



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



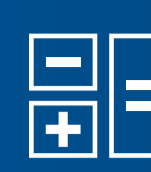
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THE NEXT STEP: 6 WEEK INTERMEDIATE MASS BUILDING WORKOUT

Have you finished all 3 phases of the “Start from Scratch Beginners Program”? Well this intermediate mass building workout is the next logical step!

Link to Workout: <https://www.muscleanstrength.com/worksouts/the-next-step-6-week-intermediate-workout-program>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Author: Team SAN

Intermediate Workout Day 1

Exercise	Sets	Reps
1. Squats *	3	8 - 12
2. Hack Squats	3	8 - 12
3. Sissy Squats	2	10 - 12
4. Leg Extensions	3	10 - 12
5. Lunges	3	10 Each
6. Stiff Legged Deadlifts	4	8 - 12
7. Leg Curls	3	10 - 12
8. Standing Calf Raises	4	10 - 12
9. Donkey Calf Raises	3	10 - 12
10. Seated Calf Raises	3	12 - 15

*Do 1-2 warm-up sets of about 10 reps. Train to failure on all other sets, using a weight that allows you to get the higher rep number listed with each subsequent set going down in reps due to fatigue. Add weight if/when necessary.

Intermediate Workout Day 2

Exercise	Sets	Reps
1. Bench Press *	3	8 - 12
2. Dumbbell Incline Press	3	8 - 12
3. Dumbbell Fly	3	10 - 12
4. Cable Crossovers	3	10 - 12
5. Lying Barbell Extensions *	3	10 - 12
6. Overhead Dumbbell Extensions	3	10 - 12
7. Dumbbell Kickbacks	3	10 - 12

*Do 1-2 warm-up sets of about 10 reps. Train to failure on all other sets, using a weight that allows you to get the higher rep number listed with each subsequent set going down in reps due to fatigue. Add weight if/when necessary.

Intermediate Workout Day 3

Exercise	Sets	Reps
1. Deadlifts *	3	8 - 12
2. Pull Downs *	3	10 - 12
3. Pull Overs	3	10 - 12
4. Underhand Rows	3	8 - 12
5. Neutral Grip Cable Rows	3	8 - 12
6. Bent Over Lateral Raises	3	10 - 12
7. Barbell Curls *	3	10 - 12
8. Incline Curls	3	10 - 12
9. Concentration Curls	3	10 - 12

*Do 1-2 warm-up sets of about 10 reps. Train to failure on all other sets, using a weight that allows you to get the higher rep number listed with each subsequent set going down in reps due to fatigue. Add weight if/when necessary.

Intermediate Workout Day 4

Exercise	Sets	Reps
1. Shoulder Press *	4	10 - 12
2. Incline Lateral Raises	3	10 - 12
3. Cable Upright Rows	3	10 - 12
4. Lateral Raises	3	12 - 15
5. Dumbbell Shrugs	3	10 - 12
6. Leg Raises	4	10 - 12
7. Sit Ups	3	12 - 15
8. Planks	2	60 Secs

*Do 1-2 warm-up sets of about 10 reps. Train to failure on all other sets, using a weight that allows you to get the higher rep number listed with each subsequent set going down in reps due to fatigue. Add weight if/when necessary.