



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



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Workouts



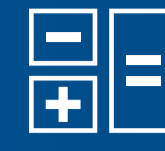
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## MFT TRAINING: BOOST STRENGTH & BUILD HIGH PERFORMANCE MUSCLE

Would you like to get stronger and build more muscle while spending less time in the gym? Muscular Focus Training (MFT) might be just what you need for big results.

Link to Workout: <https://www.muscleandstrength.com/workouts/mft-training>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins

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

**Author:** Eric Weinbrenner

### Monday

Exercise	Sets	Reps
<b>Triset</b>		
Static Handstand Hold	3 - 4	Max Time
Chin Up Bar Hang	3 - 4	Max Time
<a href="#">Single Leg Glute Bridge</a> Iso Hold	3 - 4	Max Time
<b>Triset</b>		
<a href="#">Trap Bar</a> or <a href="#">Barbell Deadlift</a>	2 - 3	4 - 6
<a href="#">Single Arm Dumbbell Push Press</a>	2 - 3	4 - 6
<a href="#">Lat Pull Down</a> or <a href="#">Pull Up</a>	2 - 3	4 - 6
<b>Superset</b>		
<a href="#">Dumbbell Curl</a>	3 - 4	10 - 15
<a href="#">Lying Dumbbell Extension</a>	3 - 4	10 - 15

### Wednesday

Exercise	Sets	Reps
<b>Triset</b>		
Static Handstand Hold	3 - 4	Max Time
Chin Up Bar Hang	3 - 4	Max Time
<a href="#">Single Leg Glute Bridge</a> Iso Hold	3 - 4	Max Time
<b>Triset</b>		
<a href="#">Goblet Squat</a>	3 - 4	8 - 10
<a href="#">Dumbbell Incline Press</a>	3 - 4	8 - 10
<a href="#">1 Arm Dumbbell Row</a>	3 - 4	8 - 10
<b>Superset</b>		
<a href="#">Cable Face Pull</a>	2 - 3	10 - 15
<a href="#">Farmer Walk</a>	2 - 3	30 - 45 Secs

### Friday

Exercise	Sets	Reps
<b>Triset</b>		
Static Handstand Hold	3 - 4	Max Time
Chin Up Bar Hang	3 - 4	Max Time
<a href="#">Single Leg Glute Bridge</a> Iso Hold	3 - 4	Max Time
<b>Triset</b>		
Single Leg Deadlift	3 - 4	10 - 12 Each Leg
<a href="#">Seated Dumbbell Shoulder Press</a>	3 - 4	10 - 12
<a href="#">Seated Cable Row</a>	3 - 4	10 - 12
<b>Superset</b>		
<a href="#">Close Grip Push Ups</a>	2 - 3	10 - 15
<a href="#">EZ Bar Curls</a>	2 - 3	10 - 15