



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



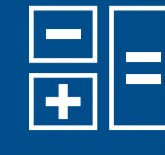
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8X8 WORKOUT: LEAN MUSCLE GAINZ WORKOUT

Ramp up your muscle growth phase with a high volume approach. This 4 day split incorporates an 8x8 volume training approach to help you build muscle!

Link to Workout: <https://www.muscleandstrength.com/workouts/8-x-8-workout-lean-muscle>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 50-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Target Gender: Male & Female

Author: [Josh England](#)

Day 1: 8x8 Upper Workout

Exercise	Sets	Reps
Wide Grip Bench Press	8	8
Dumbbell Row	8	8
Standing Dumbbell Shoulder Press	8	8
Lat Pull Down	8	8
EZ Bar Curl	3	10
Rope Tricep Extension	3	10

Day 2: 8x8 Lower Workout

Exercise	Sets	Reps
Goblet Squat	8	8
Romanian Deadlift	8	8
Leg Press	8	8
Leg Curl	8	8
Standing Calf Raise	3	10
Hyperextension	3	10

Day 3: Off/Rest Day

On rest days do something to promote recovery. This can be SMR, mobility work, low intensity cardio, or a combination of the three.

Day 4: 8x8 Upper Workout

Exercise	Sets	Reps
Dumbbell Lateral Raise	8	8
Cable Row	8	8
Dips	8	8
Inverted Row	8	8
Dumbbell Shrug	3	10
Cable Face Pull	3	10

Day 5: 8x8 Lower Workout

Exercise	Sets	Reps
Front Squat	8	8
Barbell Hip Thrust	8	8
Leg Extension	8	8
Seated Leg Curl	8	8
Seated Calf Raise	3	10
Leg Press Calf Raise	3	10

Weekends Off/Rest Day

On rest days do something to promote recovery. This can be SMR, mobility work, low intensity cardio, or a combination of the three.