



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



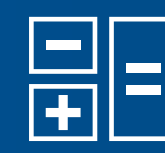
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Videos



Tools

8 WEEK MASS BUILDING HYPERTROPHY WORKOUT

This 4-day program will help intermediate and advanced trainees gain size and strength. Rest-pause set, drop sets, and negatives will kick your muscle gains into high gear!

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

Main Goal: Build Muscle

Training Level: Intermediate

Days Per Week: 4 Days

Program Duration: 8 Weeks

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Workout 1: Chest and Side Delts

Exercise	Sets	Reps	Rest
Incline Barbell Bench Press	3	12, 10, 12*	90 Sec
Flat Dumbbell Bench Press	3	12, 10, 15+	90 Sec
Cable Crossover	3	12, 12, 12^	90 Sec
Seated Lateral Raise	3	12, 12, 12	90 Sec
Single Arm Cable Lateral Raise	3	12, 12, 12	90 Sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 2: Upper Back and Rear Delts

Exercise	Sets	Reps	Rest
Bent-Over Barbell Row	3	12, 10, 12*	90 Sec
Dumbbell Pullover	3	12, 10, 15+	90 Sec
Wide Grip Lat Pulldown	3	12, 12, 12^	90 Sec
Dumbbell Rear Delt Fly	3	12, 12, 12	90 Sec
Cable Face Pull	3	12, 12, 12	90 Sec
Dumbbell Shrug	3	12, 12, 12	90 Sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 3: Arms and Abs

Exercise	Sets	Reps	Rest
Close Grip Bench Press	3	12, 10, 12*	90 sec
Weighted Dip	3	12, 10, 12+	90 sec
Rope Tricep Extension	3	12, 12, 12^	90 sec
Lying Leg Raise	3	12, 12, 12	90 sec
Cable Crunch	3	12, 12, 12	90 sec
Barbell Curl	3	12, 12, 12*	90 sec
Hammer Curl	3	12, 10, 12+	90 sec
Cable Curl	3	12, 12, 12^	90 sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives

Workout 4: Legs

Exercise	Sets	Reps	Rest
Deadlift	3	12, 10, 12*	90 sec
Lying Leg Curl	3	12, 10, 12+	90 sec
Walking Lunge	3	12, 12, 12	90 sec
Front Squat	3	12, 12, 12*	90 sec
Leg Extension	3	12, 12, 12+	90 sec
Dumbbell Side Lunge	3	12, 12, 12	90 sec
Seated Calf Raise	3	12, 12, 12^	90 sec
Calf Press	3	12, 12, 12^	90 sec

* Rest-Pause Set + Drop Set ^ 3-5 Second Negatives