

# Muscle building routine

## **Instructions**

After your [warm up](#), you'll start with the strength exercise and you'll choose a weight that leaves a rep or two in reserve. If you need more rest between sets, please take it. With the supersets exercises please use a weight that allows you to complete all the repetitions with good form.

If you went heavy with the squat, do a hinge exercise for 2A and vice versa.

Please rest for 24-48 hrs. between trainings.

Do this routine alternating between A and B for 6 weeks.

**Note- You can use the (squat, push ,pull, hinge, isolation) variation you want.  
This is an example**

## **Training A**

1. Barbell back or front squat 3 sets 5 reps. Rest 2 min between sets

2A. [Barbell hip extension](#) 8-12 reps

2B. [3-point row](#) 12-15 reps

2-3 sets with 60-90 seconds rest between supersets

3A. Dumbbell goblet squat 12 reps

3B. Dumbbell bench press 8-12 reps

2-4sets with 60-90 seconds rest between supersets

**4A.** Lat pulldown 8-12 reps

**4B.** [Push up variation](#) 8- 12 reps

2-3 sets with 60-90 seconds rest between supersets

This superset is optional depended the time you have. Choose a body part that needs extra work.

**5A.** [Overhead triceps extension](#) 8-15 reps

**5B.** Shoulder lateral raise 8-15 reps

2- 3 sets with 60 seconds rest between each superset.

## **Training B**

**1.** Barbell bench press 3 set 6 reps. 120 seconds rest between sets.

**2A.** [Dumbbell front squat](#) 6-8 reps

**2B.** [Deadstop row](#) 6-8 reps

2- 3 sets with 60-90 seconds rest between supersets

**3A.** Single leg hip extensions 12 reps

**3B.** [Single arm floor press](#) 6-8 reps on each side

2-4 sets with 60-90 seconds rest between supersets

**4A.** Dumbbell Farmers carry 40 yards

**4B.** Single arm cable row 12-15 reps

2-3 sets with 60-90 seconds rest between supersets

This superset is optional, if you have the time. Choose a body part that needs the extra work.

**5A.** [Incline biceps curl](#) 8-15 reps

**5B.** [Lying dumbbell triceps extension](#) 8-15 reps

2- 3 sets with 60 seconds rest between each superset.