



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



Store



Workouts



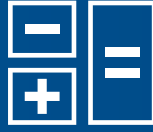
Diet Plans



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Tools

SCRUTINY’S LOW VOLUME HIGH INTENSITY
WORKOUT FOR MASS & STRENGTH

An intense workout system focusing on training to failure, offering an alternative to the various high volume muscle building workout routines.

Link to Workout: <https://www.muscleandstrength.com/workouts/scrutiny-low-volume-high-intensity-workout-mass-strength.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 3 Days
Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: M&S Writers

Monday: Chest, Shoulders & Triceps

Exercise	Sets	Reps
Incline Dumbbell Bench Press	2	5 - 8
Dumbbell or Barbell Bench Press	2	5 - 8
Weighted Wide Grip Dip	2	5 - 8
Cable Crossovers	1	10 - 12
Seated Dumbbell Press	2	5 - 8
Dumbbell Lateral Raise	2	10 - 12
Close Grip Bench Press	2	5 - 8
EZ Bar Skullcrushers	2	5 - 8

Wednesday: Back, Biceps & Traps

Exercise	Sets	Reps
Weighted Wide Grip Pull Up	2	5 - 8
One Arm Dumbbell Row	2	5 - 8
Seated Cable Row	2	5 - 8
Close Grip Pull Down	1	5 - 8
Barbell or Dumbbell Shrugs	2	10 - 12
Standing Barbell Curl	2	5 - 8
Standing Dumbbell Curl	2	5 - 8

Friday: Legs & Abs

Exercise	Sets	Reps
Squat	2	5 - 8
Stiff Leg Deadlift	2	5 - 8
Leg Press	2	5 - 8
Leg Curl	1	10 - 12
Standing Calf Raise	2	10 - 15
Seated Calf Raise	2	10 - 15
Cable Crunch	2	10 - 12
Cable Torso Rotation	2	10 - 12