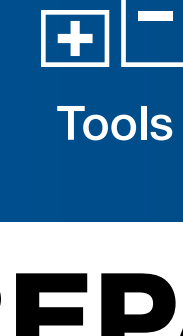
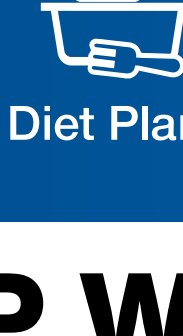




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CONTEST PREP WORKOUT: PREPARING FOR YOUR FIRST BODYBUILDING SHOW

A lot goes into preparing for your first bodybuilding show. Let us make the training aspect easier for you with this 3 week alternating contest prep workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/first-show-contest-prep-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 60 - 90 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines

Target Gender: Male & Female

Author: Eric Broser

Week 1: Monday

Exercise	Tempo	Sets	Reps
1. Bench Press	3 / 0 / X	3	6 - 8
2. Incline Bench Press	3 / 0 / X	3	6 - 8
3. Dumbbell Fly	3 / 0 / X	2	6 - 8
4. Dumbbell Pullover	2 / 0 / X	2	6 - 8
5. Barbell Preacher Curl	3 / 1 / X	3	6 - 8
6. Incline Alternating Curl	3 / 1 / X	2	6 - 8
7. Single Arm Cable Curl	3 / 0 / X	2	6 - 8
8. Hammer Concentration Curl	3 / 0 / X	2	6 - 8
9. Seated Barbell Wrist Curl	2 / 0 / X	2	6 - 8
10. Cable Crunch	2 / 0 / 1 / 1	3	13 - 15
11. Weighted Leg Raise	2 / 0 / 1	2	13 - 15

Week 1: Tuesday

Exercise	Tempo	Sets	Reps
1. Leg Press	3 / 0 / X	2	6 - 8
2. Hack Squats	3 / 0 / X	3	6 - 8
3. Leg Extensions	3 / 0 / X	3	6 - 8
4. Walking Dumbbell Lunge	3 / 0 / X	2	6 - 8 Each
5. Stiff Leg Deadlift	2 / 0 / X	3	6 - 8
6. Seated Leg Curl	3 / 0 / X	3	6 - 8
7. Single Leg Curl	3 / 0 / X	2	6 - 8 Each
8. Seated Calf Raise	2 / 0 / X	2	6 - 8
9. Single Leg Calf Press	2 / 1 / X	3	6 - 8 Each

Week 1: Thursday

Exercise	Tempo	Sets	Reps
1. Wide Grip Seated Cable Row	2 / 0 / X	3	6 - 8
2. Underhand Grip Bent Over Row	2 / 0 / X	3	6 - 8
3. Close Grip Pull Down	2 / 0 / X	2	6 - 8
4. Dumbbell Pullover	2 / 0 / X	2	6 - 8
5. Rack Pull	2 / 1 / X	2	6 - 8
6. Deadlift	2 / 1 / X	2	6 - 8
7. Weighted Leg Raise	2 / 0 / 1	3	13 - 15
8. Weighted Incline Sit Up	2 / 0 / 1 / 1	2	13 - 15

Week 1: Friday

Exercise	Tempo	Sets	Reps
1. Arnold Dumbbell Press	3 / 0 / X	3	6 - 8
2. Single Arm Cable Lateral Raise	2 / 1 / X	3	6 - 8
3. Single Arm Cable Bent Rear Delt Fly	2 / 1 / X	3	6 - 8
4. Barbell Upright Row	2 / 0 / X	2	6 - 8
5. Barbell Shrug	2 / 0 / X / 1	2	6 - 8
6. EZ Bar Extension	3 / 0 / X	3	6 - 8
7. Weighted Tricep Dip	3 / 0 / X	2	6 - 8
8. V Bar Pushdown	2 / 0 / X / 1	2	6 - 8
9. Standing Calf Raise	2 / 1 / X	3	6 - 8
10. Seated Calf Raise	2 / 0 / X	2	6 - 8

Week 2: Monday

Exercise	Tempo	Sets	Reps
1. Cable Crossover	2 / 0 / 2 / 1	2	16 - 20
2. Dumbbell Fly	2 / 1 / 2	2	13 - 15
3. Smith Machine Bench	2 / 0 / 2	3	10 - 12
4. Dumbbell Incline Press	2 / 0 / 2	3	7 - 9
5. Spider Curl	2 / 0 / 2 / 1	2	13 - 15
6. Machine Curl	2 / 0 / 2	2	10 - 12
7. Incline Alternating Dumbbell Curl	2 / 1 / 2	3	7 - 9
8. Barbell Reverse Wrist Curl	1 / 0 / 1 / 1	2	16 - 20
9. Rope Cable Hammer Curl	2 / 0 / 2	2	10 - 12
10. Leg Raise	2 / 0 / 1	2	Max Reps
11. Weighted Crunch	2 / 0 / 2 / 1	2	Max Reps

Week 2: Tuesday

Exercise	Tempo	Sets	Reps
1. Leg Press	2 / 0 / 2	2	16 - 20
2. Hack Squats	2 / 0 / 2	3	13 - 15
3. Leg Extension	2 / 0 / 2 / 1	3	10 - 12
4. One Legged Leg Press	2 / 0 / 2	2	7 - 9 Each
5. Adduction Machine	2 / 0 / 2	2	16 - 20
6. Seated Leg Curl	2 / 0 / 2	2	13 - 15
7. Stiff Leg Deadlift	2 / 0 / 2	2	10 - 12
8. Lying Leg Curl	2 / 0 / 2	2	7 - 9 Each
9. Seated Calf Raise	2 / 0 / 1	2	16 - 20
10. Single Leg Calf Press	2 / 1 / 1	3	10 - 12 Each

Week 2: Thursday

Exercise	Tempo	Sets	Reps
1. Wide Grip Pull Down	2 / 0 / 2	3	16 - 20
2. Smith Machine Row	2 / 0 / 1	3	13 - 15
3. Wide Grip Seated Cable Row	2 / 0 / 2	3	10 - 12
4. One Arm Dumbbell Row	2 / 1 / 1	3	7 - 9
5. Hyperextension	2 / 0 / 2 / 1	2	16 - 20
6. Deadlift	2 / 1 / 1	2	10 - 12
7. Lying Side Crunch	1 / 0 / 1 / 1	2	Max Reps Each
8. Leg Raise	2 / 0 / 1	2	Max Reps

Week 2: Friday

Exercise	Tempo	Sets	Reps
1. Dumbbell Rear Lateral Raise	2 / 0 / 2	2	16 - 20
2. Cable Front Raise	2 / 0 / 2	2	13 - 15
3. Smith Machine Military Press	2 / 0 / 2	2	10 - 12
4. Single Arm Cable Lateral Raise	2 / 0 / 2 / 1	3	7 - 9
5. Dumbbell Shrug	1 / 0 / 1 / 1	2	16 - 20
6. EZ Bar Upright Row	2 / 0 / 1	2	10 - 12
7. Straight Bar Pushdown	2 / 0 / 1	1	16 - 20
8. Skullcrusher	2 / 0 / 2	2	13 - 15
9. Seated One Arm Dumbbell Overhead Extension	2 / 0 / 2	2	10 - 12
10. Single Arm Rope Pushdown	2 / 0 / 1 / 1	2	7 - 9
11. Seated Calf Raise	2 / 0 / 1 / 1	2	16 - 20
12. Standing Calf Raise	2 / 1 / 1 / 1	2	10 - 12

Week 3: Monday

Exercise	Tempo	Sets	Reps
1. Bench Press (Drop Sets)	2 / 0 / 1	2	7 - 9
2. Hammer Machine Incline Press (Rest Pause)	2 / 0 / 1	2	7 - 9
3a. Incline Dumbbell Fly	2 / 0 / 1	2	10 - 12
3b. Cable Crossover	2 / 0 / 1	2	10 - 12
4a. Incline Curl	2 / 0 / 1	2	7 - 9
4b. Barbell Curl	2 / 0 / 1	2	7 - 9
5. Dumbbell Preacher Curl (Drop Sets)	2 / 0 / 1	2	7 - 9
6. Seated Barbell Wrist Curl	2 / 0 / 1	1	10 - 12
7a. Cable Reverse Curl	2 / 0 / 1	1	10 - 12
7b. Alternating Hammer Curl	2 / 0 / 1	1	10 - 12
8a. Leg Raise	2 / 0 / 1	2	Max Reps
8b. Side Plank	-	2	Max Time Each
9. Cable Crunch (Drop Sets)	2 / 0 / 1	1	16 - 20

Week 3: Tuesday

Exercise	Tempo	Sets	Reps
1. Leg Extensions (Rest Pause)	2 / 0 / 1	2	10 - 12
2a. Leg Press	2 / 0 / 1	2	7 - 9
2b. Plie Squats	2 / 0 / 1	2	13 - 15
3. Smith Machine Split Squat (Dropset)	2 / 0 / 1	2	7 - 9
4. Lying Leg Curl (1.5 Reps)	2 / 0 / 1	2	7 - 9
5a. Seated Leg Curl	2 / 0 / 1	2	7 - 9
5b. Good Morning	2 / 0 / 1	2	13 - 15
6. Seated Calf Raise	2 / 0 / 1	1	13 - 15
7a. Calf Press	1 / 0 / 1	2	7 - 9
7b. Standing Calf Raise	1 / 0 / 1	2	7 - 9

Week 3: Thursday

Exercise	Tempo	Sets	Reps
1. Smith Machine Row (Rest Pause)	2 / 0 / 1	2	7 - 9
2a. Dumbbell Pullover	2 / 0 / 1	2	10 - 12
2b. Underhand Seated Cable Row	2 / 0 / 1	2	7 - 9
3. Close Grip Pull Down (Drop Set)	2 / 0 / 1	2	7 - 9
4. Deadlift (Rest Pause)	2 / 1 / 1	2	7 - 9
5a. Crunch Machine	2 / 0 / 1	2	16 - 20
5b. Side Plank	-	2	Max Time Each
6. Hanging Leg Raise	2 / 0 / 1	1	Max Reps

Week 3: Friday

Exercise	Tempo	Sets	Reps
1a. Standing Dumbbell Lateral Raise	2 / 0 / 1	2	10 - 12
1b. Seated Bent Over Lateral Raise	2 / 0 / 1	2	7 - 9
2. Machine Shoulder Press (Dropset)	2 / 0 / 1	2	7 - 9
3. Barbell Front Raise (Rest Pause)	2 / 0 / 1	1	10 - 12
4a. Dumbbell Shrug	1 / 0 / 1 / 1	2	13 - 15
4b. EZ Bar Upright Row	2 / 0 / 1	2	7 - 9
5. Bench Dips (Rest Pause)	2 / 0 / 1	1	Max Reps
6. Cable Overhead Extension (Drop Sets)	2 / 0 / 1	2	7 - 9
7a. Skullcrusher	2 / 0 / 1	1	7 - 9
7b. Close Grip Bench Press	2 / 0 / 1	1	7 - 9
8. Standing Calf Raise (Dropset)	2 / 0 / 1	2	7 - 9
9. Calf Press (Rest Pause)	2 / 0 / 1	1	10 - 12