



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

## BUILDING THE IDEAL BODY: STEVE REEVES INSPIRED WORKOUT PROGRAM

Develop the ideal physique using the same principles as the pioneer of bodybuilding. This 12 week Steve Reeves inspired workout will help you build muscle!

Link to Workout: <https://www.muscleandstrength.com/workouts/steve-reeves-inspired-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells

**Author:** Roger "Rock" Lockridge

### Steve Reeves' Monday Workout

Exercise	Sets	Reps
1. <a href="#">Military Press</a>	3	8 - 12
2. <a href="#">Bent Over Barbell Row</a>	3	8 - 12
3. <a href="#">Barbell Bench Press</a>	3	8 - 12
4. <a href="#">Standing Calf Raise</a>	3	8 - 12
5. <a href="#">Ab Crunch</a>	3	8 - 12
6. <a href="#">Squat</a>	3	8 - 12
7. <a href="#">ATG Squat</a>	3	8 - 12
8. <a href="#">Romanian Deadlift</a>	3	8 - 12
9. <a href="#">Barbell Curl</a>	3	8 - 12
10. <a href="#">French Press</a>	3	8 - 12

### Steve Reeves' Wednesday Workout

Exercise	Sets	Reps
1. <a href="#">Deadlift</a>	3	12
2. <a href="#">Dumbbell Military Press</a>	3	12
3. <a href="#">Dips</a>	3	12
4. <a href="#">Alternate Dumbbell Curl</a>	3	12 Each
5. <a href="#">Seated Calf Raise</a>	3	12
6. <a href="#">Lying Tricep Extension</a>	3	12
7. <a href="#">Pull Ups</a>	3	12
8. <a href="#">Front Squats</a>	3	12
9. <a href="#">Hyperextensions</a>	3	12
10. <a href="#">Dumbbell Lunge</a>	3	12
11. <a href="#">Hanging Leg Raise</a>	3	12

### Steve Reeves' Friday Workout

Exercise	Sets	Reps
1. <a href="#">Deadlift</a>	3	8 - 12
2. <a href="#">One Arm Dumbbell Row</a>	3	8 - 12
3. <a href="#">Upright Row</a>	2	12
4. <a href="#">Incline Bench Press</a>	3	8 - 12
5. <a href="#">Standing Calf Raise</a>	3	12
6. <a href="#">Front Squat</a>	2	12
7. <a href="#">Nordic Hamstring Curl</a>	3	8 - 12
8. <a href="#">Sit Ups</a>	3	12
9. <a href="#">Dumbbell Lunge</a>	2	8 - 12
10. <a href="#">Lying Tricep Extension</a>	2	8
11. <a href="#">Concentration Curl</a>	3	8 - 12