

# BUILD MUSCLE WORKOUT

>> Follow this five-days-a-week training split for two weeks, using heavier weights for fewer reps and longer rest periods to enhance muscle growth.

## WEEKS 2-3, 5-6, 8-9

EXERCISE	SETS	REPS
<b>MONDAY: Chest + Abs</b>		
Bench Press	5*	12, 8, 6, 4, 6
Incline-Bench Press	4	10, 6, 6, 8
Dumbbell Flye	4	8, 6, 6, 8
Hanging Knee Raise	3	20, 20, 20
Reverse Crunch	3	20, 20, 20

<b>TUESDAY: Back + Calves</b>		
Front Pulldown	4	10, 8, 8, 10
T-Bar Row	4*	6, 6, 8, 10
One-Arm Dumbbell Row	3	6, 6, 8
Reverse-Grip Bent-Over Row	2	12, 12
Seated Cable Row	3	6, 6, 8
Standing Calf Raise	4	12, 10, 10, 10
Seated Calf Raise	4	12, 10, 10, 10

<b>WEDNESDAY: Arms</b>		
Standing Barbell Curl	4*	10, 6, 6, 8
Seated Alternating Dumbbell Curl	3	8, 8, 10
Hammer Curl	3	8, 8, 10
Lying Triceps Extension	4*	10, 6, 6, 8
Machine Dip	3	10, 8, 8
Pressdown	3	8, 8, 10

<b>FRIDAY: Legs + Abs</b>		
Leg Press	5*	10, 8, 6, 6, 10
Hack Squat	4	10, 8, 8, 10
Dumbbell Lunge	4	15, 15, 15, 15
Leg Extension	4	12, 8, 8, 10
Lying Leg Curl	4	10, 6, 6, 8
Romanian Deadlift	4*	10, 8, 8, 10
Machine Crunch	3	15, 15, 15
Lying Crunch	3	20, 20, 20

<b>SATURDAY: Shoulders + Traps + Calves</b>		
Seated Overhead Dumbbell Press	4*	10, 8, 6, 6
Dumbbell Lateral Raise	3	10, 8, 8
Dumbbell Front Raise	3	10, 8, 8
Bent-Over Lateral Raise	3	10, 8, 8
Upright Row	3	12, 12, 10
Dumbbell Shrug	4	10, 6, 6, 8
Standing Calf Raise	4	12, 10, 10, 10
Seated Calf Raise	4	12, 10, 10, 10

\* Doesn't include warm-up sets.