



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



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Workouts



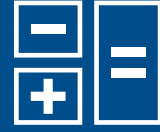
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## 100 REP HELL: A SHOCKER MUSCLE BUILDING WORKOUT

Need a change? You've come to the right workout. This one week shocker is meant to break through the boredom and monotony, and beat your body into growth

Link to Workout: <https://www.muscleandstrength.com/articles/100-rep-shocker-muscle-building-workout>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 1 Week  
**Days Per Week:** 5 Days

**Time Per Workout:** 30-45 Mins  
**Equipment:** Barbell, EZ Bar, Machines  
**Author:** Steve Shaw

### Monday

Exercise	Description
<a href="#">Deadlift</a>	50% of 1 Rep Max (RM)
<a href="#">Seated Calf Raise</a>	Use a weight that would normally allow you to perform about 12 - 15 reps per set.
Perform 100 reps per exercise. Rest as often as you need to reach 100, but keep the rest periods short as possible.	

### Tuesday

Exercise	Description
<a href="#">Bench Press</a>	50% of 1 RM
<a href="#">Skullcrushers</a>	Use a weight that would normally allow you to perform about 12 - 15 reps per set.
Perform 100 reps per exercise. Rest as often as you need to reach 100, but keep the rest periods short as possible.	

### Thursday

Exercise	Description
<a href="#">Barbell Rows</a>	50% of 1 RM
<a href="#">Barbell Curls</a>	Use a weight that would normally allow you to perform about 12 - 15 reps per set.
Perform 100 reps per exercise. Rest as often as you need to reach 100, but keep the rest periods short as possible.	

### Friday

Exercise	Description
<a href="#">Seated Overhead Press</a>	50% of 1 RM
<a href="#">Barbell Shrugs</a>	Use a weight that would normally allow you to perform about 12 - 15 reps per set.
Perform 100 reps per exercise. Rest as often as you need to reach 100, but keep the rest periods short as possible.	

### Sunday

Exercise	Description
<a href="#">Squats</a>	50% of 1 RM
<a href="#">Leg Curls</a>	Use a weight that would normally allow you to perform about 12 - 15 reps per set.
Perform 100 reps per exercise. Rest as often as you need to reach 100, but keep the rest periods short as possible.	

