



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



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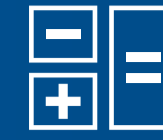
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## THE BEST WEEKLY SPLIT FOR MAXIMUM MUSCLE GAINS

Maximize your muscular gains by utilizing this workout split! This split incorporates a breakdown of workout days, HIIT cardio days, and rest days!

Link to Workout: <https://www.muscleandstrength.com/workouts/best-weekly-split-for-maximum-muscle-gains>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 6 Days

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

**Equipment:** Barbell, Bodyweight,

Cables, Dumbbells, Machines

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### Day 1: Shoulders + Triceps + Steady State Cardio

Exercise	Sets	Reps
<i>Warm Up:</i> 5 mins 5% incline treadmill walk at 2.7mph		
1. <a href="#">Cable Lateral Raises</a>	3	12, 10, 8
2a. <a href="#">Cable Tricep Pushdown</a>	3	10
2b. <a href="#">Overhead Extension</a>	3	10
3. <a href="#">Cable Front Raise</a>	3	12, 10, 8
4. Machine Tricep Pushdown	3	12, 10, 8
5. <a href="#">Barbell Overhead Press</a>	3	12, 10, 8
6a. <a href="#">Barbell Wide Grip Upright Row</a>	3	8
6b. Narrow Grip Upright Row	3	8

### Day 2: HIIT Cardio

Exercise	Sets	Reps
<i>Warm Up:</i> Walk for a few minutes on treadmill & stretch		
1a. Fast Run (treadmill)	5	30 Secs
1b. Burpees	5	30 Secs
1c. <a href="#">Jump Squats</a>	5	30 Secs
2a. Sprint (treadmill)	5	30 Secs
2b. <a href="#">Kettlebell Swing</a>	5	30 Secs
2c. <a href="#">Plank</a>	5	30 Secs

### Day 3: Back + Abs + Steady State Cardio

Exercise	Sets	Reps
<i>Warm Up:</i> 5 mins 5% incline treadmill walk at 2.7mph		
1a. <a href="#">Wide Grip Lat Pull Down</a>	3	10
1b. <a href="#">Narrow Grip Lat Pull Down</a>	3	10
2. <a href="#">Machine Rear Delt Fly</a>	3	12, 10, 8
3. <a href="#">Cable Straight Arm Pull Down</a>	3	12, 10, 8
4. <a href="#">Machine Row</a>	3	12, 10, 8
5. <a href="#">Deadlift</a>	3	10, 6, 4
6. <a href="#">Hanging Leg Raises</a>	3	20
7. <a href="#">Russian Twist</a>	3	20

### Day 4: Chest + Biceps + Steady State Cardio

Exercise	Sets	Reps
<i>Warm Up:</i> 5 mins 5% incline treadmill walk at 2.7mph		
1a. <a href="#">Barbell Bench Press</a>	3	10
1b. <a href="#">Incline Push Ups</a>	3	10
2. <a href="#">Barbell Bicep Curl</a>	3	12, 10, 8
3a. <a href="#">Incline Dumbbell Fly</a>	3	10
3b. <a href="#">Decline Push Ups</a>	3	10
4. <a href="#">Machine Preacher Curl</a>	3	12, 10, 8
5a. <a href="#">Dumbbell Pull Over</a>	3	10
5b. <a href="#">Push Ups</a>	3	10

### Day 5: HIIT Cardio

Exercise	Sets	Reps
<i>Warm Up:</i> Walk for a few minutes on treadmill & stretch		
1a. Box Jumps	5	30 Secs
1b. Butt Kicks	5	30 Secs
1c. Med Ball Wood Chop (Both Directions)	5	30 Secs
2a. Sprint	5	30 Secs
2b. Ankle Banded Lateral Squat Walk	5	30 Secs
2c. Med Ball Crunches	5	30 Secs

### Day 6: Leg Day

Exercise	Sets	Reps
<i>Warm Up:</i> 20 minutes of any steady state cardio of your choosing + 20 air squats.		
1a. <a href="#">Barbell Back Squat</a>	3	10
1b. <a href="#">Barbell Front Squat</a>	3	10
2. <a href="#">Seated Calf Press</a>	3	15
3a. <a href="#">Seated Leg Extension</a>	3	10
3b. <a href="#">Reverse Lunge</a>	3	10 Each
4a. Smith Machine Glute Bridge	3	10
4b. <a href="#">Barbell Straight Leg Deadlift</a>	3	10
5a. <a href="#">Hip Abduction Machine</a>	3	10
5b. <a href="#">Hip Adduction</a>	3	10
6. <a href="#">Lying Leg Press</a>	3	12, 10, 8