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Workouts



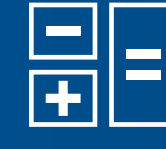
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EKNIGHT'S MODIFIED WESTSIDE BARBELL STRENGTH WORKOUT

Eric Knight's modified Westside Barbell workout is beginner friendly and allows for progress without chains and bands. The program is 4 days a week.

Link to Workout: <https://www.muscleandstrength.com/workouts/modified-westside-barbell-strength-workout.html>

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Other

Author: Eric Knight

Monday: Max Effort Squat / Deadlift Day

| Exercise | Sets | Reps |
|---|------|--------------------------|
| Box Squat (Bench Shown in Video) | 5 | 3 - 5 (80% of 1 Rep Max) |
| Deadlifts | 5 | 4 (80% RM) |
| Barbell Rows | 4 | 8 - 10 |
| Cable Row / Dumbbell Row / T - Bar Row (Rotate Weekly) | 4 | 8 - 10 |
| Hammer Curls | 4 | 6 |
| Cable Crunches | 4 | 6 |

After the 1st week, shoot for adding 5 - 10 lbs per week to your Squat & Deadlift numbers. This may not happen every week, but don't get discouraged, continue going to failure at 3 - 5 reps until you can add the weight.

Wednesday: Max Effort Bench Day

| Exercise | Sets | Reps |
|--|------|----------------|
| Bench Press | 5 | 3 - 5 (80% RM) |
| Floor Press / Dumbbell Floor Press / Rack Lockouts / Board Presses (Rotate Weekly) | 5 | 4 |
| Dumbbell Bench Press (on Swiss Ball, if Available) | 4 | 8 |
| Close Grip Bench Press / Dips (Rotate Weekly) | 4 | 6 |
| Skullcrushers / Pressdowns (Rotate Weekly) | 4 | 6 |
| Side Lateral Dumbbell Raises | 4 | 8 |

After the 1st week, shoot for adding 5 - 10 lbs per week to your Bench Press numbers.

Friday: Speed Squat Day

| Exercise | Sets | Reps |
|---|------|------------|
| Box Squat (Bench in Video)* | 8 | 2 (40% RM) |
| Barbell Rows | 4 | 8 - 10 |
| Cable Row / Dumbbell Row / T - Bar Row (Rotate Weekly) | 4 | 8 - 10 |
| Hammer Curls | 4 | 6 |
| Cable Crunches | 4 | 6 |

* Box Squats: Slow, controlled movement on the way down; fast & explosive on the way up. You should be able to count 3 Secs down & < 1 Sec up. 60 Secs rest between sets.

Sunday: Speed Bench Press Day

| Exercise | Sets | Reps |
|---|-----------|---------------------------|
| Bench Press | 8 | 3 (40% RM) |
| Dips | 3 | 10 (As Heavy As Possible) |
| Upright Rows w/ Cambered Bar* | 3 | 10 - 12 |
| External & Internal Cable Rotation & Standing Dumbbell Rotation** | 3 of Each | 15 |

Upright Rows: Lightweight, slow & controlled downward movements; fast & explosive on the way up. **The rotator cuff exercises (upright rows, cable rotation, standing dumbbell rotation) should not be neglected. Very light weight is used when training the rotator cuff, as the muscles making it up are very small.