



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



Store



Workouts



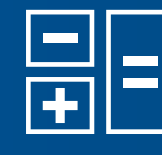
Diet Plans



Expert Guides



Videos



Tools

## 4 WEEK V-TAPER BUILDING WORKOUT ROUTINE

Build that coveted V-Taper and completely transform your physique with this 4 week back and shoulder workout. Simply add it to your current routine!

Link to Workout: <https://www.muscleanstrength.com/workouts/4-week-v-taper-building-workout>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 4 Weeks  
**Days Per Week:** 1 Day  
**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Cables, Dumbbells, Machines  
**Target Gender:** Male  
**Author:** Eric Broser

### Week 1: The FDFS Method

Exercise	Tempo	Sets	Reps
<a href="#">Close Grip Seated Cable Row</a>	2/1/X	3	3 - 4
<a href="#">Underhand Grip Bent Row</a>	5/1/X	3	4 - 6
<a href="#">Stiff Arm Pull Down</a>	2/0/1	2	31 - 35
<a href="#">Close Grip Pull Down</a>	2/0/1	2	31 - 35
<a href="#">Smith Machine BTN Press</a>	3/0/X	3	3 - 4
<a href="#">Wide Grip Cable Upright Row</a>	4/1/1/1	3	4 - 6
<a href="#">Dumbbell Lateral Raise</a>	2/0/1	2	26 - 30
<a href="#">Reverse Fly Machine</a>	2/0/1	2	26 - 30

### Week 2: The FTX2 Method

Exercise	Tempo	Sets	Reps
<a href="#">Seated Pullover Machine</a>	2/0/1	2	21 - 25
<a href="#">Underhand Grip Pull Down</a>	5/1/1	3	4 - 6
<a href="#">Underhand Grip Seated Cable Row</a>	2/1/1/1	2	10 - 12
<a href="#">One Arm Dumbbell Row</a>	2/1/1	3	10 - 12
<a href="#">Seated Side Lateral Machine</a>	2/0/1	2	21 - 25
<a href="#">Seated Dumbbell Press</a>	5/0/1	3	4 - 6
<a href="#">High Cable Rope Pulls</a>	2/0/1/1	2	10 - 12
<a href="#">Single Arm Cable Lateral Raise</a>	2/0/1/1	3	10 - 12

### Week 3: The SPEC Method

Exercise	Tempo	Sets	Reps
<a href="#">Dumbbell Pullover</a>	2/3/1	2	7 - 9
<a href="#">Close Grip T-Bar Row</a>	2/0/1/3	3	7 - 9
<a href="#">Close Grip Seated Hammer Row</a>	4/0/1	3	7 - 9
<a href="#">Underhand Grip Smith Row</a>	2/1/4	2	7 - 9
<a href="#">Incline Dumbbell Lateral Raise</a>	2/4/1	3	10 - 12
<a href="#">Wide Grip Cable Upright Row</a>	2/1/1/3	3	7 - 9
<a href="#">Machine Shoulder Press</a>	4/1/1	2	7 - 9
<a href="#">One Arm Cable Rear Delt Fly</a>	2/1/4	2	7 - 9

### Week 4: The PRRS Method

Exercise	Tempo	Sets	Reps
<a href="#">Hammer Row</a>	3/2/1/1	3	4 - 6
A1. <a href="#">Stiff Arm Pull Down</a>	3/0/1	3	10 - 12
A2. <a href="#">Underhand Grip Pull Down</a>	3/1/1/1	3	7 - 9
<a href="#">One Arm Dumbbell Row</a>	2/1/1/1	3	13 -15, 10 -12, 7 -9
<a href="#">Barbell Military Press</a>	5/0/1	3	4 - 6
B1. <a href="#">Bent Over Reverse Fly</a>	2/1/1	3	10 - 12
B2. <a href="#">Stiff Arm Pull Down</a>	2/1/1	3	10 - 12
<a href="#">Wide Grip Upright Row</a>	3/1/1	3	13 -15, 10 -12, 7 -9