



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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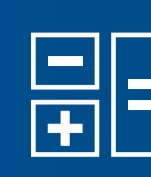
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Tools

## ADVANCED BODYBUILDER WORKOUT

Advanced bodybuilder workout suited to lifters with at least one year of lifting experience. Step up your training and re-ignite big gains!

Link to Workout: <https://www.muscleandstrength.com/workouts/advanced-bodybuilder-workout.html>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 12 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines  
**Author:** Team Muscle & Strength

### Day 1: Shoulders & Abs

Exercise	Sets	Reps
<b>Shoulders</b>		
<a href="#">Military Press</a>	4	8 - 10
<a href="#">Barbell Front Raise</a>	3	10
<a href="#">Upright Row</a>	4	8
<a href="#">Dumbbell Lateral Raise</a>	4	8
<a href="#">Dumbbell Reverse Fly</a>	3	10
<b>Abs</b>		
<a href="#">Decline Sit Ups</a>	3	MAX
<b>Notes</b>		
Dumbbell lateral raises can be supersetted with upright rows. Hold a weight plate on your chest for decline situps if bodyweight is not challenging enough.		

### Day 2: Arms & Abs

Exercise	Sets	Reps
<b>Arms</b>		
<a href="#">Standing Barbell Curl</a>	4	8
<a href="#">Preacher Curls</a>	4	8
<a href="#">Cable Curl</a>	4	8
<b>Abs</b>		
<a href="#">Close Grip Bench Press</a>	4	6
<a href="#">Tricep Dip</a>	3	10 + ( MAX )
<a href="#">Lying Tricep Extension</a> (Skullcrusher)	4	8 - 10
<b>Forearms</b>		
<a href="#">Barbell Wrist Curl</a>	3	10
<b>Abs</b>		
<a href="#">Hanging Leg Raise</a>	3	MAX

### Day 3: Legs & Abs

Exercise	Sets	Reps
<b>Quads / Hamstrings / Glutes</b>		
<a href="#">Squat</a>	5	5 - 7
<a href="#">45 Degree Leg Press</a>	4	10
<a href="#">Leg Extension</a>	4	8 - 10
<a href="#">Leg Curl</a>	4	8 - 10
<b>Calves</b>		
<a href="#">Seated Calf Raise</a>	4	12 - 15
<a href="#">45 Degree Calf Press</a>	4	10 - 12
<b>Abs</b>		
<a href="#">Hover</a>	3	As long as possible
<b>Notes</b>		
Seated Calf Raise: You can do 15 Bodyweight Standing Calf Raises immediately after to add intensity.		

### Day 4: Back & Abs

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Wide Grip Pull Up</a>	5	8 - 10
<a href="#">Lat Pull Down</a>	4	10
<a href="#">Seated Row</a>	4	10
<a href="#">One Arm Dumbbell Row</a>	3	8
<b>Abs</b>		
<a href="#">Decline Abdominal Reach</a>	3	MAX
<b>Notes</b>		
Lat Pull Downs can be supersetted with Seated Row to add intensity.		

### Day 5: Chest & Abs

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Barbell Bench Press</a>	5	6 - 10
<a href="#">Incline Bench Press</a>	4	8
<a href="#">Chest Dip</a>	4	8
<a href="#">Dumbbell Flys</a>	4	10 - 12
<b>Abs</b>		
<a href="#">Exercise Ball Crunch</a>	3	20
<b>Notes</b>		
Barbell Bench can be supersetted with Incline Dumbbell Flys. Dumbbell Flys: You can do these on either flat bench or incline depending on what part of the chest you want to hit.		