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Workouts



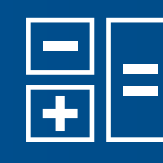
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BODYBUILDING ICONS: EUGEN SANDOW INSPIRED WORKOUT ROUTINE

In this month's Bodybuilding Icons segment we take a look at the original bodybuilder, Eugen Sandow, and his early form of training methods.

Link to Workout: <https://www.muscleandstrength.com/workouts/eugen-sandow-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Eugen Sandow's Original Bodybuilding Workout

Exercise	Sets	Reps
Dumbbell Curl	1	50 Each
Reverse Barbell Curl	1	25
Horizontal Biceps Curl	1	10 Each
Standing Chest Fly	1	50
Alternating Shoulder Press	1	15 Each
Alternating Front Raise	1	10
Wrist Flexors	1	Failure
Wrist Rotations	1	Failure
Lunge Punch	1	10 Each
Push Ups	1	3
Push Up with Resistance	1	2
Full Sit Up	1	3
Squats	1	10
Side Bends	1	15 Each

Eugen Sandow Inspired Upper Body Workout

Exercise	Sets	Reps
Alternating Standing Dumbbell Press	3	10 - 15
Alternating Lateral Raise	3	10 - 15
Seated Chest Press	3	10 - 15
Push Up	2 - 3	100 Total
Tricep Pushdown	3	15
Pull Up	3	10 - 15
High Seated Row	3	10 - 15
Horizontal Cable Biceps Curl	3	15

Eugen Sandow Lower Body and Core Workout

Exercise	Sets	Reps
Lunge Punch	3	10 - 15
Squat	3	10
Romanian Deadlift	3	10
Leg Press	3	10 - 15
Leg Curl	3	15
Seated Calf Raise	3	15
Weighted Rope Crunch	3	20
Lying Leg Raise	3	20