



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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PUSH-PULL SUPERSET WORKOUT PROGRAM WITH VERNON DAVIS

MuscleTech athlete and All-Pro tight end, Vernon Davis, takes us through his off season muscle building push-pull superset workout. Give it a shot yourself!

Link to Workout: <https://www.muscleandstrength.com/workouts/vernon-davis-push-pull-superset-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Team Muscle & Strength

Vernon Davis' Upper Body Workout

Exercise	Sets	Reps
1a. Barbell Bench Press	4	15, 12, 8, 6
1b. Hammer Strength Row	4	15, 12, 8, 6
2a. Barbell Military Press	4	15, 12, 8, 6
2b. Pull Ups *	4	10 - 15
3a. Dumbbell Curls	4	15, 12, 8, 6
3b. Dumbbell Shrugs	4	15, 12, 8, 6

*Once you reach 15 reps or failure, utilize a slow eccentric to come back to the starting position.

Vernon Davis' Sample Lower Body Workout

Exercise	Sets	Reps
1a. Squat	4	15, 12, 8, 6
1b. Romanian Deadlift	4	15, 12, 8, 6
2a. Leg Press	4	15, 12, 8, 6
2b. Leg Curl	4	15, 12, 8, 6
3a. Dumbbell Lunge	4	15, 12, 8, 6
3b. Calf Raise	4	10 - 15