



SCULPTED STRENGTH: THE ULTIMATE 12 WEEK BODYBUILDING PROGRAM

Workout Summary

Main Goal: Build Muscle
Training Level: Intermediate
Days Per Week: 6 Days
Program Duration: 12 Weeks
[Click here for the full workout!](#)

Equipment: Bands, Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
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Workout 1: Shoulders and Abs

| Exercise | Sets | Reps | Rest |
|--------------------------------|------|-----------|-----------|
| Bent Over Dumbbell Reverse Fly | 3 | 12, 10, 8 | 60-90 Sec |
| Seated Lateral Raise | 3 | 12, 10, 8 | 60-90 Sec |
| Machine Shoulder Press | 3 | 12, 10, 8 | 60-90 Sec |
| Dumbbell Front Raise | 3 | 12, 10, 8 | 60-90 Sec |
| Cable Crunch | 3 | 12, 10, 8 | 60-90 Sec |
| Lying Floor Leg Raise | 3 | Failure | 60-90 Sec |

Workout 2: Back and Traps

| Exercise | Sets | Reps | Rest |
|---------------------------|------|-----------|-----------|
| Rack Pull Deadlift* | 3 | 12, 10, 8 | 60-90 Sec |
| Reverse Hyperextension | 3 | 12, 10, 8 | 60-90 Sec |
| One Arm Dumbbell Row | 3 | 12, 10, 8 | 60-90 Sec |
| Reverse Grip Lat Pulldown | 3 | 12, 10, 8 | 60-90 Sec |
| Wide Grip Seated Row | 3 | 12, 10, 8 | 60-90 Sec |
| Dumbbell Shrugs | 3 | 12, 10, 8 | 60-90 Sec |

*Editor's Note: The demo video shows a trap bar, but this exercise can be performed with a barbell.

Workout 3: Quadriceps and Calves

| Exercise | Sets | Reps | Rest |
|-------------------------|------|------------|-----------|
| Squat | 3 | 15, 12, 10 | 60-90 Sec |
| Hack Squat or Leg Press | 3 | 15, 12, 10 | 60-90 Sec |
| Bulgarian Split Squat | 3 | 15, 12, 10 | 60-90 Sec |
| Leg Extension | 3 | 15, 12, 10 | 60-90 Sec |
| Seated Calf Raise | 3 | 15, 12, 10 | 60-90 Sec |
| Calf Press | 3 | 15, 12, 10 | 60-90 Sec |

Workout 4: Chest and Abs

| Exercise | Sets | Reps | Rest |
|----------------------------|------|-----------|-----------|
| Incline Machine Press | 3 | 12, 10, 8 | 60-90 Sec |
| Incline Dumbbell Fly | 3 | 12, 10, 8 | 60-90 Sec |
| Dumbbell Bench Press | 3 | 12, 10, 8 | 60-90 Sec |
| Pec Dec or Cable Crossover | 3 | 12, 10, 8 | 60-90 Sec |
| Weighted Crunch | 3 | 12, 10, 8 | 60-90 Sec |
| Seated Barbell Twist | 3 | 12, 10, 8 | 60-90 Sec |

Workout 5: Triceps, Biceps, and Forearms

| Exercise | Sets | Reps | Rest |
|----------------------------|------|-----------|-----------|
| Tricep Dips | 3 | 12, 10, 8 | 60-90 Sec |
| One-Arm Dumbbell Extension | 3 | 12, 10, 8 | 60-90 Sec |
| Rope Tricep Extension | 3 | 12, 10, 8 | 60-90 Sec |
| Concentration Curl | 3 | 12, 10, 8 | 60-90 Sec |
| Preacher Curl | 3 | 12, 10, 8 | 60-90 Sec |
| Standing Hammer Curl | 3 | 12, 10, 8 | 60-90 Sec |
| Reverse Grip Barbell Curl | 3 | 12, 10, 8 | 60-90 Sec |
| Seated Barbell Wrist Curl | 3 | 12, 10, 8 | 60-90 Sec |

Workout 6: Hamstrings and Calves

| Exercise | Sets | Reps | Rest |
|-------------------------------|------|------------|-----------|
| Stiff Leg Deadlift | 3 | 15, 12, 10 | 60-90 Sec |
| Walking Lunge | 3 | 15, 12, 10 | 60-90 Sec |
| Standing Cable Hamstring Curl | 3 | 15, 12, 10 | 60-90 Sec |
| Seated or Lying Leg Curl | 3 | 15, 12, 10 | 60-90 Sec |
| Standing Calf Raise | 3 | 15, 12, 10 | 60-90 Sec |
| Banded Tibialis Raise | 3 | Failure | 60-90 Sec |