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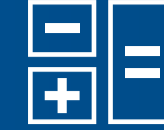
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## MEN'S PHYSIQUE WORKOUT: BRANDON HENDRICKSON INSPIRED WORKOUT ROUTINE

Train like Men's Physique Mr. Olympia Champion, Brandon Hendrickson, with this workout inspired by all of the workout videos we've created together!

Link to Workout: <https://www.muscleandstrength.com/workouts/brandon-hendrickson-workout>

**Main Goal:** Lose Fat

**Training Level:** Advanced

**Program Duration:** 12 Weeks

**Days Per Week:** 5 Day

**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines, Other

**Target Gender:** Male

**Author:** [Josh England](#)

### Monday: Brandon Hendrickson Chest Workout

Exercise	Sets	Reps
<a href="#">Single Arm Hammer Strength Press</a>	3	12 Each
Machine Incline Press	3	12
<a href="#">Cable Flys</a>	3	15
<a href="#">A1. Incline Dumbbell Fly</a>	3	10
A2. Dumbbell Underhand Raises	3	10
<a href="#">Pec Deck Fly</a>	3	12
<a href="#">Dumbbell Pullover</a>	3	12

### Tuesday: Brandon Hendrickson Leg Workout

Exercise	Sets	Reps
A1. Standing Hamstring Curl	4	12 Each
<a href="#">A2. Walking Lunges</a>	4	10 Each
<a href="#">B1. Lying Leg Curl</a>	4	20
<a href="#">B2. Machine Adduction</a>	4	15
<a href="#">High Feet Leg Press</a>	1	6 Plate Drop Set
<a href="#">Leg Extension</a>	3	14
<a href="#">Barbell Back Squat</a>	5	10 - 15
<a href="#">Narrow Stance Leg Press</a>	3	20
<a href="#">Wide Stance Leg Press</a>	1	Drop Set

### Wednesday: Brandon Hendrickson Shoulder Workout

Exercise	Sets	Reps
<a href="#">Side Lateral Raise</a>	5	12 - 15
<a href="#">Dumbbell Front Raises*</a>	4	10
Reverse Machine Press	5	10
Machine Shoulder Leg Press**	4	10
Upright EZ Bar Row	4	12 - 15

\*Brandon performs these 5 per side at a time for a total of 20 reps. He performs 2 sets with a hammer grip and 2 sets with rotation.

\*\*Do not do this in a busy gym.

### Friday: Brandon Hendrickson Back Workout

Exercise	Sets	Reps
Wide Grip Cable Row	4 - 5	12 - 15
<a href="#">Cable Pullover</a>	3 - 4	12 - 15
<a href="#">Single Arm Cable Row</a>	3	12 - 15
Standing Overhand Cable Row	3	12 - 15
Standing Underhand Cable Row	3	12 - 15
<a href="#">Lat Pull Down</a>	4 - 5	8 - 10

### Saturday: Brandon Hendrickson Arm Workout

Exercise	Sets	Reps
Single Arm Crossbody Rope Tricep Extensions	4	12 - 15
<a href="#">A1. Machine Tricep Extensions</a>	4	12 - 15
A2. Machine Tricep Dips	4	10
<a href="#">Dumbbell Tricep Kickback</a>	4	15 - 20
<a href="#">Dumbbell Concentration Curl</a>	4	12 - 15
<a href="#">B1. Machine Preacher Curl</a>	5	10
B2. Single Arm Machine Curls	5	12 - 15
<a href="#">Alternating Dumbbell Curls</a>	4	12 - 15
<a href="#">EZ Bar Curls</a>	4	10

### Morning/Postworkout Abs & Cardio

As mentioned in the program overview, Brandon trains abs every day of the week and does cardio 4-5 times per week. For the purposes of this program, you'll want to try to do abs and cardio 3-5 times per week.

When it comes to cardio, choose your favorite steady state variation and perform 20-30 minutes.

Exercise	Sets	Reps
<a href="#">Hanging Leg Raise</a>	4 - 5	15 - 20
Windshield Wipers	4 - 5	15 - 20
<a href="#">Seated Crunch</a>	4 - 5	15 - 20
<a href="#">Rope Crunch</a>	4 - 5	15 - 20