



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



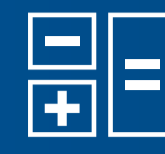
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THE “FRESHMAN 15 OF MUSCLE” WORKOUT PROGRAM

Are you a recently enrolled college freshman or simply an upperclassman looking to shed some weight s/he has picked up over the years? Check out this workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/freshman-15-of-muscle-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight,

Dumbbells, Machines

Author: Brad Borland

Monday

Exercise	Warm Up Sets	Working Sets
Barbell Bench Press	2 x 12	4 x 8 - 10
Incline Dumbbell Bench Press	-	4 x 8 - 10
Medium Grip Chin Up	2 x12 (On Pull Down)	4 x Failure
Bent Over Barbell Row	1 x 12	4 x 8 - 10
Seated Dumbbell Shoulder Press	1 x 12	3 x 8 - 12
Standing Dumbbell Lateral Raise	-	3 x 8 - 12
Decline Sit Up	-	3 x 20

Tuesday

Exercise	Warm Up Sets	Working Sets
Barbell Curl	1 x 12	4 x 8 - 10
Weighted Dip	1 x 12	4 x 8 - 10
Standing Calf Raise	1 x 12	4 x 8 - 12
Barbell Back Squat	2 x 12	4 x 8 - 12
Forward Lunge	-	4 x 10 - 12
Lying Hamstring Curl	1 x 12	4 x 10 - 12
Hanging Leg Raise	-	3 x 20

Thursday

Exercise	Warm Up Sets	Working Sets
Incline Bench Press	2 x 12	4 x 8 - 10
Dumbbell Bench Press	-	4 x 8 - 10
Wide Grip Pull Up	2 x 12 (On Pull Downs)	4 x Failure
Bent Over T - Bar Row	1 x 12	4 x 8 - 10
Standing Dumbbell Upright Row	1 x 12	3 x 8 - 12
Standing Barbell Overhead Press	-	3 x 8 - 12
Sit Up	-	3 x 20

Friday

Exercise	Warm Up Sets	Working Sets
Incline Dumbbell Curl	1 x 12	4 x 8 - 10
Decline Close Grip Bench Press	1 x 12	4 x 8 - 10
Seated Calf Raise	1 x 12	4 x 8 - 12
Leg Press	2 x 12	4 x 8 - 12
Split Squat	-	4 x 8 - 12
Romanian Deadlift	1 x 12	4 x 8 - 12
Lying Leg Raise	-	3 x 20