



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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THE RIPPED FREAK TRAINING PROGRAM

Get the most out of your workout with the The Ripped Freak Training Program and 5-Minute Ripped Solution, designed to help you maximize muscle growth, increase performance, and burn fat!

Link to Workout: <https://www.muscleandstrength.com/workouts/ripped-freak-training-program>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 5 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Alex Savva

Monday: Chest & Back + 5 Minute Ripped Solution

Exercise	Sets	Reps
Superset		
Incline Dumbbell Press	3 - 4	6 - 8
Chin Ups	3 - 4	6 - 8
Superset		
Flat Dumbbell Fly	2 - 3	10 - 12
Lat Pulldowns	2 - 3	10 - 12
Superset		
Seated Cable Rows	2 - 3	10 - 12
Push Ups	1	Max

Time (Secs)	Exercise	Exertion Level (1 - 10)
0 - 30	Jump Squats	10
30 - 90	Walk Around / Recover	2 - 3
90 - 120	Burpees	10
120 - 180	Walk Around / Recover	2 - 3
180 - 210	Mountain Climbers	10
210 - 270	Walk Around / Recover	2 - 3
270 - 300	Jumping Lunges	10

Tuesday: Cardio / Cross-Training

Exercise	Sets	Reps
Perform freeform Cardio or Cross - Training.		

Wednesday: Leg

Exercise	Sets	Reps
Superset		
Barbell Squats	3 - 4	6 - 8
Dumbbell Lunges	3 - 4	6 - 8
Triset		
Lying Hamstring Curls	2 - 3	10 - 12
Leg Press	2 - 3	10 - 12
Standing Calf Raises	2 - 3	12 - 15

Thursday: Rest or Cardio / Cross-Training

Exercise	Sets	Reps
Rest or perform freeform Cardio or Cross - Training.		

Friday: Shoulders & Arms + 5 Minute Ripped Solution

Exercise	Sets	Reps
Superset		
Dumbbell Shoulder Press	3 - 4	6 - 8
Lateral Dumbbell Raise	3 - 4	6 - 8
Superset		
Triceps Pushdown	2 - 3	10 - 12
Barbell Curl	2 - 3	10 - 12
Superset		
Dips	2 - 3	12 - 15
Alternating Dumbbell Curls	2 - 3	12 - 15

Time (Secs)	Exercise	Exertion Level (1 - 10)
0 - 30	Jump Squats	10
30 - 90	Walk Around / Recover	2 - 3
90 - 120	Burpees	10
120 - 180	Walk Around / Recover	2 - 3
180 - 210	Mountain Climbers	10
210 - 270	Walk Around / Recover	2 - 3
270 - 300	Jumping Lunges	10

Saturday: 5 Minute Ripped Solution + Core Work

Time (Secs)	Exercise	Exertion Level (1 - 10)
0 - 30	Jump Squats	10
30 - 90	Walk Around / Recover	2 - 3
90 - 120	Burpees	10
120 - 180	Walk Around / Recover	2 - 3
180 - 210	Mountain Climbers	10
210 - 270	Walk Around / Recover	2 - 3
270 - 300	Jumping Lunges	10

Freeform [Abs Workout](#).

Sunday: Rest or 5 Minute Ripped Solution

Time (Secs)	Exercise	Exertion Level (1 - 10)
0 - 30	Jump Squats	10
30 - 90	Walk Around / Recover	2 - 3
90 - 120	Burpees	10
120 - 180	Walk Around / Recover	2 - 3
180 - 210	Mountain Climbers	10
210 - 270	Walk Around / Recover	2 - 3
270 - 300	Jumping Lunges	10

Optional Freeform [Abs Workout](#).