



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



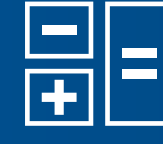
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THE EX-HARDGAINER WORKOUT

Tired of being a hardgainer? This program contains a detailed workout and progression scheme, along with eating advice and a sample daily diet plan.

Link to Workout: <https://www.muscleandstrength.com/workouts/ex-hardgainer-workout-eating-plan.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 14 Weeks

Days Per Week: 3 Days

Time Per Workout: 20-30 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Steve Shaw

Monday

Exercise	Sets	Total Reps
Squat	3	25
Bench Press	3	25
Dumbbell Row	3	25
Barbell Curl	3	25
Weighted Sit Up	3	45

Wednesday

Exercise	Sets	Total Reps
Deadlift	3	15
Overhead Press	3	25
Dips	3	Max
Barbell Calf Raise	3	45
Side Bend	3	30

Friday

Exercise	Sets	Total Reps
Squat	1	20
Dumbbell Bench Press	3	25
Barbell Row	3	25
Dumbbell Curl	3	25
Weighted Sit Up	3	45

Notes

Each exercise has a rep goal, which is the total number of reps you want to obtain for the 3 listed sets. If your rep goal is 25, you want to perform 25 total reps for the 3 sets, not 25 reps per set. Once you reach your rep goal, you can start adding weights the next time you perform the exercise. See the [article](#) for a list of progressions for each exercise.

This workout plan is accompanied by a [90 Day Hardgainer Eating Plan](#). Refer to the article to learn more.