



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



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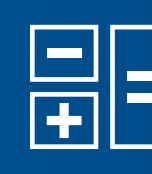
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## 5 DAY SUPERSET & TIMED SET MUSCLE BUILDING WORKOUT

A quality change of pace, this routine sets aside squats, deadlifts and flat bench press and hammers your muscles into new growth using timed sets and supersets.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-supersets-timed-set-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 5 Day

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

**Target Gender:** Male & Female

**Author:** Ian Coleman

### Monday - Legs

Exercise	Sets	Reps
<a href="#">Leg Press</a>	1	5 Mins
<a href="#">A1. Goblet Squats</a>	3	10
<a href="#">A2. Leg Extensions</a>	3	10
<a href="#">B1. Walking Dumbbell Lunge</a>	3	10
<a href="#">B2. Hack Squats</a>	3	10
<a href="#">C1. Stiff Leg Deadlift</a>	3	10
<a href="#">C2. Leg Curls</a>	3	10
<a href="#">D1. Two Leg Dumbbell Calf Raise</a>	3	15
<a href="#">D2. Seated Calf Raise</a>	3	15

### Tuesday - Chest, Forearms and Abs

Exercise	Sets	Reps
<a href="#">Incline Bench Press</a>	1	5 Mins
<a href="#">A1. Dumbbell Bench Press</a>	3	10
<a href="#">A2. Dumbbell Flyes</a>	3	10
<a href="#">B1. Machine Chest Press</a>	3	10
<a href="#">B2. Pec Dec</a>	3	10
<a href="#">C1. EZ Bar Reverse Curls</a>	3	10
<a href="#">C2. Seated Reverse Dumbbell Wrist Curl</a>	3	10
<a href="#">D1. Cable Crunches</a>	3	20
<a href="#">D2. Plank</a>	3	30 Secs

### Wednesday - Back and Traps

Exercise	Sets	Reps
<a href="#">Barbell Row</a>	3	5 Mins
<a href="#">A1. Lat Pull Down</a>	3	10
<a href="#">A2. Machine Row</a>	3	10
<a href="#">B1. Two Arm Dumbbell Row</a>	3	10
<a href="#">B2. Stiff Arm Lat Pull Down</a>	3	10
<a href="#">C1. Seated Cable Rows</a>	3	10
<a href="#">C2. Rack Chin</a>	3	10
<a href="#">D1. Barbell Shrugs</a>	3	10
<a href="#">D2. Dumbbell Shrugs</a>	3	10

### Friday - Shoulders and Abs

Exercise	Sets	Reps
<a href="#">Military Press</a>	1	5 Mins
<a href="#">A1. Arnold Dumbbell Press</a>	3	10
<a href="#">A2. Dumbbell Side Lateral</a>	3	10
<a href="#">B1. Machine Overhead Press</a>	3	10
<a href="#">B2. Bent Over Reverse Flyes</a>	3	10
<a href="#">C1. Front Laterals</a>	3	10
<a href="#">C2. Upright Rows</a>	3	10
<a href="#">D1. Weighted Situps</a>	3	20
<a href="#">D2. Hanging Leg Raises</a>	3	20

### Saturday - Arms

Exercise	Sets	Reps
<a href="#">A1. Bench Dips</a>	3	10
<a href="#">A2. Barbell Curls</a>	3	10
<a href="#">B1. Cable Tricep Extensions</a>	3	10
<a href="#">B2. Two Arm Dumbbell Preacher Curls</a>	3	10
<a href="#">C1. Close Grip Bench Press</a>	3	10
<a href="#">C2. Hammer Curls</a>	3	10
<a href="#">D1. Seated Two Arm Dumbbell Extension</a>	3	10
<a href="#">D2. Cable Curls</a>	3	10