



8 WEEK MASS BUILDING WORKOUT FOR BEGINNERS

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 4 Days
Program Duration: 8 Weeks
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Equipment: Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
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Workout 1 – Chest/Shoulders

Exercise	Sets	Reps
Incline Bench Press	4	12, 10, 8, 6
Dumbbell Bench Press	4	12, 10, 8, 6
Cable Crossover	4	12, 10, 8, 6
Tricep Dip	4	12, 10, 8, 6
Seated Dumbbell Press	4	12, 10, 8, 6
Lateral Raise	4	12, 10, 8, 6
Machine Reverse Fly	4	12, 10, 8, 6

Workout 2 - Back

Exercise	Sets	Reps
Deadlift	4	12, 10, 8, 6
One Arm Dumbbell Row	4	12, 10, 8, 6
Lat Pull Down	4	12, 10, 8, 6
Seated Row	4	12, 10, 8, 6
Single Arm Lat Pull Down	4	12, 10, 8, 6
Hyperextension	4	12, 10, 8, 6
Dumbbell Shrug	4	12, 10, 8, 6

Workout 3 - Legs

Exercise	Sets	Reps
Barbell Squat	4	12, 10, 8
Hack Squat	4	12, 10, 8
Leg Press	4	12, 10, 8
Dumbbell Lunge	4	12, 10, 8
Lying Leg Curl	4	12, 10, 8
Seated Calf Raise	4	12, 12, 12
Standing Calf Raise	4	

Workout 4 - Arms

Exercise	Sets	Reps
Close Grip Bench Press	4	12, 10, 8, 6
One-Arm Seated Overhead Tricep Extension	4	12, 10, 8, 6
Straight Bar Tricep Extension	4	12, 10, 8, 6
Barbell Preacher Curl	4	12, 10, 8, 6
Incline Dumbbell Curl	4	12, 10, 8, 6
Cable Curl	4	12, 10, 8, 6
Seated Barbell Wrist Curl	4	12, 10, 8, 6