



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



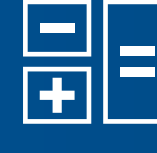
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THE ANTI-HERO TRAINING PLAN: BUILD BIG, BRUTAL MUSCLE & STRENGTH

Nothing pretty here! You're about to become a big, bad anti-hero behemoth. This no frills, get it done 4 day workout split will help you pack on both muscle and strength

Link to Workout: <https://www.muscleanstrength.com/workouts/anti-hero-training-plan-big-brutal-muscle>

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

Author: Brad Borland

Day 1: Upper Body

Exercise	Warm Up Sets	Work Sets	Rest
Incline Bench Barbell Press	2 x 12	4 x 4 - 8	60 Secs
Flat Bench Barbell Press	-	4 x 4 - 8	60 Secs
Close-Grip Pull Up (Weighted, if Needed)	2 x 12 (Pulldowns)	4 x 4 - 8	60 Secs
Bent-Over T - Bar Row	1 x 12	4 x 4 - 8	60 Secs
Seated Dumbbell Shoulder Press	-	3 x 6 - 10	60 Secs
Standing Lateral Raise	-	3 x 6 - 10	60 Secs
Floor Crunch	-	3 x 20	30 Secs

Day 2: Lower Body

Exercise	Warm Up Sets	Work Sets	Rest
Seated Calf Raise	2 x 12	4 x 6 - 10	30 Secs
Stiff Leg Deadlift	2 x 12	3 x 6 - 10	60 Secs
Barbell Squat	2 x 12	4 x 4 - 8	90 Secs
Dumbbell Bulgarian Split Squat	-	3 x 6 - 10	60 Secs
Barbell Curl	2 x 12	4 x 4 - 8	60 Secs
Close-Grip Decline Bench Press	2 x 12	4 x 4 - 8	60 Secs
Hanging Leg Raise	-	3 x 20	30 Secs

Day 3: Upper Body

Exercise	Warm Up Sets	Sets	Rest
Incline Bench Dumbbell Press	2 x 12	4 x 6 - 10	60 Secs
Flat Bench Dumbbell Press	-	4 x 6 - 10	60 Secs
Wide Grip Pull-Up (Weighted if Needed)	2 x 12 (Pulldowns)	4 x 6 - 10	60 Secs
Bent-Over Barbell Row	1 x 12	4 x 6 - 10	60 Secs
Standing Barbell Push Press	-	3 x 6 - 12	60 Secs
Wide Grip Barbell Upright Row	-	3 x 8 - 12	60 Secs
3-Way Sit-Up	-	3 x 20	30 Secs

Day 4: Lower Body

Exercise	Warm Up Sets	Sets	Rest
Standing Calf Raise or Single Leg Calf Raise	2 x 12	4 x 8 - 12	30 Secs
Dumbbell Stiff Leg Deadlift	2 x 12	3 x 8 - 12	60 Secs
Barbell Bulgarian Split Squat	2 x 12	4 x 8 - 12	60 Secs
Barbell Front Squat	-	4 x 6 - 10	60 Secs
Seated Dumbbell Curl	2 x 12	4 x 6 - 10	60 Secs
Parallel Bar Weighted Dip	2 x 12	4 x 6 - 10	60 Secs
Lying Leg Raise	-	3 x 20	30 Secs