



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



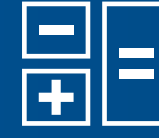
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THE TOTAL PACKAGE WORKOUT

Can't seem to train for hypertrophy without sacrificing strength or vice versa? Check out this full body workout split that helps you train for both!

Link to Workout: <https://www.muscleandstrength.com/workouts/total-package-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 75-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells
Author: Josh England

Day 1

Exercise	Sets	Reps
Squat	5	5
Dumbbell Bench	4	10
Dumbbell Row	4	10
Seated Dumbbell Press	4	10
Lunge	4	10
Dumbbell Curl	3	10
Standing Barbell Tricep Extension	3	10
Calf Raise	3	12
Plank	5	20 secs

Day 2

Exercise	Sets	Reps
Bench Press	5	5
Machine Pec Deck	3	12
Leg Extension	4	10
Leg Curl	4	10
Pullup	4	10
Seated Lateral Raise	4	10
Dumbbell Hammer Curls	3	10
Rope Extension	3	10
Plank	5	20 secs

Day 3

Exercise	Sets	Reps
Deadlift	5	5
Incline Dumbbell Press	4	10
Lateral Raise	4	10
Pulldown	4	10
Leg Press	4	10
EZ Bar Curl	3	10
Skullcrushers	3	10
Dumbbell Shrugs	3	12
Plank	5	20 secs