



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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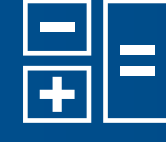
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## DROP 5 SYSTEM: 5 DAY MASS BUILDING WORKOUT SPLIT

Blast your body with this potent muscle building workout by Steve Shaw. This four day plan is an upper/lower training split which cycles intensity over a 3 week period.

Link to Workout: <https://www.muscleandstrength.com/workouts/drop-5-system-4-day-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 9 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 30-45 Mins

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

**Author:** Steve Shaw

### Monday: Lower Body

Exercise	Sets	Reps
<a href="#">Deadlifts</a> - Drop 5 Cycle	4	As Many As Possible (AMAP)
<a href="#">Leg Press</a>	4	15 - 20
<a href="#">Leg Curls</a>	4	12 - 15
<a href="#">Seated Calf Raise</a>	4	12 - 20
<a href="#">Planks</a>	4	60 Secs

Please [see the article](#) for a detailed breakdown of the Drop 5 System. Working out from home? Try the [Drop 5 Home Workout Split!](#)

### Tuesday: Upper Body

Exercise	Sets	Reps
<a href="#">Bench Press</a> - Drop 5 Cycle	4	AMAP
<a href="#">Upright Rows</a> or <a href="#">Seated Arnold Press</a>	4	AMAP
<a href="#">Pull Ups</a> or <a href="#">Inverted Rows</a>	4	8 - 12
<a href="#">Close Grip Bench Press</a>	4	8 - 12
<a href="#">EZ Bar Curls</a>	4	10 - 12

### Thursday: Lower Body

Exercise	Sets	Reps
<a href="#">Squats</a> - Drop 5 Cycle	4	AMAP
<a href="#">Leg Extensions</a>	4	12 - 15
<a href="#">Stiff Leg Deadlifts</a>	4	6 - 10
<a href="#">Leg Press Calf Raise</a>	4	15 - 20
<a href="#">Cable Crunch</a>	4	15 - 20

### Friday: Upper Body

Exercise	Sets	Reps
<a href="#">Military Press</a> - Drop 5 Cycle	4	AMAP
<a href="#">Barbell Row</a>	4	8 - 12
<a href="#">Incline Dumbbell Bench Press</a>	4	10 - 12
<a href="#">Skullcrushers</a> or <a href="#">Cable Tricep Extensions</a>	4	10 - 15
<a href="#">Seated Alternating Dumbbell Curls</a>	4	10 - 12