



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



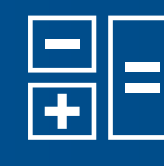
Diet Plans



Expert Guides



Videos



Tools

MAX ADAPTATION UPPER LOWER (MAUL) WORKOUT

This workout combines the main mechanisms of muscle hypertrophy to help you build some serious muscle. Try this split to put on quality summer mass!

Link to Workout: <https://www.muscleandstrength.com/workouts/maul-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Alain Gonzalez

Day 1: Upper Body Mechanical Stress

Exercise	Sets	Reps
Bench Press	3	5
Incline Dumbbell Press	3	6
Rack Pulls	3	5
Seated Row	3	8 - 10
Overhead Press	3	6
Barbell Shrug	3	6 - 8
Barbell Curl	3	8 - 10
Close Grip Bench Press	3	8 - 10

Day 2: Lower Body Mechanical Stress

Exercise	Sets	Reps
Squat	3	5
Leg Press	3	6
Stiff-Legged Deadlift	3	8 - 10
Hamstring Curl	3	10 - 12
Calf Raise	3	10 - 12

Day 3: Upper Body [a] Muscle Damage

Exercise	Sets	Reps
Deadlift	2	5
Bench Press	3	10
Cable Crossover (Low to High)	4	12 - 15
Bent Barbell Rows	4	10 - 12
Lat Pulldown	4	12 - 15
Barbell Shrug	4	10 - 12

Day 4: Upper Body [b] Muscle Damage

Exercise	Sets	Reps
Overhead Press	3	10
Dumbbell Shoulder Press	2	12
Lateral Raise	4	12 - 15
Face Pull	4	12 - 15
Barbell Curl	4	10 - 12
Incline Curl	4	12 - 15
Rope Pushdown	4	10 - 12
Overhead Triceps Extension	4	12 - 15

Day 5: Lower Body Muscle Damage

Exercise	Sets	Reps
Squat	3	10
Leg Press	3	12
Leg Extension	4	10 - 12
Hamstring Curl	4	10 - 12
Calf Raise	3	10 - 12