



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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DOUBLE DOWN TRAINING: BACK-OFF SET MUSCLE BUILDING

This upper/lower split allows you to maximize your bodybuilding efforts by pushing for progressive overload using auto-regulation and a myriad of rep ranges and weights.

Link to Workout: <https://www.muscleandstrength.com/workouts/double-down-training-back-off-set>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Machines
Author: Steve Shaw

Monday: Back & Legs

Exercise	Sets	Reps
Squats	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Bent Over Rows	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Dumbbell Stiff Leg Deadlifts	1	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Lat Pulldown	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Standing Calf Raise	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Planks	3	60 Secs

AMAP: As Many As Possible

Tuesday: Shoulders, Chest & Arms

Exercise	Sets	Reps
Bench Press	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Arnold Press	2	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Pec Dec	1	11
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Rear Delt Flys	1	11
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Rope Tricep Extensions	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Dumbbell Curls	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP

Thursday: Back & Legs

Exercise	Sets	Reps
Rack Deadlift (Just Below Knee Cap)	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Leg Press	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Close Grip Lat Pulldown	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Leg Curls	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Seated Calf Raise	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Cable Crunch	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP

Friday: Chest, Shoulders & Arms

Exercise	Sets	Reps
Military Press	2	7
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Incline Dumbbell Bench Press	2	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Side Laterals	1	11
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Machine Chest Press	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
Skullcrushers	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP
EZ Bar Curls	1	9
Drop 10% Weight	1	AMAP
Drop 10% Weight	1	AMAP