



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



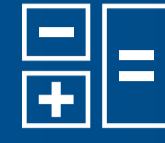
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100 REPS PER SET SHOCKER FULLBODY WORKOUT

Blast out of a rut with 100 reps per set. 100 rep sets can be used to shock the entire body for a week or two, or to bring up a lagging part.

Link to Workout: <https://www.muscleandstrength.com/workouts/100-reps-set-shocker-fullbody-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 2 Days

Time Per Workout: 75-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Author: Maik Wiedenbach

Workout 1

Exercise	Sets	Reps
Leg Press		100 Reps Total
Lat Pull Down		100 Reps Total
Incline Bench Press		100 Reps Total
Barbell Shrugs		100 Reps Total
Dumbbell Lateral Raise		100 Reps Total
Hammer Curls		100 Reps Total
Cable Tricep Extension		100 Reps Total
Leg Press Calf Raise		100 Reps Total

3 Mins rest between exercises. Pick a weight that's 30 - 40% of your regular training weight, perform 40+ reps. After that, rest 1 Sec per rep minus 100. When you get to 50 reps, rest 50 Secs; When you're at 99 reps, rest 1 Sec, etc. (If you cannot reach 40 reps during your first attempt, choose a lighter weight next time. Conversely, if you get to 70+ in the first attempt, go a bit heavier.)

Day 2

Exercise	Sets	Reps
Rack Deadlifts (Use Straps)		100 Reps Total
Cable Flys		100 Reps Total
Seated Cable Rows		100 Reps Total
Seated Shoulder Press		100 Reps Total
Pullovers		100 Reps Total
Reverse Barbell Curl		100 Reps Total
Overhead Tricep Extensions w/ Rope		100 Reps Total
Weighted Crunches		100 Reps Total