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5 DAY HIGH-INTENSITY FUNCTIONAL BODYBUILDING WORKOUT

Looking to switch up your training routine? Maximize performance, strength, and body composition with this 6-week high-intensity functional bodybuilding program.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-high-intensity-functional-bodybuilding-workout>

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Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 5 Days

Time Per Workout: 60 Mins
Equipment: Bands, Barbells, Bodyweight, Cables, Dumbbells, Kettle Bells, Medicine Ball
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Day 1: Shoulders and Legs

Exercise	Sets	Reps
1a. Kettlebell Z Press	4	10 each side
1b. Burpee to Pull Up	4	8
2a. Barbell Deadlift	4	12
2b. Alternating Kettlebell Box Step Ups	4	30
2c. Kettlebell Swings	4	10
3a. Single Arm Overhead Kettlebell Walking Lunge	4	12 each side
3b. Toes to Bar or Hanging Knee Raise	4	10
3c. Ground to Overhead with Plate	4	12
4a. Squats	4	10
4b. Barbell Shoulder Press	4	10
5a. Dumbbell Lateral Raise	4	12 each side
5b. Band Pull Apart	4	10
5c. Single Leg Split Squat	4	10 each side

Day 2: Chest and Triceps

Exercise	Sets	Reps
1a. Tricep Rope Push Down	4	16
1b. Burpee to Overhead Plate Raise	4	10
2a. Tricep Bar Pushdown	4	14
2b. Narrow Push Up	4	15
2c. Air Squats	4	20
3a. Cable Flys	4	12
3b. Bench Step Ups	4	20
3c. Single Arm Pull Down	4	20 each side
4a. Incline Dumbbell Press	4	10
4b. Bench V-Ups	4	20
5a. Dumbbell Bench Press	4	10
5b. Burpees	4	10
5c. Bench Dips	4	12

Day 3: Back and Biceps

Exercise	Sets	Reps
1a. Lat Pull Down	4	14
1b. Dumbbell Curls	4	10 each side
2a. Seated Row	4	14
2b. Rope Curls	4	14
3a. Rope Face Pulls	4	12
3b. Narrow Push Up	4	15
3c. Bent Over Dumbbell Curls	4	10 each side
4a. Strict Pull Ups	4	10
4b. Toes to Bar or Hanging Knee Raises	4	10
5a. Bent Over Single Arm Kettlebell Row	4	10 each side
5b. EZ Bar Bicep 21s	4	21s
5c. V-Ups	4	14

Day 4: Shoulders and Legs

Exercise	Sets	Reps
1a. Standing Kettlebell Press	3	12
1b. Barbell Front Squat	3	6 (heavy)
2a. Barbell Deadlifts	3	6 (heavy)
2b. Burpees	3	1 minute
3. Ball Slams	1	100 for time
4a. Front Rack Kettlebell Walking Lunge	3	20
4b. Toes to Bar or Hanging Knee Raise	3	8
4c. Dumbbell Lateral Raise to Front Raise	3	12 each side
5. Wall Balls*	4	25
6. Handstand Push Up Against Wall**	4	10

Notes:

* Rest 2 minutes after each set of wall balls.

** Rest 2 minutes after each set of handstand pushups. If you can't do handstand push ups, you can do heavy seated dumbbell shoulder presses or modified handstand push ups off a box.

Day 5: Biceps and Triceps

Exercise	Sets	Reps
1a. Lat Pull Down	4	12
1b. Push Ups	4	20
2a. Dumbbell Single Arm Row	4	10 each side
2b. Dumbbell Bench Press	3	8 (heavy)
3a. Close Grip Lat Pull Down	4	12
3b. Dumbbell Incline Press	3	8 (heavy)
4a. Rear Delt Cable Crossover	4	10
4b. Dumbbell Flys	4	10
5a. Bent Over Barbell Row	3	12
5b. Bench Press	3	12
5c. Box Jump	3	10