



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



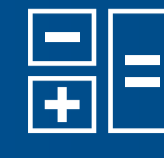
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STEVE KUCLO MASS BUILDING INSPIRED WORKOUT SPLIT

Take your mass gaining to a whole new level with this workout split inspired by several individual workout videos we've published featuring Steve Kuclo!

Link to Workout: <https://www.muscleanstrength.com/workouts/steve-kuclo-mass-building-workout>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 10 Weeks

Days Per Week: 5 Days

Time Per Workout: 45-75 Mins

Equipment: Barbell, Cables, Dumbbells, EZ Bar, Machines, Other

Target Gender: Male

Author: [M&S Team](#)

Day 1: Steve Kuclo's Shoulder Workout

Exercise	Sets	Reps
Seated Dumbbell Press	4	10
Side Lateral Raise*	4	10
Rear Delt Cable Fly	4	10
A1. Machine Shoulder Press	4	10
A2. Rear Delt Fly	4	10

**On the last set, perform "power partial" in a drop set fashion.*

Day 2: Steve Kuclo's Back Workout

Exercise	Sets	Reps
A1. Underhand Pull Down	4	12 - 15
A2. Straight Arm Pull Down	4	12 - 15
Heavy Dumbbell Rows	4	10 - 12
Machine Rows	4	12 - 15
Deadlifts	5	5 - 8

Day 3: Steve Kuclo's Chest Workout

Exercise	Sets	Reps
Incline Dumbbell Press	5	10
Hammer Strength Bench Press	5	10
Incline Dumbbell Fly	5	10
Machine Pec Deck	5	10

**Rest just 10 seconds in between sets.*

Day 4: Steve Kuclo's Leg Workout

Exercise	Sets	Reps
Hack Squat	5	10
Vertical Leg Press	5	10
Leg Extension	5	10
Romanian Deadlift	5	10
Lying Leg Curl	5	10
Seated Leg Curl	5	10

**Rest just 10 seconds in between sets.*

Day 5: Steve Kuclo's Arm Workout

Exercise	Sets	Reps
EZ Bar Curl	5	10
Hammer Spider Curl	5	10
Standing High Pulley Curl	5	10
Cable Tricep Pushdown	5	10
Close Grip Bench Press	5	10
Cable Crossover Tricep Pushdown	5	10

**Rest just 10 seconds in between sets.*