



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



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## HERCULES WORKOUT: BUILD RAW MUSCLE & STRENGTH

It's time to go to war! To be like Hercules you must have both an impressive physical prowess and the raw, brute strength to strike fear into the heart of your enemies.

Link to Workout: <https://www.muscleandstrength.com/workouts/dwayne-johnson-hercules-workout>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 9 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Barbell, Dumbbells  
**Author:** Brad Borland

### Weeks 1 - 3

Exercise	Warm Up	Sets	Reps	Rest
<b>Session 1</b>				
<a href="#">Barbell Squat</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Flat Bench Barbell Press</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Bent Over Barbell Row</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Barbell Upright Row</a>	1 x 12	4	6 - 8	60 Secs
<a href="#">Seated Calf Raise</a>	1 x 12	4	8 - 10	60 Secs
<a href="#">Floor Crunch</a>	-	3	15	30 Secs
<b>Session 2</b>				
<a href="#">Barbell Deadlift</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Barbell Romanian Deadlift</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Flat Bench Dumbbell Press</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Standing Barbell Push Press</a>	1 x 12	4	6 - 8	120 Secs
<a href="#">Close-Grip Barbell Bench Press</a>	1 x 12	4	6 - 8	60 Secs
<a href="#">Barbell Curl</a>	1 x 12	4	6 - 8	60 Secs
<a href="#">Hanging Leg Raise</a>	-	3	15	30 Secs
<b>Session 3</b>				
<a href="#">Barbell Front Squat</a> or <a href="#">Leg Press</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Incline Bench Barbell Press</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Medium Grip Pull Up</a> or <a href="#">Dumbbell Row</a>	2 x 12	4	6 - 8	120 Secs
<a href="#">Standing Dumbbell Upright Row</a>	1 x 12	4	6 - 8	60 Secs
<a href="#">Standing Calf Raise</a>	1 x 12	4	8 - 10	60 Secs
<a href="#">Incline Sit Up</a>	-	3	15	30 Secs

### Weeks 4 - 6

Exercise	Warm Up	Sets	Reps	Rest
<b>Session 1</b>				
<a href="#">Barbell Deadlift</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Dumbbell Row</a> or <a href="#">Close Grip Pull Up</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Incline Bench Barbell Press</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Seated Dumbbell Side Lateral</a>	1 x 12	3	8 - 10	60 Secs
<a href="#">Leg Press Calf Raise</a>	1 x 12	3	10 - 12	60 Secs
<a href="#">Floor Crunch</a>	-	3	15	30 Secs
<b>Session 2</b>				
<a href="#">Barbell Squat</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Flat Bench Dumbbell Press</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">T - Bar Rows</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Standing Barbell Push Press</a>	1 x 12	3	8 - 10	120 Secs
<a href="#">Dumbbell Curl</a>	1 x 12	3	8 - 10	60 Secs
<a href="#">Parallel Bar Dip</a>	1 x 12	3	8 - 10	60 Secs
<a href="#">Hanging Leg Raise</a>	-	3	15	30 Secs
<b>Session 3</b>				
<a href="#">Barbell Romanian Deadlift</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Barbell Front Squat</a> or <a href="#">Leg Press</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Flat Bench Barbell Bench Press</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Bent Over Barbell Row</a>	2 x 12	3	8 - 10	120 Secs
<a href="#">Seated Dumbbell Shoulder Press</a>	1 x 12	3	8 - 10	60 Secs
<a href="#">Incline Sit Up</a>	-	3	15	30 Secs

### Weeks 7 - 9

Exercise		Sets		Rest
<b>Session 1</b>				
<a href="#">Barbell Squat</a>	2 x 12	5	5	120 Secs
<a href="#">Flat Bench Barbell Press</a>	2 x 12	5	5	120 Secs
<a href="#">Bent Over Barbell Row</a>	2 x 12	5	5	120 Secs
<a href="#">Barbell Upright Row</a>	1 x 12	5	5	60 Secs
<a href="#">Seated Calf Raise</a>	1 x 12	5	6 - 8	60 Secs
<a href="#">Floor Crunch</a>	-	3	15	30 Secs
<b>Session 2</b>				
<a href="#">Barbell Deadlift</a>	2 x 12	5	5	120 Secs
<a href="#">Barbell Romanian Deadlift</a>	2 x 12	5	5	120 Secs
<a href="#">Flat Bench Dumbbell Press</a>	2 x 12	5	5	120 Secs
<a href="#">Standing Barbell Push Press</a>	1 x 12	5	5	120 Secs
<a href="#">Close Grip Barbell Bench Press</a>	1 x 12	5	5	60 Secs
<a href="#">Barbell Curl</a>	1 x 12	5	5	60 Secs
<a href="#">Hanging Leg Raise</a>	-	3	15	30 Secs
<b>Session 3</b>				
<a href="#">Front Squat</a> or <a href="#">Leg Press</a>	2 x 12	5	5	120 Secs
<a href="#">Incline Bench Barbell Press</a>	2 x 12	5	5	120 Secs
<a href="#">Medium Grip Pull Up</a> or <a href="#">Dumbbell Row</a>	2 x 12	5	5	120 Secs
<a href="#">Standing Dumbbell Upright Row</a>	1 x 12	5	5	60 Secs
<a href="#">Standing Calf Raise</a>	1 x 12	5	6-8	60 Secs
<a href="#">Incline Sit Up</a>	-	3	15	30 Secs