



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



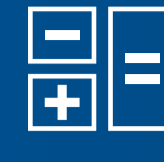
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EXPLOSIVE GAINS! THE FULL BODY BLAST OFF WORKOUT

Most full body programs have too many rest days. Don't miss out on gains, use the full body blast off program to utilize both training & rest days for gains!

Link to Workout: <https://www.muscleandstrength.com/workouts/full-body-blast-off-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 7 Days

Time Per Workout: 60-90 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines
Author: Coach Dustin Myers

Day 1: Full Body Blast Off Workout A

Exercise	Sets	Reps
Squat	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Bench	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Deadlift	8	20, 10, 10, 5, 5, 3, 2, 1
Standing Overhead Dumbbell Press	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Dumbbell Single Arm Row	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Plank Positions	1	6 Mins Total

1 Min rest between each set and no more than 2 - 3 Mins rest between exercises. *Reps: For your final rep, perform a 5 / 10 / 20 / 50 strip down.

Day 2: Active Recovery

Exercise	Sets	Reps
Bike	1	25 Mins @ 120 - 160 Watts
Shadow Box	1	10 Mins
Foam Roll	1	10 Mins

Day 3: "Prehab"

Exercise	Sets	Reps
Achilles Stretch	1	10
Walking Stretch	1	5
Lunge Twist	1	5 Each Side
Butterflys	1	12
3 Way Shoulders	1	12
Thoracic Twist	1	10 Each Side
Upward Dog / Downward Dog	1	5 Each
Dead Bugs	1	30 Secs
Kneeling Hamstrings	1	10 Secs
Glute Bridge	1	5 w/ 5 Secs Hold
Giant Set		
Pull Ups	5	5
Dips	5	10
Chin Ups	5	8
Push Ups	5	15
Walking Lunges	5	2 Mins

Day 4: Full Body Blast Off Workout B

Exercise	Sets	Reps
Front Squat	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Incline Bench	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Sumo Deadlift	8	20, 10, 10, 5, 5, 3, 2, 1
Standing Overhead Dumbbell Iso Press	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
T - Bar Row	9	20, 10, 10, 5, 5, 3, 2, 1, 5 / 10 / 20 / 50*
Plank Positions	1	6 Mins Total

1 Min rest between each set and no more than 2 - 3 Mins rest between exercises. *Reps: For your final rep, perform a 5 / 10 / 20 / 50 strip down.