



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



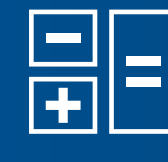
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PYRAMID VOLUME TRAINING

Are you stuck in a plateau? Do you want to increase your strength, size, and muscular definition? Use these exercises to create your own routine, and send your body into an anabolic state.

Link to Workout: <https://www.muscleandstrength.com/workouts/pyramid-volume-training.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 3-5 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Brad Farmer

Back

Exercise	Sets	Reps
Deadlift	4	6, 8, 10, 14
Superset		
Pull Ups	3	Max
Lat Pull Down	3	8, 10, 14
Dumbbell Row	3	4, 8, 12

Legs

Exercise	Sets	Reps
Squat	4	4, 8, 12, 20
Stiff Leg Deadlift	3	6, 8, 10
Leg Extension	4	12, 8, 6, 12

Chest

Exercise	Sets	Reps
Bench Press	4	6, 8, 10, 14
Incline or Decline Bench Press	4	6, 8, 10, 14
Pec Dec or Cable Crossovers	3	8, 10, 14

Biceps

Exercise	Sets	Reps
Barbell Curl	3	6, 8, 14
Hammer Curl	3	8, 10, 12
Preacher Curl	3	8, 10, 12

Triceps

Exercise	Sets	Reps
Incline Skullcrusher	3	6, 8, 10
Two Arm Seated Dumbbell Extension	4	6, 8, 10, 12
Reverse Grip Tricep Pulldown	3	6, 10, 14

Shoulders

Exercise	Sets	Reps
Arnold Dumbbell Press	4	6, 8, 10, 12
Cable or Dumbbell Lateral Raise	3	8, 11, 14
Bent Over Reverse Dumbbell Flys	3	8, 12, 14

Traps

Exercise	Sets	Reps
Behind the Back Barbell Shrug	3	8, 12, 14

Calves

Exercise	Sets	Reps
45 Degree Calf Raise	3	8, 12, 14

Notes

So you're ready to make a split! If you have a muscle group that you would like to bring up to speed, start the split off with it! For example, if you want bigger arms, here is what you could do:

- Monday: [Biceps](#) & [Triceps](#)
- Tuesday: Off
- Wednesday: [Legs](#)
- Thursday: [Back](#)
- Friday: [Chest](#) & [Shoulders](#)
- Saturday: Off
- Sunday: Off