



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



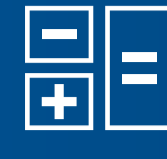
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12 WEEK OFF-SEASON CLASSIC PHYSIQUE BODYBUILDING WORKOUT

Classic Physique is becoming the most popular division in bodybuilding. Check out this classic workout routine and start building your classic look today.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-off-season-classic-bodybuilding-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines, Other

Target Gender: Male

Author: Roger "Rock" Lockridge

Classic Physique Workout 1: Chest

Exercise	Sets	Reps
Incline Barbell Press	4	12, 10, 8, 6
Low Incline Dumbbell Fly	3	12, 10, 8
Seated Machine Chest Press	3	12, 10, 8
Pec Deck	3	15, 12, 10

Classic Physique Workout 2: Back

Exercise	Sets	Reps
Wide Grip Pull Ups	4	12, 10, 8, 6
Machine One Arm Row	3	12, 10, 8
Dumbbell Pullover	3	12, 10, 8
T-Bar Row	3	15, 12, 10
Low Back Extension	3	15, 15, 15

Classic Physique Workout 3: Hamstrings and Quadriceps

Exercise	Sets	Reps
Romanian Deadlift	4	15, 12, 10, 10
Standing Leg Curl	3	15, 12, 10
Lying Leg Curl	3	15, 15, 15
Hack Squat	4	15, 12, 10, 10
Single Leg Press	3	15, 12, 10
Leg Extension	3	15, 15, 15

Classic Physique Workout 4: Shoulders and Abs

Exercise	Sets	Reps
Seated Lateral Raise	4	15, 12, 10, 8
Face Pull	3	12, 10, 8
Rear Lateral Raise	3	12, 10, 8
Seated Smith Machine Press	3	15, 12, 10
Hanging Leg Raise	3	15, 15, 15
Decline Weighted Crunch	3	15, 15, 15
Twisting Rope Crunch	3	15, 15, 15

Classic Physique Workout 5: Arms and Calves

Exercise	Sets	Reps
Preacher Curl	3	12, 10, 8
Concentration Curl	3	12, 10, 8
Rope Cable Curl	3	15, 15, 15
Rope Pressdown	3	12, 10, 8
Lying Tricep Extension	3	12, 10, 8
Single Arm Overhead Extension	3	15, 15, 15
Seated Calf Raise	4	20, 15, 12, 10
Calf Press	4	20, 20, 20, 20