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Workouts



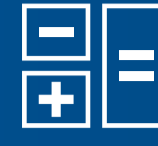
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MUSCLE & STRENGTH FULL BODY WORKOUT ROUTINE

This M&S mass building routine is perfect for lifters who want to give full body workouts a try. All major muscle groups are trained, and the program includes a 20 rep set of squats.

Link to Workout: <https://www.muscleandstrength.com/workouts/muscle-strength-full-body-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Steve Shaw

Monday - Workout A

Exercise	Sets	Reps
Full Body Workout		
Squats (Ramped)*	5	5
Bench Press (Ramped)*	5	5
Barbell Row (Ramped)*	5	5
Upright Row	3	10
Skullcrushers	3	10
Dumbbell Curls	3	10
Leg Curls	3	12 - 15
Ab Wheel Roll Out	3	10 - 15
Notes		
*Should be done in a ramped set fashion. Set 1 use 60% of your working set weight, set 2 use 80% of your working set weight, sets 3 - 5 use 100% of your working set weight.		

Wednesday - Workout B

Exercise	Sets	Reps
Full Body Workout		
Deadlifts (Ramped)*	3	5
Romanian Deadlift	2	8 - 12
Seated Overhead Press	3	8 - 10
Pull Ups or Inverted Rows	3	10 - 15
Dips	3	10 - 20
Barbell Shrugs	3	10
Standing or Seated Calf Raise	3	12 - 15
Plank	3	60 secs
Notes		
*Should be done in a ramped set fashion. Set 1 use 60% of your working set weight, set 2 use 80% of your working set weight, set 3 use 100% of your working set weight.		

Friday - Workout C

Exercise	Sets	Reps
Full Body Workout		
Squats (Ramped)*	3	5
Squats	1	20
Incline Dumbbell Bench Press	3	10
One Arm Dumbbell Row	3	10 - 15
Seated Arnold Press	3	10 - 15
Cable Tricep Extensions	3	10
Barbell Curls	3	10
Leg Curls	3	12 - 15
Ab Wheel Roll Out	3	10 - 15
Notes		
*Should be done in a ramped set fashion. Set 1 use 60% of your working set weight, set 2 use 80% of your working set weight, set 3 use 100% of your working set weight.		