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5 DAY MUSCLE & STRENGTH BUILDING WORKOUT SPLIT

Build muscle and strength with this workout program that combines two strength based weekly workouts with three hypertrophy size building weekly workouts.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-muscle-and-strength-building-workout-split>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 10 Weeks
Days Per Week: 5 Days
Time Per Workout: 60 - 90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Target Gender: Male
Author: Trevor Kouritzin

Monday: Upper Body Strength Workout

Exercise	Sets	Reps
1. Weighted Wide Grip Pull Ups	2 - 3	4 - 6
2. Bent Over Barbell Row	4 - 5	4 - 6
3. Narrow Grip T-Bar Row	2 - 3	4 - 6
4. Standing Overhead Barbell Press	4 - 5	4 - 6
5. Incline Dumbbell Bench Press	4 - 5	4 - 6
6. Weighted Dips	2 - 3	4 - 6
7. EZ Bar Skullcrusher	2 - 3	4 - 6
8. EZ Bar Bicep Curls	2 - 3	4 - 6

*Rest periods: 120 - 180 seconds between sets.

Tuesday: Lower Body Strength Workout

Exercise	Sets	Reps
1. Squats	4 - 5	4 - 6
2. Hack Squats	2 - 3	4 - 6
3. Deadlifts	4 - 5	4 - 6
4. Lying Leg Curls	2 - 3	4 - 6
5. Standing Calf Raise	4 - 5	4 - 6
6. Seated Calf Raise	2 - 3	4 - 6

*Rest periods: 120 - 180 seconds between sets.

Thursday: Back/Shoulders Size Workout

Exercise	Sets	Reps
1a. Wide Grip Pull Down	4 - 5	8 - 12
1b. Narrow Grip Pull Down	4 - 5	8 - 12
2. Chest Supported Machine Row	4 - 5	8 - 12
3. Narrow Grip Low Pulley Cable Row	2 - 3	8 - 12
4a. Straight Arm Rope Pull Down	2 - 3	8 - 12
4b. Lower Back Hyperextensions	2 - 3	8 - 12
5. Dumbbell Shoulder Press	4 - 5	8 - 12
6. Standing Dumbbell Side Lateral Raise	2 - 3	8 - 12
7. Standing EZ Bar Front Raise	2 - 3	8 - 12
8. Dumbbell Rear Delt Lateral Raise	2 - 3	8 - 12
9a. Cable EZ Bar Upright Row	2 - 3	8 - 12
9b. Rope Face Pull	2 - 3	8 - 12

*Rest periods: 60 - 90 seconds between sets.

Friday: Chest/Arms Size Workout

Exercise	Sets	Reps
1. Incline Barbell Bench Press	4 - 5	8 - 12
2a. Flat Machine Chest Press	2 - 3	8 - 12
2b. Incline Dumbbell Fly	2 - 3	8 - 12
3. Cable Crossover	2 - 3	8 - 12
4. Narrow Grip Bench Press	2 - 3	8 - 12
5. Seated Overhead EZ Bar Tricep Extension	2 - 3	8 - 12
6. Single Arm Cable Press Down	2 - 3	8 - 12
7. EZ Bar Preacher Curl	2 - 3	8 - 12
8. Standing Alternating Dumbbell Hammer Curl	2 - 3	8 - 12
9. High Pulley Single Arm Bicep Curl	2 - 3	8 - 12

*Rest periods: 60 - 90 seconds between sets.

Saturday: Legs Size Workout

Exercise	Sets	Reps
1a. Seated Hamstring Curl	4 - 5	8 - 12
1b. Leg Extension	4 - 5	8 - 12
2. Front Squat	4 - 5	8 - 12
3a. Leg Press	4 - 5	8 - 12
3b. Barbell Walking Lunge	4 - 5	8 - 12 Each
4a. Abductor Machine	2 - 3	8 - 12
4b. Adductor Machine	2 - 3	8 - 12
5. Glute Kick Backs	2 - 3	8 - 12 Each
6. Donkey Calf Raise	4 - 5	8 - 12
7a. Seated Calf Raise	4 - 5	8 - 12
7b. Single Leg Calf Press	4 - 5	8 - 12 Each

*Rest periods: 60 - 90 seconds between sets.

Ab Workout: 3x Per Week

Exercise	Sets	Reps
1a. Hanging Leg Raise	3 - 4	8 - 12
1b. Decline Sit Up	3 - 4	8 - 12
2a. Lying Leg Raise	3 - 4	15 - 20
2b. Cable Crunch	3 - 4	15 - 20
3. Cable Wood Choppers	3 - 4	15 - 20 Per Side
4. Barbell Ab Roll Out	3 - 4	Failure

*Rest periods: 60 - 90 seconds between sets.