



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



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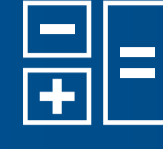
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## PHASE TRAINING PT. 2: 5 WEEK WORKOUT TO BUILD MUSCLE SIZE

Welcome to phase training, where you'll change your workouts every so often to keep things interesting. This phase is for those looking to build muscle!

Link to Workout: <https://www.muscleandstrength.com/workouts/phase-training-pt-2-size-building>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 5 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins

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

**Author:** Team SAN

### Workout 1

| Exercise                                       | Sets | Reps   |
|--|------|--------|
| 1. <a href="#">Squats</a> *                    | 2    | 6 - 9  |
| 2. <a href="#">Sissy Squats</a>                | 1    | 10     |
| 3. <a href="#">Leg Extensions</a>              | 1    | 8 - 10 |
| 4. <a href="#">Stiff-Legged Deadlifts</a> *    | 2    | 6 - 9  |
| 5. <a href="#">Leg Curls</a>                   | 1    | 8 - 10 |
| 6. <a href="#">Standing Calf Raises</a>        | 2    | 8 - 10 |
| 7. <a href="#">Donkey Calf Raises</a>          | 1    | 8 - 10 |
| 8. <a href="#">Seated Calf Raises</a>          | 1    | 8 - 10 |
| 9. <a href="#">Incline Bench Press</a> *       | 2    | 6 - 9  |
| 10. <a href="#">Incline Flyes</a>              | 1    | 8 - 10 |
| 11. <a href="#">Bench Press</a>                | 2    | 6 - 9  |
| 12. <a href="#">Cable Crossovers</a>           | 1    | 8 - 10 |
| 13. <a href="#">Lying Triceps Extensions</a> * | 2    | 6 - 9  |
| 14. <a href="#">Overhead Extensions</a>        | 1    | 8 - 10 |
| 15. <a href="#">Rope Pushdown</a>              | 1    | 8 - 10 |

\*Do 1-2 warm-up sets on the big exercises, doing around 10 reps with about half of your work weight or slightly more. Train to failure on work sets, adding weight whenever you're able to go beyond the listed rep count.

### Workout 2

| Exercise                                     | Sets | Reps    |
|--|------|---------|
| 1. <a href="#">Pull Downs</a> *              | 2    | 6 - 9   |
| 2. <a href="#">Dumbbell Pullovers</a>        | 1    | 8 - 10  |
| 3. <a href="#">Reverse Grip Pull Downs</a>   | 1    | 8 - 10  |
| 4. <a href="#">Cable Rows</a>                | 2    | 6 - 9   |
| 5. <a href="#">Bent Over Lateral Raise</a>   | 1    | 8 - 10  |
| 6. <a href="#">Shrugs</a>                    | 2    | 8 - 10  |
| 7. <a href="#">Standing Dumbbell Press</a> * | 2    | 6 - 9   |
| 8. <a href="#">Side Lying Rear Delt Fly</a>  | 1    | 8 - 10  |
| 9. <a href="#">Lateral Raise</a>             | 1    | 8 - 10  |
| 10. <a href="#">Barbell Curls</a> *          | 2    | 6 - 9   |
| 11. <a href="#">Incline Curls</a>            | 1    | 10 - 12 |
| 12. <a href="#">Spiders Curls</a>            | 1    | 8 - 10  |
| 13. <a href="#">Hanging Knee Raise</a>       | 2    | 10 - 12 |
| 14. <a href="#">Ab Crunch</a>                | 2    | 10 - 12 |

\*Do 1-2 warm-up sets on the big exercises, doing around 10 reps with about half of your work weight or slightly more. Train to failure on work sets, adding weight whenever you're able to go beyond the listed rep count.