



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



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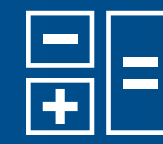
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## BODYBUILDING ICONS: JOHN GRIMEK INSPIRED WORKOUT

Learn all about John Grimek, a pioneer of modern-day bodybuilding, and give this workout routine inspired by his training style a try!

Link to Workout: <https://www.muscleandstrength.com/workouts/john-grimek-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 10 Weeks

**Days Per Week:** 3 Day

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Monday: John Grimek Full Body Workout

Exercise	Sets	Reps
<a href="#">Bench Press</a>	3	10
<a href="#">Chin Ups</a>	3	10
<a href="#">Military Press</a>	3	10
<a href="#">Barbell Curls</a>	3	10
<a href="#">Squats</a>	3	10
<a href="#">Standing Calf Raise</a>	3	10

\*Rest for one minute between exercises and 2-3 minutes after completing all exercises. Repeat the above exercises for a total of three times.

### Wednesday: John Grimek Full Body Workout

Exercise	Sets	Reps
<a href="#">Incline Bench Press</a>	3	10
<a href="#">Barbell Row</a>	3	10
<a href="#">Shrugs</a>	3	10
<a href="#">Single Arm Preacher Curl</a>	3	10
<a href="#">Leg Curl</a>	3	10
<a href="#">Sit Ups</a>	1	50

\*Rest for one minute between exercises and 2-3 minutes after completing all exercises. Repeat the above exercises for a total of three times.

### Friday: John Grimek Full Body Workout

Exercise	Sets	Reps
<a href="#">Pull Downs</a>	3	10
<a href="#">Military Press</a>	3	10
<a href="#">Incline Dumbbell Curl</a>	3	10
<a href="#">Front Squats</a>	3	10
<a href="#">Stiff Legged Deadlift</a>	3	10

\*Rest for one minute between exercises and 2-3 minutes after completing all exercises. Repeat the above exercises for a total of three times.