



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



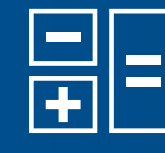
Diet Plans



Expert Guides



Videos



Tools

M-F WORKOUT ROUTINE: 5 DAY BODY PART SPLIT WORKOUT

Build muscle and lose fat with this Monday-Friday workout routine. Crush the gym throughout the work week & enjoy your weekends off with this workout split.

Link to Workout: <https://www.muscleandstrength.com/workouts/m-f-workout-routine>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 10 Weeks

Days Per Week: 5 Days

Time Per Workout: 45 - 60 Mins

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

Target Gender: Male & Female

Author: Josh England

Monday: Back Workout

Exercise	Sets	Reps
1. Deadlift	4	6
2. Lat Pull Down	4	8 - 12
3. Dumbbell Row	4	8 - 12
4. Hammer Strength Machine Row	4	10
5. One Arm Cable Row	3	12
6. Straight Arm Cable Pull Down	2	15

Tuesday: Chest & Abs Workout

Exercise	Sets	Reps
1. Incline Bench Press	4	6
2. Decline Bench Press	4	8 - 12
3. Machine Bench Press	3	6 - 12
4. Machine Fly	3	12 - 15
5. Push Ups	3	Failure
6. Machine Crunch	3	15
7. Hanging Leg Raise	3	12 - 15

Wednesday: Legs Workout

Exercise	Sets	Reps
1. Barbell Back Squat	5	6
2. Romanian Deadlift	4	8 - 12
3. Leg Press	3	10 - 15
4. Leg Curl	3	12 - 15
5. Walking Lunge	3	15 Each
6. Smith Machine Calf Raise	4	20

Thursday: Shoulders & Abs Workout

Exercise	Sets	Reps
1. Military Press	4	6
2. Lateral Raise	4	8 - 12
3. Reverse Machine Fly	4	8 - 12
4. Machine Shoulder Press	3	6 - 10
5. Barbell Shrugs	4	15
6. Decline Sit Up	3	15
7. Barbell Roll Out	3	12

Friday: Arms Workout

Exercise	Sets	Reps
1. EZ Bar Curl	4	8 - 12
2. EZ Bar Skullcrusher	4	8 - 12
3. Spider Curl	4	8 - 12
4. Tricep Dip	4	8 - 12
5. Cable Hammer Curl	4	8 - 12
6. Cable Overhead Tricep Extension	4	8 - 12