

BUILD STRENGTH AND MASS

7-day Workout Plan

In this workout plan, you'll train your primary muscle group. During the first half of the week, you'll lift a slightly less heavy load, while in the last half, you'll lift as heavyweight as possible. Doing 8 to 12 reps with lighter weights will help you boost your strength. On the other hand, performing 4-8 reps with heavier stimulates muscle growth. Visit our site and watch videos on how to do each exercise.

Monday – Chest and Triceps, and Core

Exercise	Sets	Reps
Flat Bench Press	4	12, 10, 10, 8
Incline Dumbbell Bench Press	3	12, 10, 8
Incline Cable Flyes/Pec Deck Fly	3	12, 10, 8
Parallel Bar Dip	3	12, 10, 10
Skull Crusher	3	12, 10, 10

Tuesday – Back, Biceps, and Wrist

Exercise	Sets	Reps
Pull-ups	4	As many as possible
Seated Cable Rowing	3	12, 10, 10
Single-Arm Dumbbell Row	3	12, 10, 8
Dumbbell Hammer Curl	3	12, 10, 8
Wrist Curl	3	12, 10, 8

Wednesday – Quadriceps, Calves, and Shoulders

Exercise	Sets	Reps
Back Squat	3	12, 10, 8
Machine Leg Press	3	15, 12, 10
Calf Raises	3	12, 10, 8
Barbell Overhead Press	3	12, 10, 8
Seated Rear Delt Raise	4	12, 10, 8

Thursday – Chest and Triceps

Exercise	Sets	Reps
Flat Bench Press	4	8, 6, 6, 4
Incline DB Bench Press	4	8, 6, 6, 4
Dumbbell Pullover	3	8, 8, 6
Weighted Pushup	3	8, 8, 6
Triceps Pushdown	4	8, 8, 6, 6
Single-arm Tricep Extension	3	8, 8, 6

Friday – Back, Biceps, and Wrist

Exercise	Sets	Reps
Pull-ups	4	As many as possible
Front Lat Pulldown	4	8, 6, 6, 4
Seated Cable Rowing	3	8, 6, 6, 4
Row/Bent-Over Barbell Row	4	8, 6, 6, 4
Incline Dumbbell Curl	4	8, 6, 6, 4
Concentration	3	8, 6, 6

Saturday – Shoulders, Hamstrings, and Glutes

Exercise	Sets	Reps
Dumbbell Lateral Raise	3	8, 6, 4
Rear Delt Machine Flyes	3	8, 8, 6
Shoulder Shrug	3	8, 6, 4
Dumbbell Romanian Deadlift	3	8, 6, 4
Leg Curl	3	12, 10, 8
Hip Thrust	3	12, 10, 8

Sunday – OFF