



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



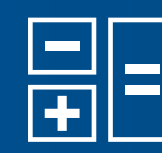
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PHASE TRAINING PT. 1: 5 WEEK PRIMER WORKOUT FOR MUSCLE SIZE

Welcome to phase training, where you'll change your workouts every so often to keep things interesting. This phase is for those looking to build muscle!

Link to Workout: <https://www.muscleandstrength.com/workouts/phase-training-pt-1-primer-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 5 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

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

Author: Team SAN

Monday

Exercise	Sets	Reps
1. Squats *	2	6 - 9
2. Leg Extensions	1	8 - 10
3. Stiff Legged Deadlifts *	2	6 - 9
4. Leg Curls	1	8 - 10
5. Bench Press *	2	6 - 9
6. Crossover	1	8 - 10
7. Incline Press	2	6 - 9
8. Pull Down *	2	6 - 9
9. Bent Over Row	2	6 - 9
10. Dumbbell Press *	2	6 - 9
11. Upright Row	1	8 - 10

*Do 1 - 2 warm-up sets on the big exercises, doing around 10 reps with about half of your work weight or slightly more. Train to failure on work sets, adding weight whenever you're able to go beyond the listed rep count.

Wednesday

Exercise	Sets	Reps
1. Deadlift *	2	6 - 9
2. Calf Raises	2	10 - 12
3. Lying Tricep Extensions *	2	6 - 9
4. Barbell Curls *	2	6 - 9
5. Wrist Curls	1	10 - 12
6. Hammer Curls	1	8 - 10
7. Hanging Knee Ups	2	10 - 12
8. Crunches	1	10 - 12

*Do 1 - 2 warm-up sets on the big exercises, doing around 10 reps with about half of your work weight or slightly more. Train to failure on work sets, adding weight whenever you're able to go beyond the listed rep count.

Friday

Exercise	Sets	Reps
1. Squats *	2	6 - 9
2. Leg Extensions	1	8 - 10
3. Leg Curls	1	6 - 9
4. Seated Calf Raises	2	10 - 12
5. Bench Press *	2	6 - 9
6. Crossover	1	8 - 10
7. Incline Press	2	6 - 9
8. Chin Ups	2	6 - 9
9. Bent Over Row	1	8 - 10
10. Dumbbell Press	2	6 - 9
11. Upright Row	1	8 - 10

*Do 1 - 2 warm-up sets on the big exercises, doing around 10 reps with about half of your work weight or slightly more. Train to failure on work sets, adding weight whenever you're able to go beyond the listed rep count.

