



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



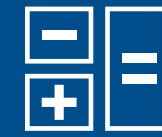
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963 WORKOUT SYSTEM FOR MUSCLE SIZE & STRENGTH

The 963 training system is an upper/lower workout split that helps you to build both size and strength by cycling main lifts between 3 different levels of weight intensity.

Link to Workout: <https://www.muscleandstrength.com/workouts/9-6-3-workout-system-muscle-size-strength>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines
Author: Steve Shaw

Weeks 1, 4, 7 & 10: Light / "9" Week

Exercise	Sets	Reps
Monday: Squat Focus Day		
Squat	3	9, 10, 11
Leg Press	3 - 5	20
Stiff Leg Deadlift	3 - 4	6 - 8
Seated Calf Raises	3 - 4	10 - 20
Ab Wheel or Barbell Roll Out	3 - 4	10 - 15
Tuesday: Bench Focus Day		
Bench Press	3	9, 10, 11
Barbell Rows	3 - 5	5 - 12
Seated Arnold Press	3 - 5	8 - 15
Skullcrushers	3 - 5	8 - 12
Dumbbell Curls	3 - 5	8 - 12
Thursday: Deadlift Focus Day		
Deadlift	3	9, 10, 11
Power Shrugs	3	5 - 8
Front Squat	3	6 - 10
Leg Curls	4 - 5	10 - 15
Planks	3 - 4	60 Secs
Overhead Press Focus Day		
Overhead Press	3	9, 10, 11
Pull Ups or Inverted Row	3 - 5	10
Dumbbell Bench Press	4 - 5	10
Cable Tricep Extensions	3 - 5	10 - 12
Barbell Curl or Pinwheel Curl	3 - 5	8 - 12

Once you are able to complete all reps for each focus exercise, add 5 lbs on the next Light Week.

Weeks 2, 5, 8 & 11: Moderate / "6" Week

Exercise	Sets	Reps
Monday: Squat Focus Day		
Squat	3	6, 7, 8
Leg Press	3 - 5	20
Stiff Leg Deadlift	3 - 4	6 - 8
Seated Calf Raises	3 - 4	10 - 20
Ab Wheel or Barbell Roll Out	3 - 4	10 - 15
Tuesday: Bench Focus Day		
Bench Press	3	6, 7, 8
Barbell Rows	3 - 5	5 - 12
Seated Arnold Press	3 - 5	8 - 15
Skullcrushers	3 - 5	8 - 12
Dumbbell Curls	3 - 5	8 - 12
Thursday: Deadlift Focus Day		
Deadlift	3	6, 7, 8
Power Shrugs	3	5 - 8
Front Squat	3	6 - 10
Leg Curls	4 - 5	10 - 15
Planks	3 - 4	60 Secs
Overhead Press Focus Day		
Overhead Press	3	6, 7, 8
Pull Ups or Inverted Row	3 - 5	10
Dumbbell Bench Press	4 - 5	10
Cable Tricep Extensions	3 - 5	10 - 12
Barbell Curl or Pinwheel Curl	3 - 5	8 - 12
Once you are able to complete all reps for each focus exercise, add 5 lbs on the next Moderate Week.		

Weeks 3, 6, 9 & 12: Heavy / "3" Week

Exercise	Sets	Reps
Monday: Squat Focus Day		
Squat	3	3, 4, 5
Leg Press	3 - 5	20
Stiff Leg Deadlift	3 - 4	6 - 8
Seated Calf Raises	3 - 4	10 - 20
Ab Wheel or Barbell Roll Out	3 - 4	10 - 15
Tuesday: Bench Focus Day		
Bench Press	3	3, 4, 5
Barbell Rows	3 - 5	5 - 12
Seated Arnold Press	3 - 5	8 - 15
Skullcrushers	3 - 5	8 - 12
Dumbbell Curls	3 - 5	8 - 12
Thursday: Deadlift Focus Day		
Deadlift	3	3, 4, 5
Power Shrugs	3	5 - 8
Front Squat	3	6 - 10
Leg Curls	4 - 5	10 - 15
Planks	3 - 4	60 Secs
Overhead Press Focus Day		
Overhead Press	3	3, 4, 5
Pull Ups or Inverted Row	3 - 5	10
Dumbbell Bench Press	4 - 5	10
Cable Tricep Extensions	3 - 5	10 - 12
Barbell Curl or Pinwheel Curl	3 - 5	8 - 12
Once you are able to complete all reps for each focus exercise, add 5 lbs on the next Heavy Week.		