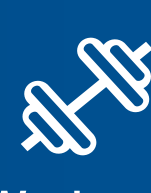




# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



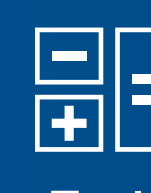
Diet Plans



Expert Guides



Videos



Tools

## HIT3 TRAINING: 8 WEEK INTENSE MUSCLE BUILDING PROGRAM

Looking for a new muscle-building challenge? This 8-week high-intensity training methodology pushes you to failure, not once but three times, for the ultimate pump.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-hit3-gym-workout>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 8 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Bodyweight, Cables, Dumbbells, Machines  
**Author:** Roger "Rock" Lockridge

### Workout 1: Chest, Shoulders, and Triceps

Exercise	Sets	Reps	Rest
<a href="#">Decline Chest Fly or Cable Crossover</a>	1	8-12	None
<a href="#">Incline Chest Fly</a>	1	8-12	None
<a href="#">Pec Dec</a>	1	8-12	None
<a href="#">Dumbbell Fly</a>	1	8-12	None
<a href="#">Barbell Bench Press</a>	1	8-12	None
<a href="#">Decline Chest Press or Push Up</a>	1	8-12	1-2 min
<a href="#">Single Dumbbell Front Raise</a>	1	8-12	None
<a href="#">Barbell Close Grip Upright Row</a>	1	8-12	None
<a href="#">Machine Shoulder Press</a>	1	8-12	None
<a href="#">Machine Seated Lateral Raise</a>	1	8-12	None
Two-Arm <a href="#">Cable Lateral Raise</a>	1	8-12	None
<a href="#">Seated Dumbbell Shoulder Press</a>	1	8-12	1-2 min
<a href="#">Machine Tricep Extension</a>	1	8-12	None
<a href="#">Straight Bar Tricep Pushdown</a>	1	8-12	None
<a href="#">Two-Arm Overhead Dumbbell Extension</a>	1	8-12	None
Seated Dip Machine or <a href="#">Regular Dips</a>	1	8-12	1-2 min

### Workout 2: Lower Back, Glutes, Hamstrings, Quads, Calves

Exercise	Sets	Reps	Rest
<a href="#">90-Degree Hyperextension</a>	1	8-12	None
<a href="#">Stiff-Leg Deadlift</a>	1	8-12	1-2 min
<a href="#">Reverse Hyperextension</a>	1	8-12	None
<a href="#">Hip Thrust</a>	1	8-12	None
Gluteator (Or Glute Machine)	1	8-12	1-2 min
<a href="#">Seated Leg Curl</a>	1	8-12	None
<a href="#">Lying Leg Curl</a>	1	8-12	None
<a href="#">Vertical Leg Press</a>	1	8-12	1-2 min
<a href="#">Leg Extension</a>	1	8-12	None
<a href="#">Squat</a>	1	8-12	None
<a href="#">Hack Squat</a>	1	8-12	1-2 min
<a href="#">Donkey Calf Raise</a>	1	12	None
<a href="#">Seated Calf Raise</a>	1	12	None
<a href="#">Leg Press Calf Raise</a>	1	12	-

### Workout 3: Upper Back, Rear Delts, Traps, Biceps, Forearms, Abs

Exercise	Sets	Reps	Rest
<a href="#">Wide Grip Pull Ups</a> (Or Pulldowns if Needed)	1	8-12	None
<a href="#">Behind the Neck Lat Pulldown</a>	1	8-12	None
<a href="#">Pullover Machine</a> (Or <a href="#">Dumbbell Pullover</a> )	1	8-12	None
Close Grip Reverse Grip Pulldown	1	8-12	None
<a href="#">Seated High Cable Row</a>	1	8-12	None
<a href="#">Seated Cable Row</a>	1	8-12	1-2 min
Wide Grip Row	1	8-12	None
<a href="#">Reverse Pec-Deck</a>	1	8-12	None
<a href="#">Dumbbell Bent-Over Lateral Raise</a>	1	8-12	1-2 min
Machine Seated High Pull	1	8-12	None
<a href="#">Standing High Pull</a>	1	8-12	None
<a href="#">Seated Shrugs</a>	1	8-12	1-2 min
<a href="#">Machine Bicep Curl</a>	1	8-12	None
<a href="#">Incline Dumbbell Curl</a>	1	8-12	None
<a href="#">Preacher Curl</a>	1	8-12	1-2 min
<a href="#">Wrist Curl</a>	1	8-12	None
<a href="#">Reverse Wrist Curl</a>	1	8-12	None
<a href="#">Barbell Reverse Curl</a>	1	8-12	1-2 min
Ab Crunch Machine	1	8-12	None
<a href="#">Cable Rope Crunch</a>	1	8-12	None
<a href="#">Reverse Crunch</a>	1	8-12	None
Oblique Machine	1	8-12	None
<a href="#">Dumbbell Side Bend</a>	1	8-12	-