8
Hack Squat	4	12, 10, 8
Leg Press	4	12, 10, 8
Dumbbell Lunge	4	12, 10, 8
Lying Leg Curl	4	12, 10, 8
Seated Calf Raise	4	12, 12, 12
Standing Calf Raise	4	

Sets

Reps

Workout 4 - Arms

Exercise	Sets	Reps
Close Grip Bench Press	4	12, 10, 8, 6
One-Arm Seated Overhead Tricep Extension	4	12, 10, 8, 6
Straight Bar Tricep Extension	4	12, 10, 8, 6
Barbell Preacher Curl	4	12, 10, 8, 6
Incline Dumbbell Curl	4	12, 10, 8, 6
Cable Curl	4	12, 10, 8, 6
Seated Barbell Wrist Curl	4	12, 10, 8, 6



8 WEEK BEGINNER FAT LOSS

WORKOUT FOR WOMEN

Workout Summary Main Goal: Lose Fat
Training Level: Beginner
Days Per Week: 4 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines Target Gender: Female Author: Roger

Workout #1 - Upper Body

Exercise	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Bent-Over Barbell Row	3	12, 10, 8
Smith Machine Shoulder Press	3	12, 10, 8
Alternate Dumbbell Curl	3	12, 10, 8
Lying Triceps Extension	3	12, 10, 8
Lying Leg Raise	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #2 - Lower Body

Exercise	Sets	Reps
Goblet Squat	3	12, 10, 8
Stiff Leg Deadlift	3	12, 10, 8
Leg Press	3	12, 10, 8
Walking Lunge	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Crunches	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Exercise

Workout #3 - Upper Body

Wide Grip Lat Pull Down	3	12, 10, 8
Flat Bench Press	3	12, 10, 8
Lateral Raise	3	12, 10, 8
Hammer Dumbbell Curl	3	12, 10, 8
Straight Bar Tricep Extension	3	12, 10, 8
Abdominal Air Bike	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Sets

Reps

Workout #4 - Lower Body

Exercise	Sets	Reps
Squat	3	12, 10, 8
Deadlift	3	12, 10, 8
Dumbbell Step Up	3	12, 10, 8
Abductor Machine	3	12, 10, 8
Adductor Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Exercise Ball Crunch	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		



3 DAY FULL BODY WOMEN

DUMBBELL ONLY WORKOUT

Workout Summary Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
Click here for the full workout!

Equipment: Bodyweight, Dumbbells
Target Gender: Female
Author: Roger

3

Sets

15

Reps

Day 1 - Abs/Glutes

Exercise	Sets	Reps
Ab Crunch	3	15
Lying Leg Raise	3	15
Side Oblique Crunch (Each Side)	3	15 Each
Glute Kick Back	3	15
Dumbbell Romanian Deadlift	3	15

Day 2 - Lower Body

Reverse Lunge

Exercise	Sets	Reps
Dumbbell Squat	3	15
Dumbbell Lunge (Each Side)	3	15 Each
Dumbbell Lying Leg Curl (On The Floor)	3	15
Bodyweight Single Leg Deadlift	3	15
Seated Calf Raise	3	15
Standing Calf Raise	3	15

Exercise

Day 3 - Upper Body

Dumbbell Bench Press (On The Floor)	3	15
Bent-Over Dumbbell Row	3	15
Dumbbell Pullover	3	15
Lateral Raise	3	15
Lying Dumbbell Extension	3	15
Hammer Dumbbell Curl	3	15









Training Level: Beginner





Bodyweight, Foam Roll, Kettle

Target Gender: Male & Female

30 - 45 Sec

30 - 45 Sec

30 - 45 Sec

Rest

Bells, Other

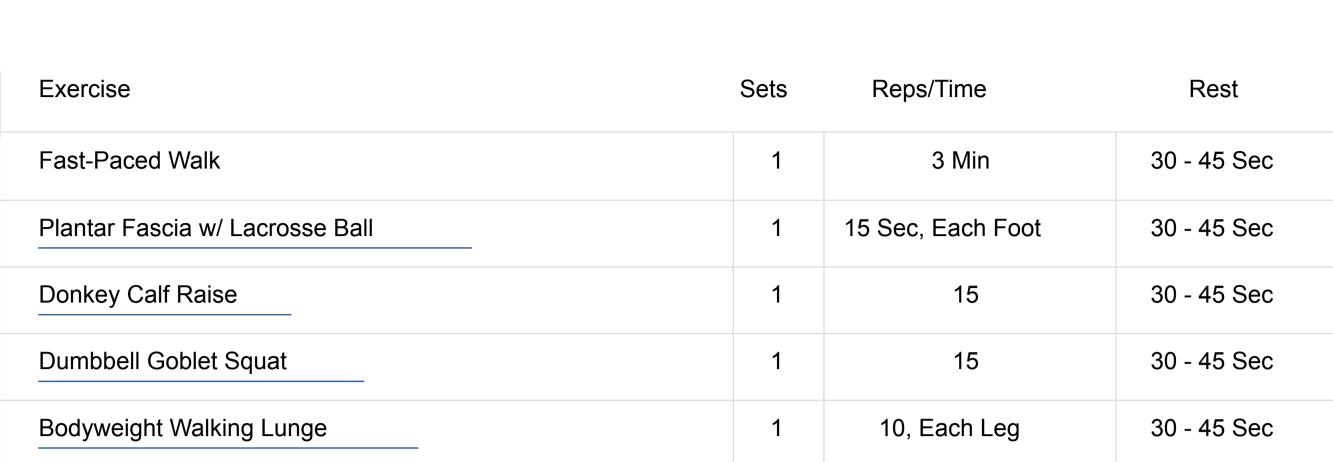
THE BEST 15-MINUTE WARM-UPS

Maximize your workout with these versatile and quick warm-up routines! In just 15 minutes, you will be better prepared for any workout program that you take on.

workout program that you take on.

Link to : https://www.muscleandstrength.com
workouts/the-best-15-minute-warm-up

Full-Body Focused Warm-Up



1

1

1

30 Sec, Each Side

15

30 Sec

Lower Body Focused Warm-Up

Plyometric Push Up

Rack Lat Stretch

Side Plank

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Bodyweight Standing Calf Raise	1	15	30 - 45 Sec
IT Band Foam Roller	1	30 Sec, Each Side	30 - 45 Sec
Bodyweight Single-Leg Deadlift	1	15, Each Side	30 - 45 Sec
Prisoner Squat	1	15	30 - 45 Sec
Prisoner Squat (Hold at the Bottom)	1	30 Sec	30 - 45 Sec
Superman	1	30 Sec	30 - 45 Sec
Plank	1	30 Sec	30 - 45 Sec
Band Pull-Apart	1	15	30 - 45 Sec

Exercise

Upper Body Focused Warm-Up

Fast-Paced Walk	1	3 Min	30 - 45 Sec
Push Up	1	15	30 - 45 Sec
Bench Dips	1	15	30 - 45 Sec
Arm Circles (Clockwise)	1	15	None
Arm Circles (Counter Clockwise)	1	15	30 - 45 Sec
Eccentric Only Pull Up	1	5	30 - 45 Sec
Seated Zottman Curl	1	15	30 - 45 Sec
90/90 Hip Crossover	1	15, Each Side	30 - 45 Sec
Sit Up	1	15	30 - 45 Sec
Jump Squat	1	15	30 - 45 Sec

Sets

Reps/Time













Target Gender: Male & Female

4 DAY BARBELL ONLY WORKOUT

(NO RACK REQUIRED)

Are you stuck without a squat rack and bench? This 4-day upper/lower split will show you exactly how to get strong, and add muscle with only a barbell at your disposal.

: https://www.muscleandstrength.com/ Link to

workouts/4-day-barbell-only-workout

Day 1: Upper Body A

	Exercise	Sets	Reps
	Overhead Press	3 - 4	4 - 6
	Bent Over Row	3 - 4	4 - 6
	Paused Weighted Push-Up	3 - 4	4 - 10
	Pull-up	3 - 4	4 - 10
	Landmine Lateral Raise	2 - 3	6 - 10 per side
	Skullcrusher	2 - 3	6 - 12

Day 2: Lower Body A

Exercise	Sets	Reps
Sumo Deadlift	3 - 4	4 - 6
Bulgarian Split Squat	3 - 4	6 - 8 per side
Barbell Glute Bridge	3 - 5	8 - 10
Banded Single Leg Good Morning	2 - 3	8 - 12 per side
Side Plank with Hip Dip	2 - 3	8 - 12 per side
Barbell Calf Raise	3 - 4	8 - 12

Day 4: Upper Body B

Exercise	Sets	Reps
Band Pull-Aparts	*	40 - 60 Total
Floor Press	3 - 4	8 - 12
Meadows Row	3 - 4	8 - 12 per side
Single-Arm Landmine Press	3 - 4	8 - 12
Inverted Row	3 - 4	8 - 12
Landmine Concentration Curl	2 - 3	8 - 15 per side
Banded Tricep Extension	2 - 3	20 - 40

^{*}As few sets as possible

Day 5: Lower Body B

Exercise

Banded Hamstring Curl	*	20 - 40 Total
1	3 - 4	8 - 12
Barbell Reverse Lunge	3 - 4	8 - 12 per side
Stiff Leg Deadlift	3 - 4	8 - 12
Standing Banded Hip Abduction	2 - 3	12 - 20
Pallof Press	2	8 - 12 per side
Single Leg Calf Raise	3	AMRAP per side

Sets

Reps

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AMRAP: As many reps as possible

*As few sets as possible



SUPER STRENGTH: 8 WEEK STRENGTH

BUILDING WORKOUT FOR BEGINNERS

Workout

Summary

Main Goal: Increase Strength Training Level: Beginner Days Per Week: 5 Days Program Duration: 8 Weeks Click here for the full workout!

Equipment: Barbell, Cables, Dumbbells, Machines Target Gender: Male & Female Author: Roger

The chart below will show you what weights to use each week. This applies to all five opening lifts

Week	Sets/Reps Percentages
Week 1	Max Out Week (test your baseline)
Week 2	5 sets of 4 with 80% of your max
Week 3	5 sets of 3 with 85% of your max
Week 4	5 sets of 2 with 90% of your max
Week 5	4 sets of 4 with 80% of your max
Week 6	4 sets of 3 with 85% of your max
Week 7	4 sets of 2 with 90% of your max
Week 8	Max Out Week (retest)

Monday - Squat

Exercise	Sets	Reps
Squat	See Chart	See Chart
Front Squat	3	5
Bulgarian Split Squat	3	8
Leg Extension	3	8

Exercise

Tuesday - Bench Press

Incline Bench Press 3 5 Dumbbell Fly 3 8 Tricen Dips 3 8	Bench Press	See Chart	See Chart
	Incline Bench Press	3	5
Tricen Dins 3	Dumbbell Fly	3	8
	Tricep Dips	3	8

Sets

Reps

Wednesday - Deadlift

Exercise	Sets	Reps
Deadlift	See Chart	See Chart
Good Mornings	3	5
Lying Leg Curl	3	8
Walking Lunge	3	8

Thursday - Standing Barbell Press

Exercise	Sets	Reps
Standing Barbell Press	See Chart	See Chart
Front Raise	3	5
Seated Lateral Raise	3	8
Rope Tricep Extension	3	8

Friday - Bent-Over Barbell Row

Exercise	Sets	Reps
Bent-Over Barbell Row	See Chart	See Chart
Pull Up or Lat Pull Down	3	5
Rear Lateral Raise	3	8
Incline Dumbbell Curl	3	8









Main Goal: Build Muscle

Fraining Level: Intermediate





Cables, Dumbbells, Machines

Author: Roger

Target Gender: Male & Female

8 WEEK MASS BUILDING

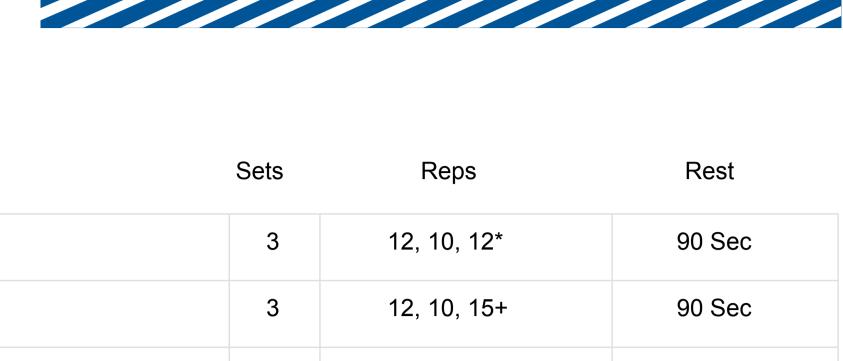
HYPERTROPHY WORKOUT

This 4-day program will help intermediate and advanced trainees gain size and strength. Rest-pause set, drop sets, and negatives will kick your muscle gains into high gear!

Link to : https://www.muscleandstrength.com/workouts/8-week-hypertrophy-workout

Workout 1: Chest and Side Delts

Exercise



Incline Barbell Bench Press
 3
 12, 10, 12*
 90 Sec

 Flat Dumbbell Bench Press
 3
 12, 10, 15+
 90 Sec

 Cable Crossover
 3
 12, 12, 12^
 90 Sec

 Seated Lateral Raise
 3
 12, 12, 12
 90 Sec

 Single Arm Cable Lateral Raise
 3
 12, 12, 12
 90 Sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 2: Upper Back and Rear Delts

Exercise	Sets	Reps	Rest
Bent-Over Barbell Row	3	12, 10, 12*	90 Sec
Dumbbell Pullover	3	12, 10, 15+	90 Sec
Wide Grip Lat Pulldown	3	12, 12, 12^	90 Sec
Dumbbell Rear Delt Fly	3	12, 12, 12	90 Sec
Cable Face Pull	3	12, 12, 12	90 Sec
Dumbbell Shrug	3	12, 12, 12	90 Sec

Workout 3: Arms and Abs

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Exercise	Sets	Reps	Rest
Close Grip Bench Press	3	12, 10, 12*	90 sec
Weighted Dip	3	12, 10, 12+	90 sec
Rope Tricep Extension	3	12, 12, 12^	90 sec
Lying Leg Raise	3	12, 12, 12	90 sec
Cable Crunch	3	12, 12, 12	90 sec
Barbell Curl	3	12, 12, 12*	90 sec
Hammer Curl	3	12, 10, 12+	90 sec
Cable Curl	3	12, 12, 12^	90 sec

Workout 4: Legs

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Exercise

Deadlift	3	12, 10, 12*	90 sec
Lying Leg Curl	3	12, 10, 12+	90 sec
Walking Lunge	3	12, 12, 12	90 sec
Front Squat	3	12, 12, 12*	90 sec
Leg Extension	3	12, 12, 12+	90 sec
Dumbbell Side Lunge	3	12, 12, 12	90 sec
Seated Calf Raise	3	12, 12, 12^	90 sec
	3	12, 12, 12^	90 sec

Reps

Sets

Rest

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SUPER STRENGTH: 8 WEEK STRENGTH

BUILDING WORKOUT FOR BEGINNERS

Workout

Summary

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Week 4	5 sets of 2 with 90% of your max
Week 5	4 sets of 4 with 80% of your max
Week 6	4 sets of 3 with 85% of your max
Week 7	4 sets of 2 with 90% of your max
Week 8	Max Out Week (retest)

Monday - Squat

Exercise	Sets	Reps
Squat	See Chart	See Chart
Front Squat	3	5
Bulgarian Split Squat	3	8
Leg Extension	3	8

Exercise

Tuesday - Bench Press

Incline Bench Press 3 5 Dumbbell Fly 3 8 Tricen Dins 3 8	Bench Press	See Chart	See Chart
	Incline Bench Press	3	5
Tricen Dins	Dumbbell Fly	3	8
	Tricep Dips	3	8

Sets

Reps

Wednesday - Deadlift

Exercise	Sets	Reps
Deadlift	See Chart	See Chart
Good Mornings	3	5
Lying Leg Curl	3	8
Walking Lunge	3	8

Thursday - Standing Barbell Press

Exercise	Sets	Reps
Standing Barbell Press	See Chart	See Chart
Front Raise	3	5
Seated Lateral Raise	3	8
Rope Tricep Extension	3	8

Friday - Bent-Over Barbell Row

Exercise	Sets	Reps
Bent-Over Barbell Row	See Chart	See Chart
Pull Up or Lat Pull Down	3	5
Rear Lateral Raise	3	8
Incline Dumbbell Curl	3	8