



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



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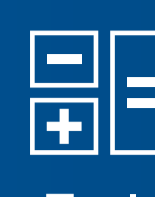
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## BUILDING THE X FRAME: 10 WEEK MUSCLE BUILDING WORKOUT

Want to build the ultimate “X” frame physique? This 10 week muscle building upper/lower workout program can help you accomplish just that. Check it out!

Link to Workout: <https://www.muscleandstrength.com/workouts/building-the-x-frame-10-week-workout>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 10 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines  
**Author:** Brad Borland

### Monday

Exercise	Warm Up Sets	Work Sets
<a href="#">Incline Bench Press</a>	2 x 12	5 x 6 - 10
<a href="#">Wide Grip Pull Up</a>	2 x 12 (on Pull Down)	5 x Failure
<a href="#">Seated Dumbbell Lateral Raise</a>	1 x 12	4 x 10 - 15
<a href="#">Standing Rear Deltoid Cable Crossover</a>	-	4 x 10 - 15
<a href="#">Seated Dumbbell Arnold Press</a>	-	4 x 6 - 10
<a href="#">Barbell Shrug</a>	-	3 x 6 - 10
<b>Superset</b>		
<a href="#">Ab Crunch</a>	-	3 x 15 - 20
<a href="#">Lying Leg Lift</a>	-	3 x 15 - 20
<a href="#">Bicycle Crunch</a>	-	3 x 15 - 20

### Tuesday

Exercise	Warm Up Sets	Working Sets
<a href="#">Machine Standing Calf Raise</a>	1 x 12	3 x 10 - 15
<b>Superset</b>		
<a href="#">Single Leg Calf Raise</a>	-	3 x 10 - 15
<a href="#">Seated Calf Raise</a>	-	3 x 10 - 15
<a href="#">Front Squat</a>	2 x 12	4 x 6 - 10
<a href="#">Dumbbell Stiff Leg Deadlift</a>	1 x 12	4 x 6 - 10
<a href="#">Barbell Walking Lunge</a>	-	3 Lengths
<b>Superset</b>		
<a href="#">Barbell Curl</a>	1 x 12	4 x 6 - 10
<a href="#">Tricep Dips</a>	1 x 12	4 x 6 - 10
<b>Triset</b>		
<a href="#">Sit Up</a>	-	3 x 15 - 20
<a href="#">Hanging Leg Raise</a>	-	3 x 15 - 20
<a href="#">Plank</a>	-	30 Secs

### Thursday

Exercise	Warm Up Sets	Work Sets
<a href="#">Incline Bench Press</a>	2 x 12	5 x 6 - 10
<a href="#">Wide Grip Pull Up</a>	2 x 12 (on Pull Down)	5 x Failure
<a href="#">Seated Dumbbell Lateral Raise</a>	1 x 12	4 x 10 - 15
<a href="#">Standing Rear Deltoid Cable Crossover</a>	-	4 x 10 - 15
<a href="#">Seated Dumbbell Arnold Press</a>	-	4 x 6 - 10
<a href="#">Barbell Shrug</a>	-	3 x 6 - 10
<b>Superset</b>		
<a href="#">Ab Crunch</a>	-	3 x 15 - 20
<a href="#">Lying Leg Lift</a>	-	3 x 15 - 20
<a href="#">Bicycle Crunch</a>	-	3 x 15 - 20

### Friday

Exercise	Warm Up Sets	Working Sets
<a href="#">Machine Standing Calf Raise</a>	1 x 12	3 x 10 - 15
<b>Superset</b>		
<a href="#">Single Leg Calf Raise</a>	-	3 x 10 - 15
<a href="#">Seated Calf Raise</a>	-	3 x 10 - 15
<a href="#">Front Squat</a>	2 x 12	4 x 6 - 10
<a href="#">Dumbbell Stiff Leg Deadlift</a>	1 x 12	4 x 6 - 10
<a href="#">Barbell Walking Lunge</a>	-	3 Lengths
<b>Superset</b>		
<a href="#">Barbell Curl</a>	1 x 12	4 x 6 - 10
<a href="#">Tricep Dips</a>	1 x 12	4 x 6 - 10
<b>Triset</b>		
<a href="#">Sit Up</a>	-	3 x 15 - 20
<a href="#">Hanging Leg Raise</a>	-	3 x 15 - 20
<a href="#">Plank</a>	-	30 Secs