



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



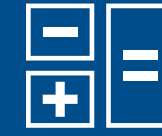
Diet Plans



Expert Guides



Videos



Tools

HIT WORKOUT: BUILD MUSCLE WITH THIS HIGH INTENSITY TRAINING ROUTINE

HIT training is unlike any muscle building approach you've ever tried. Workouts are brisk, intense, focusing on moderate volume, training to failure and recovery.

Link to Workout: <https://www.muscleandstrength.com/workouts/hit-workout-high-intensity-training-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 15-30 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Author: Max Riley

HIT Workout

Exercise	Sets	Reps
Squat	1	12 - 15
Dumbbell Pullover	1	8 - 12
Leg Press	1	12 - 15
Dumbbell Bench Press	1	8 - 12
Machine Row	1	8 - 12
Smith Machine Overhead Press	1	8 - 12
Pull Ups or Lat Pull Down	1	10 - 15
Cable Tricep Extension	1	10 - 15
EZ Bar Preacher Curl	1	8 - 12
Leg Curl	1	10 - 15
Seated Calf Raise	1	12 - 15
Dumbbell Shrug	1	10 - 15
Cable Crunch	1	12 - 20

Perform 2 - 3 times each week.