



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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TOTAL BODY SABOTAGE: BLAST PLATEAUS, GET BIG & STRONG FAST!

So you're big and lean...but can you back it up and get the job done? This program will help you look good and provide you with the power & performance to kick butt.

Link to Workout: <https://www.muscleanstrength.com/workouts/total-body-sabotage-get-big-strong-fast>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines, Other
Author: Brad Borland

Day 1

Exercise	Warm Up Sets	Work Sets	Rest
Barbell Deadlift	2 x 12	4 x 4 - 8	60 - 90 Secs
Flat Bench Barbell Press	2 x 12	4 x 4 - 8	60 Secs
Standing Barbell Push Press	-	3 x 4 - 8	60 Secs
Power Barbell Upright Row	1 x 8	3 x 6	60 Secs
Inverted Row	-	3 x 10 - 12	30 Secs
Superset			
Hanging Leg Raise	-	3 x 15	-
Incline Board Crunch	-	3 x 15	30 Secs
20 Mins HIIT Cardio : Warm Up w/ 3 Mins Low Intensity. Alternate 30 Secs High Intensity & 1 Min Low Intensity.			

Day 2

Exercise	Warm Up Sets	Work Sets	Rest
Box Jump	1 x 10	3 x 10 - 12	30 Secs
Barbell Back Squat	1 x 12	4 x 4 - 8	60 Secs
Dumbbell Static Lunge	-	3 x 10	30 Secs
Single Leg Calf Raise w/ Dumbbell	-	3 x 12	30 Secs
Superset			
Barbell Cheat Curl	1 x 12	3 x 4 - 8	-
Diamond Push Up	1 x 12	3 x 4 - 8	60 Secs
Windshield Wiper Rotation	-	3 x 10 - 15	30 Secs
20 Mins HIIT Cardio : Warm Up w/ 3 Mins Low Intensity. Alternate 30 Secs High Intensity & 1 Min Low Intensity.			

Day 3

Exercise	Warm Up Sets	Work Sets	Rest
Barbell Clean & Press	2 x 8	3 x 6 - 8	60 Secs
Close-Grip Pull Up	1 x 8	3 x 8 - 12	60 Secs
Superset			
Dumbbell Row	1 x 10	4 x 8 - 12	-
Incline Bench Dumbbell Press	1 x 10	4 x 8 - 12	60 Secs
Feet Elevated Push Up	-	3 x 10 - 20	30 Secs
Standing Dumbbell Lateral Raise	-	3 x 8 - 12	30 Secs
Superset			
Plank	-	3 x 15	-
Bicycle Crunch	-	3 x 15	30 Secs
20 Mins HIIT Cardio : Warm Up w/ 3 Mins Low Intensity. Alternate 30 Secs High Intensity & 1 Min Low Intensity.			

Day 4

Exercise	Warm Up Sets	Work Sets	Rest
Superset			
Jump Squat	1 x 10	4 x 8 - 12	-
Barbell Front Squat	1 x 10	4 x 8 - 12	60 - 90 Secs
Barbell Romanian Deadlift	1 x 12	3 x 8 - 12	60 Secs
Bulgarian Split Squat	-	3 x 8 - 12	60 Secs
Farmer's Walk	-	3 Lengths	30 Secs
Superset			
Dumbbell Hammer Curl	1 x 12	4 x 6 - 12	-
Weighted Parallel Bar Dip	1 x 12	4 x 6 - 12	60 Secs
Decline Bench Leg Lift	-	3 x 15	30 Secs
20 Mins HIIT Cardio : Warm Up w/ 3 Mins Low Intensity. Alternate 30 Secs High Intensity & 1 Min Low Intensity.			