



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



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Workouts



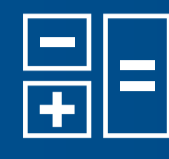
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## STRENGTH & BULK BEGINNER WORKOUT: LINEAR PROGRESSION

A beginner workout based around linear progression for someone with a good grasp of exercise form. Stop wasting time in the gym and get results.

Link to Workout: <https://www.muscleandstrength.com/workouts/strength-bulk-beginner-workout-linear-progression>

**Main Goal:** Increase Strength  
**Training Level:** Beginner  
**Program Duration:** 10 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells  
**Author:** Steve Shaw

### Monday

Exercise	Sets	Reps
<a href="#">Squat</a>	5	5
<a href="#">Bench Press</a> or <a href="#">Military Press</a>	5	5
<a href="#">Barbell Row</a> or <a href="#">Dumbbell Row</a> *	5	5
Weighted <a href="#">Sit Ups</a> or <a href="#">Side Bends</a> (Alternate)	3	10 - 25
Exercise of your choice* *	-	-

\*If you choose to do Dumbbell Rows, perform 3 x 6 - 10. \*\*Suggestions: [Chin Ups](#) 3 x Max or [Dips](#) 3 x Max

### Wednesday

Exercise	Sets	Reps
<a href="#">Deadlift</a>	3	5
<a href="#">Bench Press</a> or <a href="#">Military Press</a> (Alternate)	5	5
<a href="#">Pull Ups</a>	3	Max
<a href="#">Weighted Sit Ups</a> or <a href="#">Side Bends</a> (Alternate)	3	10 - 25
Exercise of your choice*	-	-

\*Suggestions: [Chin Ups](#) 3 x Max or [Dips](#) 3 x Max

### Friday

Exercise	Sets	Reps
<a href="#">Squat</a>	5	5
<a href="#">Bench Press</a> or <a href="#">Military Press</a>	5	5
<a href="#">Barbell Row</a> or <a href="#">Dumbbell Row</a> *	5	5
Weighted <a href="#">Sit Ups</a> or <a href="#">Side Bends</a> (Alternate)	3	10 - 25
Exercise of your choice* *	-	-

\*If you choose to do Dumbbell Rows, perform 3 x 6 - 10. \*\*Suggestions: [Chin Ups](#) 3 x Max or [Dips](#) 3 x Max