



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



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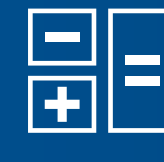
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## LEAN MASS: 6 WEEK WORKOUT PROGRAM TO BUILD LEAN MUSCLE

The most common goal in the gym is to build lean muscle. Give this 6 week workout program to build lean muscle a try and absolutely crush that goal!

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-workout-program-to-build-lean-muscle>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 4 Days

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

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

**Author:** Josh England

### Day 1: Legs

Exercise	Sets	Reps
1. <a href="#">Squat</a>	4	10
2. <a href="#">Machine Hack Squat</a>	3	12
3. <a href="#">Stiff Legged Deadlift</a>	4	10
4. <a href="#">Leg Curl</a>	3	12
5. <a href="#">Dumbbell Lunge</a>	3	8
6. <a href="#">Leg Press Calf Raises</a>	3	12
7. <a href="#">Seated Calf Raises</a>	3	12

### Day 2: Chest & Biceps

Exercise	Sets	Reps
1. <a href="#">Bench Press</a>	4	10
2. <a href="#">Incline Bench Press</a>	3	12
3. <a href="#">Cable Crossover</a>	3	12
4. <a href="#">Hammer Strength Chest Press</a>	3	8
5. <a href="#">Barbell Bicep Curl</a>	4	10
6. <a href="#">Rope Cable Hammer Curl</a>	3	12
7. <a href="#">Preacher Curl</a>	3	10

### Day 3: Back

Exercise	Sets	Reps
1. <a href="#">Deadlift</a>	4	10
2. <a href="#">Barbell Row</a>	3	12
3. <a href="#">Lat Pulldown</a>	5	8
4. <a href="#">Cable Row</a>	3	12
5. <a href="#">Pull Up</a>	3	10
6. <a href="#">Hyperextension</a>	3	12

### Day 4: Shoulders & Triceps

Exercise	Sets	Reps
1. <a href="#">Seated Military Press</a>	4	10
2. <a href="#">Lateral Raise</a>	3	12
3. <a href="#">Front Raise</a>	3	12
4. Reverse Pec Deck	3	12
5. <a href="#">Barbell Shrugs</a>	4	12
6. <a href="#">Dips</a>	4	10
7. <a href="#">Seated French Press</a>	3	12