



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



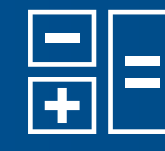
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THE AMRAP BODYBUILDING WORKOUT FOR MUSCLE MASS

Forget fixed rep & set counts, and challenge yourself with this new workout program. It's you vs the clock, and your goal is to do as many reps as possible.

Link to Workout: <https://www.muscleandstrength.com/workouts/amrap-bodybuilding-workout-for-mass>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 5 Days

Time Per Workout: 15 - 30 Minutes

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male

Author: Roger "Rock" Lockridge

Day 1: Chest and Side Delts

Exercise	Weight Selection	Time
1. Incline Smith Machine Press	8 Rep Max	3 Mins
2. Flat Dumbbell Press	12 Rep Max	3 Mins
3. Cable Crossover	15 Rep Max	4 Mins
4. Seated Lateral Raise	15 Rep Max	4 Mins

Day 2: Quads and Abs

Exercise	Weight Selection	Time
1. Hack Squat	8 Rep Max	3 Mins
2. Leg Press	12 Rep Max	3 Mins
3. Leg Extension	15 Rep Max	4 Mins
4. Lying Leg Raise	15 Rep Max	4 Mins
5. Weighted Crunches	15 Rep Max	4 Mins

Day 4: Back, Rear Delts and Traps

Exercise	Weight Selection	Time
1. T-Bar Row	8 Rep Max	3 Mins
2. Wide Grip Pull Down	12 Rep Max	3 Mins
3. Wide Grip Seated Row	15 Rep Max	4 Mins
4. Reverse Pec Deck	15 Rep Max	4 Mins
5. Dumbbell Shrug	15 Rep Max	4 Mins

Day 5: Biceps and Triceps

Exercise	Weight Selection	Time
1. Barbell Preacher Curl	8 Rep Max	3 Mins
2. Incline Dumbbell Curl	12 Rep Max	3 Mins
3. Close Grip Smith Machine Bench Press	8 Rep Max	4 Mins
4. Rope Pressdown	12 Rep Max	4 Mins

Day 6: Hamstrings and Calves

Exercise	Weight Selection	Time
1. Dumbbell Stiff-Legged Deadlift	8 Rep Max	3 Mins
2. Lying Leg Curl	12 Rep Max	4 Mins
3. Seated Calf Raise	15 Rep Max	4 Mins
4. Calf Press	15 Rep Max	4 Mins

