

Diet Plans Workouts **Expert Guides Videos** Store **Tools**









This program tackles 3 of the 5 different types Time Per Workout: 45-60Mins Main Goal: Build Muscle of workouts that will hopefully keep your body

2

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Sets

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Sets	Re

- 4)		

Equipment: Barbell, Bodyweight, growing in the right direction. Each phase is 4 **Training Level:** Intermediate weeks. Cables, Dumbbells, EZ Bar, **Program Duration:** 12 Weeks Machines Days Per Week: 4 Days Link to Workout: https://www.muscleandstrength.com/

Author: Dave Herber workouts/daves-vif-mass-building-program.html

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As Many As Possible

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10

Reps

As Many As Possible

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As Many As Possible

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Reps

As Many As Possible

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As Many As Possible

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6

Reps

As Many As Possible

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As Many As Possible

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PHASE 1: Volume (Weeks 1

Week 1		
Exercise	Sets	Reps

Pull Ups	2	As Many As
Barbell Rows	2	10

Day 1: Back & Traps		
Pull Ups	2	As Many As Possible
Barbell Rows	2	10

Day 1: Back & Traps	
Pull Ups	2

<u>ran ope</u>
Barbell Rows

- Seated Cable Rows
- **Hyperextensions**
- **Superset**
- **Upright Rows**
- <u>Dumbbell Shrugs</u>
- Day 2: Chest & Shoulders
- Bench Press
- **Superset**

- Incline Dumbbell Bench Press

- <u>Decline Pushups</u>
- <u>Dumbbell Military Press</u>
- **Dumbbell Rear Laterals**
- Day 3: Legs

- Squat Leg Press Stiff Legged Deadlifts
- <u>Dumbbell Step Ups</u> Standing Calf Raise

Day 4: Arms

Close Grip Bench Press

Lying Tricep Extension

Standing Dumbbell Curls

Barbell Curls

Superset

Superset

Week 2

Exercise

Pull Ups

Barbell Rows

Seated Cable Rows

<u>Hyperextensions</u>

Upright Rows

Dumbbell Shrugs

<u>Decline Pushups</u>

Dumbbell Military Press

Dumbbell Rear Laterals

Stiff Legged Deadlifts

<u>Dumbbell Step Ups</u>

Standing Calf Raise

Close Grip Bench Press

Lying Tricep Extension

Standing Dumbbell Curls

Increase weight. Rest 60 Secs between sets.

Day 4: Arms

Barbell Curls

Superset

Superset

Week 3

Exercise

Pull Ups

Barbell Rows

Seated Cable Rows

Hyperextensions

Upright Rows

Dumbbell Shrugs

<u>Decline Pushups</u>

<u>Dumbbell Military Press</u>

Dumbbell Rear Laterals

Stiff Legged Deadlifts

<u>Dumbbell Step Ups</u>

Standing Calf Raise

Close Grip Bench Press

Lying Tricep Extension

Standing Dumbbell Curls

Increase weight. Rest 90 Secs between sets.

Day 4: Arms

Barbell Curls

Superset

Superset

Week 4

Exercise

Pull Ups

Barbell Rows

Seated Cable Rows

Hyperextensions

Upright Rows

<u>Dumbbell Shrugs</u>

Decline Pushups

<u>Dumbbell Military Press</u>

Dumbbell Rear Laterals

Stiff Legged Deadlifts

<u>Dumbbell Step Ups</u>

Standing Calf Raise

Close Grip Bench Press

Lying Tricep Extension

Standing Dumbbell Curls

Increase weight. Rest 90 Secs between sets.

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Day 4: Arms

Barbell Curls

Superset

Superset

Preacher Curls

Tricep Kickbacks

Day 3: Legs

Squat

Leg Press

Day 2: Chest & Shoulders

Incline Dumbbell Bench Press

Superset

Bench Press

Superset

Preacher Curls

Tricep Kickbacks

Day 1: Back & Traps

Day 3: Legs

Squat

Leg Press

Day 2: Chest & Shoulders

Incline Dumbbell Bench Press

Superset

Bench Press

Superset

Preacher Curls

Tricep Kickbacks

Day 1: Back & Traps

Day 3: Legs

Squat

Leg Press

Day 2: Chest & Shoulders

Incline Dumbbell Bench Press

Superset

Bench Press

Superset

Preacher Curls

Tricep Kickbacks

Rest 60 Secs between sets.

Day 1: Back & Traps

eek 5 Exercise	Sets	Ponc
Day 1: Upper Body	Sets	Reps
Pull Ups	3	As Many As Possible
Bench Press	3	8
Military Press	3	8
Barbell Shrug	3	8
<u>_ying Tricep Extension</u>	3	8
Hammer Curls	3	8
Day 2: Lower Body		
Squats	3	8
Stiff Legged Deadlifts	3	8
Seated Calf Raises	3	8
Weighted Crunches	3	8
Cable Pull Ins	3	8
Day 3: Upper Body		
_at Pull Downs	3	8
ncline Bench Press	3	8
Arnold Press	3	8
Dumbbell Shrugs	3	8
Dumbbell Tricep Extensions	3	8
ncline Dumbbell Curls	3	8
Day 4: Lower Body		
<u>_eg Press</u>	3	8
<u>Dumbbell Lunges</u>	3	8
Standing Calf Raise	3	8
Knee Raise w/ Medicine Ball	3	8
Reverse One Leg Crunch	3	8
Rest 60 Secs between sets.		
eek 6		
	Coto	Dono
Day 1: Upper Body	Sets	Reps
Day 1: Upper Body Pull Ups	3	As Many As Possible
· · · · · · · · · · · · · · · · · · ·	3	8
RANCH Prace		O
Military Press		8
<u>Military Press</u>	3	8
Military Press Barbell Shrug	3	8
Military Press Barbell Shrug Lying Tricep Extension	3 3	8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls	3	8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body	3 3 3	8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Equats	3 3 3 3	8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts	3 3 3 3 3 3 3	8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises	3 3 3 3 3 3 3 3 3	8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Equats Stiff Legged Deadlifts Beated Calf Raises Weighted Crunches	3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises Weighted Crunches Cable Pull Ins	3 3 3 3 3 3 3 3 3	8 8 8 8 8
Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body	3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Beated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body Lat Pull Downs	3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body Lat Pull Downs Incline Bench Press	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body Lat Pull Downs Incline Bench Press Arnold Press	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Seated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body Lat Pull Downs Incline Bench Press Arnold Press Dumbbell Shrugs	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8 8 8 8 8 8 8
Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats Stiff Legged Deadlifts Beated Calf Raises Weighted Crunches Cable Pull Ins Day 3: Upper Body Lat Pull Downs Incline Bench Press Arnold Press	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	8 8 8 8 8 8 8 8 8 8 8 8

Standing Calf Raise	3	8
Knee Raise w/ Medicine Ball	3	8
Reverse One Leg Crunch	3	8
Increase weight. Rest 60 Secs between sets.		
Neek 7		
Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
Bench Press	4	6
Military Press	4	6
Barbell Shrug	4	6
Lying Tricep Extension	4	6
Hammer Curls	4	6
Day 2: Lower Body		
<u>Squats</u>	4	6
Stiff Legged Deadlifts	4	6
Seated Calf Raises	4	6
Weighted Crunches	4	6
Cable Pull Ins	4	6
Day 3: Upper Body		
<u>Lat Pull Downs</u>	4	6
Incline Bench Press	4	6
<u>Arnold Press</u>	4	6
<u>Dumbbell Shrugs</u>	4	6
<u>Dumbbell Tricep Extensions</u>	4	6
Incline Dumbbell Curls	4	6
Day 4: Lower Body		
<u>Leg Press</u>	4	6
<u>Dumbbell Lunges</u>	4	6

Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
Bench Press	4	6
<u>Military Press</u>	4	6
Barbell Shrug	4	6
_ying Tricep Extension	4	6
Hammer Curls	4	6
Day 2: Lower Body		
<u>Squats</u>	4	6
Stiff Legged Deadlifts	4	6
Seated Calf Raises	4	6
Weighted Crunches	4	6
Cable Pull Ins	4	6
Day 3: Upper Body		
_at Pull Downs	4	6
ncline Bench Press	4	6
Arnold Press	4	6
<u>Dumbbell Shrugs</u>	4	6
Dumbbell Tricep Extensions	4	6
ncline Dumbbell Curls	4	6
Day 4: Lower Body		
<u>_eg Press</u>	4	6
<u>Dumbbell Lunges</u>	4	6
Standing Calf Raise	4	6
Knee Raise w/ Medicine Ball	4	6
Reverse One Leg Crunch	4	6
ncrease weight. Rest 90 Secs between sets.		
eek 8		
Exercise	Sets	Reps

Weighted Crunches	4	6
Cable Pull Ins	4	6
Day 3: Upper Body		
Lat Pull Downs	4	6
Incline Bench Press	4	6
Arnold Press	4	6
<u>Dumbbell Shrugs</u>	4	6
Dumbbell Tricep Extensions	4	6
Incline Dumbbell Curls	4	6
Day 4: Lower Body		
<u>Leg Press</u>	4	6
<u>Dumbbell Lunges</u>	4	6
Standing Calf Raise	4	6
Knee Raise w/ Medicine Ball	4	6
Reverse One Leg Crunch	4	6
Increase weight. Rest 90 Secs between sets.		
Veek 8		
Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
Bench Press	4	6
Military Press	4	6
Barbell Shrug	4	6
Lying Tricep Extension	4	6
Hammer Curls	4	6
Day 2: Lower Body		

Cable Pull Ins

Lat Pull Downs

Arnold Press

Leg Press

<u>Dumbbell Lunges</u>

Standing Calf Raise

Knee Raise w/ Medicine Ball

Reverse One Leg Crunch

<u>Incline Bench Press</u>

<u>Dumbbell Shrugs</u>

<u>Dumbbell Tricep Extensions</u>

Incline Dumbbell Curls

Day 4: Lower Body

Day 3: Upper Body

Incline Dumbbell Curls	4	6
Day 4: Lower Body		
<u>Leg Press</u>	4	6
<u>Dumbbell Lunges</u>	4	6
Standing Calf Raise	4	6
Knee Raise w/ Medicine Ball	4	6
Reverse One Leg Crunch	4	6
Increase weight. Rest 90 Secs between sets.		
Week 8		
Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
	4	As Many As Possible 6
Pull Ups		
Pull Ups Bench Press	4	6
Pull Ups Bench Press Military Press	4	6
Pull Ups Bench Press Military Press Barbell Shrug	4 4	6 6
Pull Ups Bench Press Military Press Barbell Shrug Lying Tricep Extension	4 4 4	6 6 6
Pull Ups Bench Press Military Press Barbell Shrug Lying Tricep Extension Hammer Curls	4 4 4	6 6 6
Pull Ups Bench Press Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body	 4 4 4 4 4 4 	6 6 6 6
Pull Ups Bench Press Military Press Barbell Shrug Lying Tricep Extension Hammer Curls Day 2: Lower Body Squats	4 4 4 4	6 6 6 6 6

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Increase weight. Rest 90 Secs between sets.

Day 1: Full Body Workout A

Week 9

Exercise

<u>Squats</u>

Stiff Leg Deadlifts	2	6
Seated Calf Raise	2	6
Seated Cable Row	2	6
Dumbbell Bench Press	2	6
Dumbbell Shoulder Press	2	6
<u>Dumbbell Shrugs</u>	2	6
Dumbbell Tricep Extension	2	6
Barbell Bicep Curls	2	6
Day 2: Full Body Workout B		
<u>Leg Press</u>	2	10
Leg Curls	2	10
Seated Calf Raise	2	10
One Arm Dumbbell Row	2	10
Incline Dumbbell Bench Press	2	10
Military Press	2	10
<u>Dumbbell Shrugs</u>	2	10
Tricep Pushdowns	2	10
Dumbbell Hammer Curls	2	10
Day 3: Full Body Workout C		
Dumbbell Lunges	2	12
Dumbbell Step Ups	2	12
Barbell Rows	2	12
Barbell Bench Press	2	12
Arnold Press	2	12
Rear Delt Raise	2	12
Upright Row	2	12
Lying Tricep Extension	2	12
Preacher Curls	2	12
Workout A: Rest 90 Secs between sets. Workout B:	Rest 60 Secs between sets. V	Vorkout C: Rest 30 Secs between sets.
Neek 10		
Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	10
Stiff Leg Deadlifts	2	10
Seated Calf Raise	2	10
Seated Cable Row	2	10
Dumbbell Bench Press	2	10
<u>Dumbbell Shoulder Press</u>	2	10
<u>Dumbbell Shrugs</u>	2	10
Dumbbell Tricep Extension	2	10
Rarhell Ricen Curls	2	10

Sets

2

Reps

6

<u>Dumbbell Shoulder Press</u>	2	10
<u>Dumbbell Shrugs</u>	2	10
Dumbbell Tricep Extension	2	10
Barbell Bicep Curls	2	10
Day 2: Full Body Workout B		
<u>Leg Press</u>	2	12
Leg Curls	2	12
Seated Calf Raise	2	12
One Arm Dumbbell Row	2	12
Incline Dumbbell Bench Press	2	12
Military Press	2	12
Dumbbell Shrugs	2	12
Tricep Pushdowns	2	12
Dumbbell Hammer Curls	2	12
Day 3: Full Body Workout C		
<u>Dumbbell Lunges</u>	2	6
Dumbbell Step Ups	2	6
Barbell Rows	2	6
Barbell Bench Press	2	6
Arnold Press	2	6
Rear Delt Raise	2	6
Jpright Row	2	6
Lying Tricep Extension	2	6
Preacher Curls	2	6
ncrease weight. Workout A: Rest 90 Secs between ecs between sets.	sets. Workout B: Rest 60 Se	ecs between sets. Workout C: Rest 30
leek 11		
Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	12
Stiff Leg Deadlifts	2	12
Seated Calf Raise	2	12
Seated Cable Row	2	12
Dumbbell Bench Press	2	12
Dumbbell Shoulder Press	2	12

Exercise	Sets	Reps
Day 1: Full Body Workout A		
<u>Squats</u>	2	12
Stiff Leg Deadlifts	2	12
Seated Calf Raise	2	12
Seated Cable Row	2	12
Dumbbell Bench Press	2	12
Dumbbell Shoulder Press	2	12
Dumbbell Shrugs	2	12
Dumbbell Tricep Extension	2	12
Barbell Bicep Curls	2	12
Day 2: Full Body Workout B		
Leg Press	2	6
Leg Curls	2	6
Seated Calf Raise	2	6
One Arm Dumbbell Row	2	6
ncline Dumbbell Bench Press	2	6
Military Press	2	6
Dumbbell Shrugs	2	6
Tricep Pushdowns	2	6
Dumbbell Hammer Curls	2	6
Day 3: Full Body Workout C		
Dumbbell Lunges	2	10
Dumbbell Step Ups	2	10
Barbell Rows	2	10
Barbell Bench Press	2	10
Arnold Press	2	10
Rear Delt Raise	2	10
Upright Row	2	10
Lying Tricep Extension	2	10
Preacher Curls	2	10
icrease weight. Workout A: Rest 90 Secs between s ecs between sets.	ets. Workout B: Rest 60 Secs b	etween sets. Workout C: Rest
leek 12		
Exercise	Sets	Reps
Day 1: Full Body Workout A		
<u>Squats</u>	2	6
Stiff Lea Deadlifts	2	6

Barbell Bicep Curls

Seated Calf Raise

<u>Dumbbell Step Ups</u>

Barbell Bench Press

Lying Tricep Extension

Barbell Rows

<u>Arnold Press</u>

<u>Upright Row</u>

Rear Delt Raise

Preacher Curls

Secs between sets.

One Arm Dumbbell Row

Incline Dumbbell Bench Press

Leg Press

Leg Curls

<u>Dumbbell Tricep Extension</u>

Day 2: Full Body Workout B

Secs between sets.	Seated Calf Raise	2	6
Military Press 2	One Arm Dumbbell Row	2	6
Dumbbell Shrugs 2 6 Tricep Pushdowns 2 6 Dumbbell Hammer Curls 2 6 Day 3: Full Body Workout C Dumbbell Lunges 2 10 Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Bear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Stiff Leg Deadlifts 2 6 Seated Call Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Step Ups 2 6	Incline Dumbbell Bench Press	2	6
Tricep Pushdowns 2 6 Dumbbell Hammer Curls 2 6 Day 3: Full Body Workout C Dumbbell Lunges 2 10 Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Armold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight, Workout A: Rest 90 Secs between sets, Workout B: Rest 60 Secs between sets, Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Military Press	2	6
Dumbbell Hammer Curls 2 6 Day 3: Full Body Workout C Dumbbell Lunges 2 10 Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 80 Secs between sets. Workout C: Rest 3 Secs between sets. Workout C: Rest 3 Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Shoulder Press 2 6 Dumbbell Shoulder Press 2 6	<u>Dumbbell Shrugs</u>	2	6
Day 3: Full Body Workout C Dumbbell Lunges 2 10 Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Secs Between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Sec	Tricep Pushdowns	2	6
Dumbbell Lunges 2 10 Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 norease weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Dumbbell Hammer Curls	2	6
Dumbbell Step Ups 2 10 Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Squats 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Day 3: Full Body Workout C		
Barbell Rows 2 10 Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 nercease weight, Workout A: Rest 90 Secs between sets, Workout B: Rest 60 Secs between sets, Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 6 Seated Calf Raise 2 6 6 Seated Cable Row 2 6 6 Dumbbell Bench Press 2 6 6 Dumbbell Shoulder Press 2 6 6	<u>Dumbbell Lunges</u>	2	10
Barbell Bench Press 2 10 Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 ncrease weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout C: Rest 3 Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Dumbbell Step Ups	2	10
Arnold Press 2 10 Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 ncrease weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Shoulder Press 2 6 Dumbbell Shoulder Press 2 6	Barbell Rows	2	10
Rear Delt Raise 2 10 Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 norease weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Barbell Bench Press	2	10
Upright Row 2 10 Lying Tricep Extension 2 10 Preacher Curls 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Arnold Press	2	10
Lying Tricep Extension 2 10 Preacher Curls 2 10 ncrease weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Rear Delt Raise	2	10
Preacher Curis 2 10 Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A 2 6 Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Upright Row	2	10
Increase weight, Workout A: Rest 90 Secs between sets, Workout B: Rest 60 Secs between sets, Workout C: Rest 3 Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Lying Tricep Extension	2	10
Secs between sets. Veek 12 Exercise Sets Reps Day 1: Full Body Workout A Squats 2 6 Stiff Leg Deadlifts 2 6 Seated Calf Raise 2 6 Seated Cable Row 2 6 Dumbbell Bench Press 2 6 Dumbbell Shoulder Press 2 6	Preacher Curls	2	10
Day 1: Full Body Workout ASquats26Stiff Leg Deadlifts26Seated Calf Raise26Seated Cable Row26Dumbbell Bench Press26Dumbbell Shoulder Press26	Veek 12		
Squats26Stiff Leg Deadlifts26Seated Calf Raise26Seated Cable Row26Dumbbell Bench Press26Dumbbell Shoulder Press26	LACI CISC	Sate	Rens
Stiff Leg Deadlifts26Seated Calf Raise26Seated Cable Row26Dumbbell Bench Press26Dumbbell Shoulder Press26	Day 1: Full Body Workout A	Sets	Reps
Seated Calf Raise26Seated Cable Row26Dumbbell Bench Press26Dumbbell Shoulder Press26			
Seated Cable Row26Dumbbell Bench Press26Dumbbell Shoulder Press26	Squats	2	6
Dumbbell Bench Press26Dumbbell Shoulder Press26	Squats Stiff Leg Deadlifts	2	6
Dumbbell Shoulder Press 2 6	Squats Stiff Leg Deadlifts Seated Calf Raise	2 2 2	6
	Squats Stiff Leg Deadlifts Seated Calf Raise Seated Cable Row	2 2 2 2	6 6 6
	Squats Stiff Leg Deadlifts Seated Calf Raise Seated Cable Row Dumbbell Bench Press	2 2 2 2 2	6 6 6 6

Military Press	2	10
<u>Dumbbell Shrugs</u>	2	10
Tricep Pushdowns	2	10
Dumbbell Hammer Curls	2	10
Day 3: Full Body Workout C		
<u>Dumbbell Lunges</u>	2	12

Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 30

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