



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



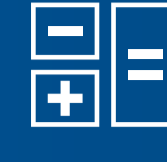
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DOUBLE SPLIT TRAINING: 3 MONTH MUSCLE BUILDING SPECIALIZATION PROGRAM

It's time to go retro. This 3 month specialization program has you in the gym for 10 workouts each week. Back it with plenty of sleep and food for all kinds of gains!

Link to Workout: <https://www.muscleandstrength.com/workouts/double-split-muscle-building-specialization-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Author: Ian Coleman

Monday: Chest

Exercise	Sets	Reps
AM: Compound & Power		
Bench Press	4	5
Incline Dumbbell Bench Press	4	8
Hammer Strength Chest Press	4	10
PM: Isolation & Burn		
Dumbbell Fly	3	10
Pec Dec	3	12
Cable Crossover	3	15
Bench Press	2	20

Tuesday: Back

Exercise	Sets	Reps
AM: Compound & Power		
Barbell Row	4	5
Pull Up	4	10
One Arm Machine Row	4	10
PM: Isolation & Burn		
Lat Pull Down	3	10
One Arm Seated Cable Row	3	12
Straight Arm Pull Down	3	15
One Arm Dumbbell Row	2	20

Wednesday: Shoulders

Exercise	Sets	Reps
AM: Compound & Power		
Military Press	4	5
Seated Arnold Press	4	8
Behind the Neck Smith Press	4	10
PM: Isolation & Burn		
Dumbbell Lateral Raise	3	10
Bent Over Reverse Fly	3	12
Barbell Shrug	3	15
Front Plate Raise	2	20

Thursday: Legs

Exercise	Sets	Reps
AM: Compound & Power		
Squat	3	5
Stiff Leg Deadlift	3	8
Leg Press	3	15
Seated Calf Raise	3	15
PM: Isolation & Burn		
Leg Extension	3	10
Leg Curl	3	12
Standing Calf Raise	3	15
Squat	2	20

Friday: Arms

Exercise	Sets	Reps
AM: Compound & Power		
Close Grip Bench Press	3	5
Chin Ups	3	8
Skullcrusher	3	10
Barbell Curl	3	10
PM: Isolation & Burn		
Tricep Extension	3	10
Concentration Curl	3	10
French Press	2	20
Seated Dumbbell Curl	2	20