

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 “Rock” Lockridge

The chart below will show you what weights to use each week. This applies to all five opening lifts – squat, bench press, deadlift, standing barbell press, and bent-over babell row.

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

Tuesday - Bench Press

Exercise	Sets	Reps
Bench Press	See Chart	See Chart
Incline Bench Press	3	5
Dumbbell Fly	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



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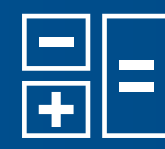
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20 MINUTE HIIT WORKOUT YOU CAN DO ANYWHERE

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

Link to Workout: <https://www.muscleandstrength.com/workouts/20-minute-hiit-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 2 Day

Time Per Workout: 20 Mins

Equipment: Bodyweight

Target Gender: Male & Female

Author: [Roger "Rock" Lockridge](#)

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’S 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 “Rock” Lockridge

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
Reverse Lunge	3	15

Day 2 - Lower Body

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

Day 3 - Upper Body

Exercise	Sets	Reps
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 “Rock” Lockridge

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)
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 “Rock” Lockridge

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		

Workout #3 - Upper Body

Exercise	Sets	Reps
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		

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 “Rock” Lockridge

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



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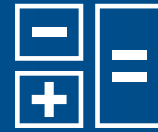
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8 WEEK POWER PHYSIQUE WORKOUT

Forget what you know about the squat, bench press, and deadlift. There's 3 new big lifts in town to help you transform your body and increase your strength.

Link to Workout: <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 “Rock” Lockridge](#)

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

Abs and Calves Day

Exercise	Sets	Reps	Rest Between Sets
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



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 “Rock” Lockridge

Workout 1 – Chest/Shoulders

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	Sets	Reps
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	

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 “Rock” Lockridge

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		

Workout #3 - Upper Body

Exercise	Sets	Reps
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		

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'S 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 “Rock” Lockridge

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
Reverse Lunge	3	15

Day 2 - Lower Body

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

Day 3 - Upper Body

Exercise	Sets	Reps
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



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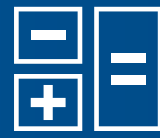
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THE BEST 15-MINUTE WARM-UPS

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.

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

Main Goal: General Fitness
Training Level: Beginner
Time Per Workout: 15 Mins

Equipment: Bands, Barbell, Bodyweight, Foam Roll, Kettle Bells, Other
Target Gender: Male & Female
Author: [Roger “Rock” Lockridge](#)

Full-Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Plantar Fascia w/ Lacrosse Ball	1	15 Sec, Each Foot	30 - 45 Sec
Donkey Calf Raise	1	15	30 - 45 Sec
Dumbbell Goblet Squat	1	15	30 - 45 Sec
Bodyweight Walking Lunge	1	10, Each Leg	30 - 45 Sec
Side Plank	1	30 Sec, Each Side	30 - 45 Sec
Plyometric Push Up	1	15	30 - 45 Sec
Rack Lat Stretch	1	30 Sec	30 - 45 Sec

Lower Body Focused Warm-Up

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

Upper Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
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





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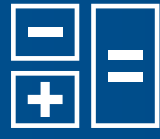
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4 DAY BARBELL ONLY WORKOUT
(NO RACK REQUIRED)

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.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-barbell-only-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 60-90 Mins

Equipment: Bands, Barbell, Bodyweight, Other

Target Gender: Male & Female

Author: [Laura Rinke](#)

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	Sets	Reps
Banded Hamstring Curl	*	20 - 40 Total
1 ½ Landmine Squat	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

*As few sets as possible

AMRAP: As many reps 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 “Rock” Lockridge

The chart below will show you what weights to use each week. This applies to all five opening lifts – squat, bench press, deadlift, standing barbell press, and bent-over babell row.

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

Tuesday - Bench Press

Exercise	Sets	Reps
Bench Press	See Chart	See Chart
Incline Bench Press	3	5
Dumbbell Fly	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



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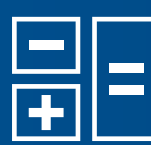
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8 WEEK MASS BUILDING
HYPERTROPHY WORKOUT

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 Workout: <https://www.muscleandstrength.com/workouts/8-week-hypertrophy-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Days Per Week: 4 Days
Program Duration: 8 Weeks

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: [Roger “Rock” Lockridge](#)

Workout 1: Chest and Side Delts

Exercise	Sets	Reps	Rest
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

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

Workout 3: Arms and Abs

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

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

Workout 4: Legs

Exercise	Sets	Reps	Rest
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
Calf Press	3	12, 12, 12^	90 sec

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

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 “Rock” Lockridge

The chart below will show you what weights to use each week. This applies to all five opening lifts – squat, bench press, deadlift, standing barbell press, and bent-over babell row.

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

Tuesday - Bench Press

Exercise	Sets	Reps
Bench Press	See Chart	See Chart
Incline Bench Press	3	5
Dumbbell Fly	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