



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



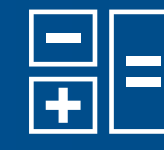
Diet Plans



Expert Guides



Videos



Tools

BRANCH WARREN'S PRE OLYMPIA WORKOUT

Mr. Olympia competitor and Team MuscleTech member Branch Warren shares his pre-contest 5 day training split, along with a sample eating and supplementation plan.

Link to Workout: <https://www.muscleandstrength.com/workouts/branch-warren-olympia-workout-diet-plan>

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, Machines
Author: Team MuscleTech

Monday: Back

Exercise	Sets	Reps
Incline T - Bar Row	3	10
One Arm Dumbbell Row	3	8
Barbell Row	3	8
Lat Pull Down	3	15
Seated Upright Row Machine	3	15
Hammer Strength Pull Down	3	15
Seated Low Cable Row	3	20
Rear Delts on Pec Dec	4	10
Bent Over Dumbbell Rear Laterals	4	10

Tuesday: Chest

Exercise	Sets	Reps
Incline Bench Press (Warm Up)	2	Until Warm
Work Sets	3	3 x 8 - 12
Dumbbell Bench Press *	3	10
Hammer Strength Incline Bench Press	3	10
Weighted Dips w/ Chains	3	Failure
Cable Crossover	3	15

*Dumbbell Bench Press: Drop set on final set.

Thursday: Arms

Exercise	Sets	Reps
Standing Dumbbell Curl	3	8
Standing Barbell Curl	3	12
Preacher Curl	3	12
Tricep Pushdowns	3	15
Seated Dip Machine	3	15
Rope Triceps Pushdown	4	12

Friday: Legs

Exercise	Sets	Reps
Leg Extensions	2	100
Squat (Light)	2	Until Warm
Heavy Sets	2	Failure
Hack Squat	3	10 - 15
Leg Press	3	30
Seated Leg Curl	3	15
Standing Leg Curl	3	10
Lying Leg Curl	3	12

Saturday: Lower Back & Shoulders

Exercise	Sets	Reps
Deadlift (Warm Up)	3 - 4	Until Warm
Work Sets	4 - 5	5 - 8
Military Press (Warm Up)	2	Until Warm
Work Sets	3	10
Squat	3	12
Side Lateral	3	8 - 12
Dumbbell Front Raise	3	8
Upright Row	3	12

