



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



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## OLD SCHOOL GAINS: BUILD MUSCLE LIKE AN IRON-GAME LEGEND

Is the modern lifter really willing to do what it takes to build major muscle? Try training like an old-school legend for big results!

Link to Workout: <https://www.muscleandstrength.com/workouts/old-school-gains>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 6 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Cables, Dumbbells, Machines  
**Author:** Team Allmax

### Monday: HIIT Cardio, Chest, Shoulders & Triceps

Exercise	Sets	Reps
<b>Morning</b>		
HIIT Cardio (Exercise Bike or Treadmill) 30 Minutes: 40 Secs high intensity followed by 1 Min moderate intensity.		
<b>Evening</b>		
<a href="#">Chest Dips</a>	4	8 - 12 (Add Weight if Needed)
<a href="#">Dumbbell Bench Press</a>	4	8 - 12
<a href="#">Incline Dumbbell Bench Press</a>	4	8 - 12
<b>Superset</b>		
<a href="#">Arnold Dumbbell Press</a>	4	8 - 12
<a href="#">Dumbbell Lateral Raise</a>	4	8 - 12
<a href="#">Dumbbell Front Raise</a>	4	8 - 12
<b>Superset</b>		
<a href="#">Close Grip Bench Press</a>	4	8 - 12
<a href="#">Rope Pressdowns</a>	4	8 - 12
<a href="#">Dumbbell Triceps Kickbacks</a>	4	8 - 12

### Tuesday: Legs

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Wide Stance Squats</a>	4	10 - 15
<a href="#">Leg Extensions</a>	4	10 - 15
<a href="#">Front Squats</a> w/ Narrow Stance	4	8 - 12
<a href="#">Walking Dumbbell Lunges</a>	4	15 - 20 Each Side
<a href="#">Leg Press</a>	3	15 - 20
<b>Superset</b>		
<a href="#">Lying Leg Curls</a>	3	8 - 12
<a href="#">Stiff-Legged Deadlift</a>	3	8 - 12
<a href="#">Standing Calf Raise</a>	4	15 - 20

### Wednesday: HIIT Cardio, Back & Biceps

Exercise	Sets	Reps
<b>Morning</b>		
HIIT Cardio (Exercise Bike or Treadmill) 30 Minutes: 40 Secs high intensity followed by 1 Min moderate intensity.		
<b>Evening</b>		
<a href="#">Chin Ups</a>	4	8 - 12 (Add Weight if Needed)
<a href="#">Reverse Grip Lat Pulldowns</a>	4	8 - 12
<b>Superset</b>		
<a href="#">One Arm DB Rows</a>	4	8 - 12
<a href="#">Seated Cable Rows</a>	4	8 - 12
<b>Superset</b>		
<a href="#">DB Hammer Curls</a>	4	8 - 12
<a href="#">Incline DB Curls</a>	4	8 - 12
<a href="#">Barbell Curls</a>	4	8 - 12

### Thursday: Chest, Shoulders & Triceps

Exercise	Sets	Reps
<a href="#">Bench Press</a>	3	8 - 12
<a href="#">Incline Barbell Press</a>	3	8 - 12
<a href="#">Decline Dumbbell Press</a>	3	8 - 12
<a href="#">Dumbbell Press</a>	3	8 - 12
<a href="#">Bent-Over Dumbbell Lateral Raise</a>	3	8 - 12
<b>Superset</b>		
<a href="#">Triceps Dip</a>	3	8 - 12
<a href="#">Dumbbell Kickbacks</a>	3	8 - 12
<a href="#">One Arm Overhead Triceps Extension</a>	3	8 - 12

### Friday: HIIT Cardio & Legs

Exercise	Sets	Reps
<b>Morning</b>		
HIIT Cardio (Exercise Bike or Treadmill) 30 Minutes: 40 Secs high intensity followed by 1 Min moderate intensity.		
<b>Evening</b>		
Medium Width <a href="#">Squats</a>	4	10 - 15
<b>Superset</b>		
<a href="#">Leg Extensions</a>	3	8 - 12
<a href="#">Hack Squats</a>	3	8 - 12
<a href="#">Standing One Legged Curls</a>	3	8 - 12
<b>Superset</b>		
<a href="#">Seated Calf Raise</a>	3	15 - 20
<a href="#">Standing Calf Raise</a>	3	15 - 20

### Saturday: HIIT Cardio, Back & Biceps

Exercise	Sets	Reps
<b>Morning</b>		
HIIT Cardio (Exercise Bike or Treadmill) 30 Minutes: 40 Secs high intensity followed by 1 Min moderate intensity.		
<b>Evening</b>		
<a href="#">Deadlifts</a>	4	8 - 12
<a href="#">Reverse Grip Bent Over Barbell Rows</a>	3	8 - 12
<a href="#">Chin Ups</a>	3	8 - 12
<a href="#">Alternate Dumbbell Curls</a>	3	8 - 12
<a href="#">Reverse Barbell Curls</a>	3	8 - 12