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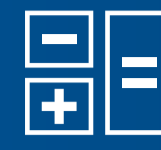
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MATT KROC'S 16 WEEK STRENGTH PROGRAM

MuscleTech and powerlifting/bodybuilding phenom Matt Kroc presents a strength program designed to drive up gains by increasing intensity over a 16 week period.

Link to Workout: <https://www.muscleandstrength.com/workouts/matt-kroc-16-week-strength-program-diet>

Main Goal: Increase Strength
Training Level: Beginner
Program Duration: 16 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Team MuscleTech

Training Week A

Monday: Chest & Triceps

Exercise	Sets	Reps
Bench Press	See Article for Progression	
Incline Bench Press (15 - 25°, Pyramid Up in Weight)	3	10, 8, 6
Dumbbell Twist Press *	4	Failure
V - Bar Pushdown	4	15
Skullcrusher	4	15

*Dumbbell Twist Press: Start as if performing a traditional [Dumbbell Bench Press](#). As you press the weight up, twist your wrists so that your palms are now supinated like a [Reverse Grip Bench Press](#) at the top of the movement, and touch the ends of the dumbbells together. Start light & work up in sets of 10 reps until you can no longer fully rotate dumbbells at the top. Warm up as needed, but perform at least 4 work sets.

Tuesday: Back & Biceps

Exercise	Sets	Reps
Deadlifts	See Article for Progression	
Chin Up *	50 Reps Total	
Kroc Row * *	1	20
Chest Supported Row (Pyramid Up in Weight)	3	10, 8, 6
Barbell Curl (45 Secs Rest Between Sets)	4	15
Incline Dumbbell Curl (45 Secs Rest Between Sets)	4	15

*Chin Up: 50 reps total in as many sets as it takes; rotate between 2 - 3 different grips. Use an assistance machine if you can't do at least 10 reps on your own. **Kroc Row: Perform 2 warm up sets & a 1 x 20 set (going as heavy as possible) w/o using straps.

Thursday: Shoulders

Exercise	Sets	Reps
Military Press	See Article for Progression	
Seated Dumbbell Power Cleans (Pyramid Up in Weight)	3	15, 12, 10
Leaning Dumbbell Lateral Raise	3	15
Bent Over Lateral Raise (Pyramid Up in Weight)	3	15, 12, 10
Barbell Shrug (Pyramid Up in Weight)	3	15, 12, 10

Friday: Legs

Exercise	Sets	Reps
Squats	See Article for Progression	
Walking Lunge *	2	30 Steps
Leg Extension (Pyramid Up in Weight)	3	15, 12, 10
Dumbbell Stiff Leg Deadlift (Pyramid Up in Weight)	3	10, 8, 6
Leg Curls (Pyramid Up in Weight)	5	15, 12, 10
Calf Triset * *		
Calf Raises on Leg Press Machine	4	20
Bodyweight Standing Calf Raises	4	25
Seated Calf Machine	4	20

*Walking Lunge: You can hold dumbbells, use chains around your neck, or carry a barbell on your shoulders in the standard back squat position. **Calf Triset: Rest 2 - 3 Mins between sets.

Training Week B

Monday: Chest & Triceps

Exercise	Sets	Reps
Bench Press	See Article for Progression	
Incline Bench Press (15 - 25° Angle)	4	10
Dips	3	Failure
Cable Tricep Extensions w/Rope (45 Secs Rest Between Sets)	4	15
Weighted Bench Dips (45 Secs Rest Between Sets)	4	15

Tuesday: Back & Biceps

Exercise	Sets	Reps
Deadlifts	See Article for Progression	
Heavy Dumbbell Rows *	1	20
Wide Grip Lat Pull Down	4	15
T - Bar Rows **	4 - 5	Failure
Seated Dumbbell Curl (45 Secs Rest Between Sets)	4	15
Dumbbell Spider Curls (45 Secs Rest Between Sets)	4	15

*Dumbbell Rows: Perform 2 warm up sets & a 1 x 20 set (going as heavy as possible) using straps.
**T - Bar Rows: Pyramid Up using 25 lb or 45 lb plates (depending on your strength) until you cannot reach 10 reps. This should take at least 4 - 5 sets.

Thursday: Shoulders

Exercise	Sets	Reps
Military Press	See Article for Progression	
Shoulder Triset		
Front Lateral Raise	4	20
Side Lateral Raise	4	20
Bent Over Lateral Raise	4	20
Machine Rear Delt Laterals	3	20
Dumbbell Shrugs *	3	10

*Dumbbell Shrugs: Work up to a max set of 10 reps, then perform 3 x 10 (as heavy as possible).

Friday: Legs

Exercise	Sets	Reps
Squats	See Article for Progression	
Leg Press (Up & Down Set)*	10	About 50 Total Reps
Bulgarian Split Squat	3	12 Each Leg
Dumbbell Stiff Leg Deadlift	4	10
Seated Leg Curls	3	20
Calf Triset**		
Calf Raises on Leg Press Machine	4	20
Bodyweight Standing Calf Raises	4	25
Seated Calf Machine	4	20

*Up & Down Set: Warm up by working up to a weight that is 60% of your 10 rep max. Perform 5 reps with the 60% & hold it at lockout (do not rack weights until all sets are completed). Have 2 training partners add a plate to each side and perform 5 more reps. Repeat this process until you can barely reach 5 reps. When you reach this point, have each of your partners remove a plate from each side every 5 reps, until you reach your starting weight. The Up & Down Set will be around 10 total sets amounting to 50 total reps.
**Calf Triset: Rest 2 - 3 Mins between sets.