



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



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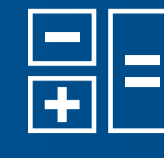
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Tools

## OFF-SEASON BODYBUILDING WORKOUT TO BUILD MUSCLE

Don't waste your bodybuilding off-season by overconsuming calories and half-assing it in the gym. Instead, follow this program and make it progress season!

Link to Workout: <https://www.muscleandstrength.com/workouts/off-season-bodybuilding-workout-to-build-muscle>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 8 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines

**Target Gender:** Male & Female

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### Day 1: Chest

Exercise	Tempo	Sets	Reps
<a href="#">Bench Press</a>	5/1/X	3	6-8
<a href="#">Incline Dumbbell Press</a>	2/4/1	3	6-8
<a href="#">Pec Dec</a>	2/0/1/4	3	6-8
<a href="#">Chest Dips</a>	2/0/1	2	21+

### Day 2: Back

Exercise	Tempo	Sets	Reps
<a href="#">Close Grip Pull Up</a>	4/0/1	5	MAX
<a href="#">Close Grip Cable Row</a>	2/4/1	3	6-8
<a href="#">Wide Grip Pull Down</a>	2/0/1/4	3	10-12
<a href="#">Underhand Bent Over Row</a>	2/0/1	2	21+

### Day 3: Delts/Traps

Exercise	Tempo	Sets	Reps
<a href="#">Seated Dumbbell Press</a>	5/1/X	3	6-8
<a href="#">Barbell Shurg</a>	2/4/X	2	10-12
<a href="#">Standing High Cable Face Pull</a>	2/0/1/4	3	6-8
<a href="#">Standing Side Lateral Raise</a>	2/0/1	2	21+

### Day 4: Legs

Exercise	Tempo	Sets	Reps
<a href="#">Lying Leg Curl</a>	5/1/X	3	6-8
<a href="#">Weighted Hyperextension</a>	2/3/1	3	10-12
Single Leg Seated Leg Curl	2/0/1/4	3	6-8 Each
<a href="#">Adduction Machine</a>	2/0/1	2	21+
<a href="#">Leg Press</a>	5/1/1	3	6-8
<a href="#">Hack Squat</a>	2/3/1	3	6-8
<a href="#">Leg Extensions</a>	2/0/4/1	3	10-12
<a href="#">Plie Squat</a>	2/0/1	3	21+
<a href="#">Standing Calf Raise</a>	2/3/1	2	10-12
<a href="#">Seated Calf Raise</a>	2/0/1/3	2	10-12
<a href="#">Calf Press</a>	2/0/1	1	26+

### Day 5: Arms

Exercise	Tempo	Sets	Reps
<a href="#">Barbell Curl</a>	4/1/1	2	6-8
<a href="#">Incline Dumbbell Curl</a>	2/4/1	2	6-8
<a href="#">Lying Cable Curl</a>	2/0/1/4	2	6-8
<a href="#">Reverse Cable Curl</a>	2/0/1	2	21+
<a href="#">Seated Overhead Dumbbell Extension</a>	4/0/1	2	6-8
<a href="#">Overhead Cable Rope Extension</a>	2/4/1	2	6-8
<a href="#">Straight Bar Tricep Extension</a>	2/0/1/4	2	10-12
<a href="#">Close Grip Bench Press</a>	2/0/1	2	21+