



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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ULTIMATE WORKOUT TO DEVELOP A DRAMATIC V TAPER

This article outlines everything you need to know to help you build a coveted V-tapered physique. Check out all of the tips & tricks you need to know!

Link to Workout: <https://www.muscleandstrength.com/workouts/how-to-build-dramatic-v-taper>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 5 Days
Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines
Author: Team Allmax

Monday

| Exercise | Sets | Reps |
|---|------|---------|
| Superset | | |
| Front Squat | 4 | 8 - 12 |
| Leg Extensions | 4 | 8 - 12 |
| Leg Press | 3 | 10 - 15 |
| Lying Leg Curls | 4 | 15 - 20 |
| Standing Calf Raise | 4 | 15 - 20 |
| Seated Calf Raise | 4 | 15 - 20 |
| Superset | | |
| Swiss Ball Crunches | 4 | 15 - 20 |
| Hanging Leg Raises | 4 | 15 - 20 |
| Cardio: 45 Mins Steady-State on Treadmill | | |

Tuesday

| Exercise | Sets | Reps |
|--|------|--------|
| Superset | | |
| Side Lateral Raises | 4 | 8 - 12 |
| Arnold Presses | 4 | 8 - 12 |
| Upright Rows | 4 | 8 - 12 |
| Bent Over Lateral Raises | 3 | 8 - 12 |
| Superset | | |
| Incline Dumbbell Press | 3 | 8 - 12 |
| Flat Bench Dumbbell Flys | 3 | 8 - 12 |
| Chest Dips | 3 | 8 - 12 |
| Bench Press | 3 | 8 - 12 |

Wednesday

| Exercise | Sets | Reps |
|---|------|--------|
| Chin-Ups | 2 | 8 - 12 |
| Pull-Ups | 2 | 8 - 12 |
| Superset | | |
| Close Grip Pulldowns | 4 | 8 - 12 |
| Wide Reverse Grip Pulldowns | 4 | 8 - 12 |
| One Arm Dumbbell Rows | 4 | 8 - 12 |
| Rack Pulls | 3 | 8 - 12 |
| Cardio: 45 Mins Steady-State on Treadmill | | |

Friday

| Exercise | Sets | Reps |
|--|------|--------|
| Tricep Kickbacks | 4 | 8 - 12 |
| Superset | | |
| Tricep Pressdowns w/ Rope | 4 | 8 - 12 |
| One Arm Overhead Dumbbell Extensions | 4 | 8 - 12 |
| Superset | | |
| Barbell Curl | 3 | 8 - 12 |
| Alternating Dumbbell Curl | 3 | 8 - 12 |
| One Arm Preacher Curl | 3 | 8 - 12 |
| Cardio: 45 Mins Steady-State on Treadmill | | |

Saturday

| Exercise | Sets | Reps |
|--|------|---------|
| Dumbbell Side Laterals | 3 | 8 - 12 |
| Upright Rows | 3 | 8 - 12 |
| Chin-Ups | 3 | 8 - 12 |
| Close Grip Pulldowns | 3 | 8 - 12 |
| Swiss Ball Crunches | 4 | 25 - 30 |
| Hanging Leg Raises | 4 | 15 - 20 |

Sunday

| Exercise | Sets | Reps |
|---|------|------|
| Cardio: 45 Mins Steady-State on Treadmill | | |