



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



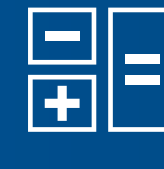
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BUILDING THE BEGINNER: FOUNDATION FOR MUSCLE & STRENGTH

Building The Beginner is a 6 week program that lays the foundation for heavier lifting. A detailed training plan with instructional videos makes it easy to follow!

Link to Workout: <https://www.muscleandstrength.com/workouts/building-the-beginner>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 5 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, Exercise Ball,

Kettle Bells, Machines,

Medicine Ball

Author: Team MuscleTech

PHASE 1

Day 1: Lower Body

Exercise	Week 1	Week 2
Dumbbell Sack Squat Jump	2 x 5	3 x 5
Dumbbell 3 Second Eccentric Front Squat	3 x 8	4 x 8
Dumbbell Single Leg Deadlift	3 x 8 Each Leg	4 x 8 Each Leg
Superset		
Dumbbell Reverse Lunge	3 x 8 Each Leg	4 x 8 Each Leg
Front Plank	3 x 60 Secs	4 x 60 Secs
Superset		
Sliding Leg Curl	3 x 8	4 x 8
Tall Kneeling Pallof Press	2 x 8 Each Side	2 x 8 Each Side

Day 2: Upper Body

Exercise	Week 1	Week 2
Tall Kneeling Medicine Ball Chest Press	2 x 5	3 x 5
3 Second Eccentric Bench Press	3 x 8	4 x 8
Barbell Bent Over Row	3 x 8	4 x 10
Superset		
Half Kneeling Dumbbell Overhead Press	3 x 8	4 x 8
Prone Dumbbell Front Raise	3 x 8	4 x 8
Superset		
Cable Triceps Pressdown	3 x 8	4 x 8
Side Plank	2 x 30 Secs Each Side	2 x 30 Secs Each Side

Day 3: Energy Systems

Exercise	Week 1	Week 2
Lactate Power Intervals (Shuttle Runs or other Intense Cardio): 20 Secs Work w/ 80 - 90 Secs recovery.		

Day 4: Lower Body

Exercise	Week 1	Week 2
Kettlebell Swing	3 x 10	4 x 10
Dumbbell Eccentric Front Squat	3 x 8	4 x 8
Dumbbell Split Squat	3 x 8 Each Leg	4 x 8 Each Leg
Dumbbell Step Ups	3 x 8 Each Leg	4 x 8 Each Leg
Farmer's Walk	2 x 40 Yards	2 x 40 Yards
Superset		
Barbell Calf Raise	3 x 8	3 x 8
Plate Chops	2 x 8 Each Side	2 x 8 Each Side

Day 5: Upper Body

Exercise	Week 1	Week 2
Tall Kneeling Medicine Ball Chest Pass	2 x 5	3 x 5
Incline Barbell Chest Press	3 x 8	4 x 8
3 Second Eccentric Pull Ups	3 x 8	4 x 8
Seated Cable Row	3 x 8	4 x 8

PHASE 2

Day 1: Lower Body

Exercise	Week 1	Week 2
Dumbbell Sack Squat Jump	2 x 4	4 x 4
Back Squat	2 x 12	4 x 12
Romanian Deadlift	2 x 12	4 x 12
Superset		
Dumbbell Reverse Lunge	2 x 12 Each Leg	4 x 12 Each Leg
Tall Kneeling Pallof Press	2 x 8 Each Side	2 x 8 Each Side
Superset		
Stability Ball Curl	2 x 12	4 x 12
Stability Ball Roll-Call	2 x 12	4 x 12

Day 2: Upper Body

Exercise	Week 1	Week 2
Half Kneeling Medicine Ball Chest Press	2 x 5	3 x 5
Dumbbell Bench Press	2 x 12	4 x 12
Barbell Bent Over Row	2 x 12	4 x 12
Superset		
Half Kneeling Dumbbell Overhead Press	2 x 12	4 x 12
Lateral Raise	2 x 8	2 x 8
Triset		
Barbell Biceps Curl	2 x 12	4 x 12
Cable Triceps Pressdown	2 x 12	4 x 12
Side Plank	2 x 30 Secs Each Side	2 x 30 Secs Each Side

Day 3: Energy Systems

Exercise	Week 1	Week 2
Lactate Power Intervals (Rowing Machine or other Intense Cardio): 20 Secs Work w/ 80 - 90 Secs recovery.		

Day 4: Lower Body

Exercise	Week 1	Week 2
Barbell Hang Clean	2 x 4	4 x 4
Sumo Deadlift	2 x 12	4 x 12
Dumbbell Split Squat	2 x 12 Each Leg	4 x 12 Each Leg
Superset		
Farmer's Walk	2 x 30 Yards	2 x 30 Yards
Suitcase Carry	2 x 30 Yards Each Arm	2 x 30 Yards Each Arm
Superset		
Calf Raise	2 x 12	4 x 12
Plate Chops	2 x 12	2 x 12

Day 5: Upper Body

Exercise	Week 1	Week 2
Tall Kneeling Medicine Ball Chest Pass	2 x 5	3 x 5
Incline Dumbbell Chest Press	2 x 12	4 x 12
Pull Ups	2 x 12	4 x 12
Superset		
Seated Cable Row	2 x 12	4 x 12
Lateral Body Saw	2 x 12 Each Side	2 x 12 Each Side
Triset		
Seated Dumbbell Biceps Curl	2 x 12	4 x 12
Triceps Extension	2 x 12	4 x 12
Reverse Hyperextension Hold	2 x 30 Secs	2 x 30 Secs

PHASE 3

Day 1: Lower Body

Exercise	Week 1	Week 2
Barbell Hang Clean	2 x 5	3 x 5
Dumbbell Single Leg Deadlift	3 x 6 Each Leg	4 x 6 Each Leg
Superset		
Barbell Hip Press	3 x 6	4 x 6
Ab Wheel or Barbell Rollout	2 x 12	2 x 12
Superset		
Sliding Leg Curl	3 x 6	4 x 6
Tall Kneeling Pallof Press	2 x 8	2 x 8

Day 2: Upper Body

Exercise	Week 1	Week 2
Half Kneeling Medicine Ball Chest Press	2 x 5	3 x 5
3 Second Eccentric Chin Up	2 x 6	3 x 6
Superset		
Kneeling Dumbbell Military Press	3 x 6	4 x 6
Dumbbell Biceps Curl	2 x 6	3 x 6
Triset		
Cable Triceps Pressdown	2 x 6	4 x 6
Side Plank	2 x 30 Secs Each Side	2 x 30 Secs Each Side

Day 3: Energy Systems

Exercise	Week 1	Week 2
Aerobic Power (Battle Rope Work): 3 Mins Work w/ max sustainable effort; 4 Min recovery.		

Day 4: Lower Body

Exercise	Week 1	Week 2
Barbell Hang Clean	2 x 5	3 x 5
Sumo Deadlift	3 x 6	4 x 6
Superset		
Dumbbell Step Up	3 x 6 Each Leg	4 x 6 Each Leg
Farmer's Walk	2 x 30 Yards	2 x 30 Yards
Superset		
Calf Press	2 x 12	3 x 12
Plate Chops	2 x 12	2 x 12

Day 5: Upper Body

Exercise	Week 1	Week 2
Standing Medicine Ball Chest Pass	2 x 5	3 x 5
3 Second Eccentric Chin Up	2 x 6	3 x 6
Incline Dumbbell Chest Press	3 x 6	4 x 6
Superset		
Seated Cable Row	3 x 6	4 x 6
Lateral Plank	2 x 60 Secs Each Side	2 x 60 Secs Each Side
Triset		
Barbell Curl	3 x 6	4 x 6
Triceps Press	3 x 6	4 x 6
Weighted Back Hyperextension Hold	2 x 30 Secs	2 x 30 Secs