



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



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Workouts



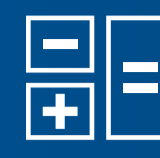
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## THE SUPER FAN WORKOUT: LOOK LIKE A PRO IN YOUR JERSEY

There's more than one way to prepare for tailgating for this week's game. Get jacked and rock your team's swag with pride by performing this workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/tailgates-and-touchdowns-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells

**Author:** Josh England

### Monday: Shoulders

Exercise	Sets	Reps
<a href="#">Heavy Military Press</a>	5	8, 6, 5, 5, 5
<a href="#">Lateral Raises</a>	4	10
<a href="#">Front Raises</a>	3	12
<a href="#">Rear Delt Raises</a>	3	12
<a href="#">Heavy Barbell Shrugs</a>	3	8
<a href="#">Dumbbell Shrugs</a>	3	12

### Tuesday: Back

Exercise	Sets	Reps
<a href="#">Deadlift</a>	3	5
(Weighted) <a href="#">Pullups</a> *	4	8, 6, 5, 5
<a href="#">Heavy Dumbbell Rows</a>	4	8, 6, 5, 5
<a href="#">Lat Pulldown</a>	3	12
<a href="#">Inverted Row</a>	3	12
<a href="#">Hyperextensions</a>	3	15

\*If weighted pullups cannot be performed, do regular or assisted pullups.

### Wednesday: Chest & Triceps

Exercise	Sets	Reps
<a href="#">Incline Barbell Bench</a>	4	12
<a href="#">Dumbbell Flat Bench</a>	4	12
<a href="#">Tricep Dips</a>	3	12
<a href="#">Tricep Diamond Pushups</a>	3	12
<a href="#">Rope Pressdown</a>	3	12

### Thursday: Legs

Exercise	Sets	Reps
<a href="#">Squat</a>	5	8, 6, 5, 5, 5
<a href="#">Stiff Leg Deadlift</a>	4	10
<a href="#">Leg Press</a>	3	15
<a href="#">Walking Lunges</a>	4	20 Yards (or Length of Gym)
<a href="#">Seated Calf Raises</a>	3	12

### Friday: Biceps & Triceps

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Chinups</a>	3	12
<a href="#">Tricep Dips</a>	3	12
<a href="#">Barbell Curls</a>	4	10
<a href="#">Skull Crushers</a>	4	12
<a href="#">Incline Dumbbell Curls</a>	3	10
<a href="#">Rope Pressdown</a>	3	12