



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



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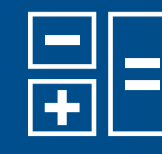
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## MUSCLE MASS INFLATION: 8 WEEK MUSCLE GROWTH WORKOUT

This workout program incorporates an old-school training method and is designed to help you maximize your gains! Muscle Mass Inflation is a muscle building workout that will take you from small to swole.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-mass-inflation>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Cables, Dumbbells

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Day 1: Back and Biceps

Exercise	Warm-Up Sets	Work Sets	Rest
<a href="#">Bent-Over Barbell Row</a>	2 x 10-12 Reps	2 x 6-8 Reps	3 min
<a href="#">Pullover</a>	2 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">One Arm Row</a>	1 x 12 Reps	2 x 8-10 Reps	3 min
<a href="#">Lat Pulldown</a>	0	2 x 10-12 Reps	3 min
<a href="#">Barbell Curl</a>	2 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Seated Hammer Curl</a>	1 x 12 Reps	2 x 8-10 Reps	3 min
<a href="#">Concentration Curl</a>	0	2 x 10-12 Reps	3 min

### Day 2: Shoulders and Abs

Exercise	Warm-Up Sets	Work Sets	Rest
<a href="#">Seated Barbell Press</a>	2 x 10-12 Reps	2 x 6-8 Reps	3 min
<a href="#">Single Arm Lateral Raise</a>	1 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Upright Row</a>	1 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Rear Lateral Raise</a>	0	2 x 8-10 Reps	3 min
<a href="#">Hanging Leg Raise*</a>	2 x 10-12 Reps	2 x 10-12 Reps	3 min
<a href="#">Weighted Crunch on Decline Bench</a>	2 x 10-12 Reps	2 x 10-12 Reps	3 min

\*Hold top position for 3 counts before lowering.

### Day 3: Legs

Exercise	Warm-Up Sets	Work Reps	Rest
<a href="#">Front Squat</a>	2 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Frog Squat</a>	1 x 10-12 Reps	2 x 10-12 Reps	3 min
<a href="#">Single Leg Extension</a>	0	2 x 12-15 Reps	3 min
<a href="#">Romanian Deadlift</a>	2 x 10-12 Reps	2 x 10-12 Reps	3 min
<a href="#">Good Morning</a>	1 x 10-12 Reps	2 x 10-12 Reps	3 min
<a href="#">Single Leg Curl (any version)</a>	0	2 x 12-15 Reps	3 min
<a href="#">Standing Barbell Calf Raise</a>	1 x 10-12 Reps	2 x 15 Reps	3 min
<a href="#">Seated Calf Raise</a>	0	2 x 15 Reps	3 min

### Day 4: Chest and Triceps

Exercise	Sets	Reps	Rest
<a href="#">Incline Dumbbell Press</a>	2 x 10-12 Reps	2 x 6-8 Reps	3 min
<a href="#">Flat Barbell Bench Press</a>	2 x 10-12 Reps	2 x 6-8 Reps	3 min
<a href="#">Floor Dumbbell Fly</a>	1 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Seated Press Machine*</a>	0	2 x 10-12 Reps	3 min
<a href="#">Close Grip Bench Press</a>	2 x 8-10 Reps	2 x 6-8 Reps	3 min
<a href="#">Lying Dumbbell Tricep Extension</a>	1 x 10-12 Reps	2 x 8-10 Reps	3 min
<a href="#">Single Tricep Pressdown</a>	0	2 x 10-12 Reps	3 min

\*If training at home, use a band around the back of a bench