



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



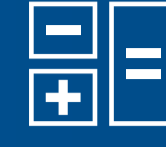
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PAUSE REP WORKOUT PROGRAM FOR SERIOUS STRENGTH GAINS

Break through your current muscle building plateaus using pause reps! Get Coach Myers' full isometric contraction workout and put on some serious gains!

Link to Workout: <https://www.muscleanstrength.com/workouts/pause-reps>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells
Author: Coach Dustin Myers

Monday

| Exercise | Sets | Reps |
|-----------------------------------|------|-------------|
| Superset | | |
| Deadlift | 5 | 3* |
| Pull Ups | 5 | 10** |
| T - Bar Row | 5 | 5*** |
| Seated Row | 3 | 10**** |
| Dumbbell Iso Curl | 3 | 5 Each |
| Plank Positions | 1 | 6 Min Total |

* Deadlift: Pause at knee height.
 ** Pull Ups: 3 pause reps & 7 regular reps.
 *** T - Bar Row: Pause only on the final rep for 5 Secs.
 **** Seated Row: First rep, pause for 10 Secs; 2nd rep, pause for 9 Secs; etc. until you reach the final rep: pause for 1 Sec.

Wednesday

| Exercise | Sets | Reps |
|---|------|------------------|
| Dumbbell Bench | 6 | 10, 5, 5, 3 x 3* |
| Superset | | |
| Dumbbell Iso Shoulder Press | 5 | 5 |
| Iso Lateral Raise | 5 | 8 |
| Superset | | |
| Dumbbell Shrugs | 3 | 10** |
| Dips | 3 | Max Reps*** |
| Iso Kick Backs | 3 | 10**** |
| Push Ups | 3 | Max Reps***** |
| Hanging L - Sit Holds | 3 | 5 - 10 Secs |

* Dumbbell Bench: 3 sets of 3 pause reps.
 ** Dumbbell Shrugs: Use the rep hold method, number of rep corresponds w/ length of hold.
 *** Pause for 3 Secs at the bottom of each rep.
 **** Hold one side while the other side is performing reps of 8. Finish w/ regular reps.
 ***** Push Ups: Pause briefly 3 times on the way down for each rep.

Friday

| Exercise | Sets | Reps |
|------------------------------|------|----------------|
| Squats | 3 | 5 Warm Up Sets |
| Serrano Pause Squats | 3 | 3* |
| Split Squats | 5 | 5** |
| Superset | | |
| Goblet Squat | 3 | 5 Pause Reps |
| Hamstring Bridge | 3 | 5 Pause Reps |
| Reverse Hyperextension | 3 | 10*** |

* Serrano Pause Squats: Pause 5 separate times for 3 Secs while lowering the weight.
 ** Split Squats: Pause for 3 Secs at the bottom of each rep for the last 3 sets.
 *** Reverse Hyperextension: Pause for 3 Secs at the top of each rep.