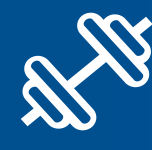




THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



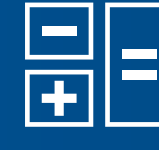
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8 WEEK CHEST AND BACK SPECIALIZATION WORKOUT ROUTINE

This back and chest specialization workout is performed 2 days per week and combines a day of heavy compound movements along with a second rest-pause day.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-chest-back-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Steve Shaw

Monday - Back & Chest

Exercise	Sets	Reps
Workout #1		
Deadlifts	3	3
Bench Press	3	5
Pendlay Rows	3	8 - 10
Incline Dumbbell Bench Press	3	8 - 10
One Arm Dumbbell Rows	2	20 - 25
Dips	3	AMAP*
Barbell Shrugs	3	12 - 15
* As Many As Possible		

Thursday - Back & Chest

Exercise	Sets	Reps
Workout #2		
Pull Ups or Inverted Rows (Rest - Pause)	6	AMAP*
Machine Chest Press (Rest - Pause)	6	8 - 12
Lat Pull Downs (Rest - Pause)	6	8 - 12
Dumbbell Flye or Pec Dec (Rest - Pause)	6	8 - 12
Dumbbell Shrugs (Rest - Pause)	6	10
* As Many As Possible		

Friday - Legs

Exercise	Sets	Reps
Quads, Hammies and Calves		
Squats	4	6 - 12
Hack Squat or Dumbbell Lunges	3	8 - 12
Leg Extensions or Leg Press	3	12 - 15
Stiff Leg Deadlift	3	8 - 10
Leg Curls	4	12 - 15
Seated Calf Raise	4	12 - 20

Saturday - Shoulders & Arms

Exercise	Sets	Reps
Shoulders, Biceps and Triceps		
Seated Overhead Press	4	8 - 12
Upright Row or Seated Dumbbell Press	3	8 - 12
Side Lateral Raise Superset with Bent Over Reverse Flye	3	10 - 15
Dumbbell Curl	3	8 - 12
Skullcrushers	3	8 - 12
EZ Bar Preacher Curl	3	10 - 12
Cable Tricep Extensions	3	10 - 12