



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



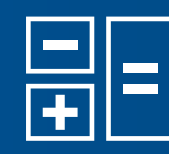
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300 WORKOUT: THE RISE OF A NEW YOU! A PLAN TO GET MUSCULAR & RIPPED

Seize your glory by building a Spartan body. This feature presents three new workouts, including a powerful 4 day split designed to shred fat and build muscle.

Link to Workout: <https://www.muscleandstrength.com/workouts/300-rise-new-you-workout-muscular-ripped>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Kettle Bells, Other

Author: Brad Borland

Dynamic Warm Up Complex

Exercise	Reps
Jumping Jacks	15
Push Ups	15
Walking Lunges	15 Each Leg
Burpees	15

Perform prior to working out every training day. One round, no rest.

Monday

Exercise	Reps
Barbell Clean & Press	15
Pull Ups	25
Split Squat Jumps	30
Feet Elevated Push Ups	30
Hanging Leg Raises or Lying Leg Raises	40
Two-Arm Kettlebell Swing	40

30 - 50 Yard Sprint or Sled Push

Perform this complex for 1 - 3 rounds.

Tuesday

Exercise	Reps
One-Arm Kettlebell or Dumbbell Clean & Press	15
Barbell Deadlifts	20
Box Jumps	30
Renegade Rows	20
Mountain Climbers	30
Goblet Squats	20
Inverted Rows	20

2 Mins Jog

Perform this complex for 1 - 3 rounds.

Thursday

Exercise	Reps
One-Arm Kettlebell or Dumbbell Push Press	15
Reverse-Grip Chin Up	25
Walking Lunges	15 Each Leg
Close-Grip Push Ups	30
Floor Wipers	40
Barbell Upright Row	40

30 - 50 Yard Sprint or Sled Push

Perform this complex for 1 - 3 rounds.

Friday

Exercise	Reps
Kettlebell or Dumbbell Deadlifts	20
Two-Arm Kettlebell or Dumbbell Clean & Press	15
Bench Step Ups	30
Inverted Rows	20
Floor Leg Raise / Crunch Combo	15 Each
Barbell Squats	20
Push Ups on Dumbbells	20

2 Mins Jog

Perform this complex for 1 - 3 rounds.