



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



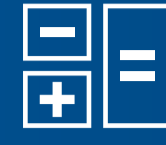
Diet Plans



Expert Guides



Videos



Tools

STARTING STRONG: THE ULTIMATE 8 WEEK WORKOUT FOR BEGINNERS

Are you a beginner looking to get big and strong? This 8 week workout program for beginners covers all of the basics needed to build lean muscle mass!

Link to Workout: <https://www.muscleandstrength.com/workouts/starting-strong-8-week-workout-for-beginners>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Brad Borland

Monday

Exercise	Warm Up Sets	Working Sets
1. Barbell Bench Press	1 x 12	3 x 6 - 12
2. Pull Ups	1 x 12 on pull down	3 x failure
3. Back Squat	1 x 12	3 x 6 - 12
4. Lying Leg Curl	-	3 x 6 - 12
5. Standing Dumbbell Shoulder Press	-	3 x 6 - 12
6. Floor Crunch	-	3 x 20

Wednesday

Exercise	Warm Up Sets	Working Sets
1. Incline Dumbbell Bench Press	1 x 12	3 x 6 - 12
2. Barbell Deadlift	1 x 12	3 x 6 - 12
3. Weighted Dip	1 x 12	3 x 6 - 12
4. Barbell Curl	1 x 12	3 x 6 - 12
5. Barbell Romanian Deadlift	1 x 12	3 x 6 - 12
6. Standing Calf Raise	1 x 12	3 x 6 - 12
7. Lying Leg Lift	-	3 x 20

Friday

Exercise	Warm Up Sets	Working Sets
1. Dumbbell Bench Press	1 x 12	3 x 6 - 12
2. Bent-over Barbell Row	1 x 12	3 x 6 - 12
3. Standing Barbell Row	1 x 12	3 x 6 - 12
4. Front Squat	1 x 12	3 x 6 - 12
5. Dumbbell Lunge	-	3 x 6 - 12
6. Seated Calf Raise	1 x 12	3 x 6 - 12
7. Bicycle Crunch	-	3 x 20