



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



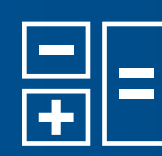
Diet Plans



Expert Guides



Videos



Tools

MUSCLE BUILDING WORKOUT PROGRAM FOR TALL GUYS

Finding an appropriate workout program can be hard for taller lifters. So, we created a 5 day muscle building split that's designed for the tall crowd.

Link to Workout: <https://www.muscleandstrength.com/workouts/workout-program-for-tall-guys>

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

Author: Josh England

Monday: Legs

Exercise	Sets	Reps
Bodyweight Walking Lunge	3	15 Each Leg
Trap Bar Deadlift	4	8
Front Squat	3	8
Dumbbell Split Squat	3	10
Standing Calf Raise	3	15

Tuesday: Chest & Shoulders

Exercise	Sets	Reps
Push Up	3	12
Neutral Grip Dumbbell Bench Press	4	8
Incline Chest Fly	3	10
Standing Military Press	4	8
Seated Lateral Raise	3	10
Seated Neutral Grip Dumbbell Press	3	10

Wednesday: Back, Rear Delts & Traps

Exercise	Sets	Reps
Neutral Grip Pull Up	3	12
Wide Grip Cable Row	4	8
Dumbbell Pullover	3	10
Cable Face Pulls	3	10
Farmer's Walk	3	20 Yards

Friday: Legs

Exercise	Sets	Reps
Bodyweight Squat (or light Goblet Squat)	3	12
Landmine Squat	4	8
Landmine RDL	4	8
Nordic Hamstring Curls *	3	10
Glute Bridges	3	12

*Perform these on the floor by either hooking your ankles into something steady or having a partner hold your ankles down.

Saturday: Back & Arms

Exercise	Sets	Reps
Wide Grip Inverted Row	3	12
Wide Grip Bent Over Row	4	8
Parallel Dips	3	10
Overhead Tricep Extensions	3	10
Dumbbell Bicep Curl	3	10
Hammer Curl	3	10