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THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



BUILD HUGE MUSCLES: 12 WEEK WORKOUT PROGRAM TO GET HUGE

A lot of lifters have one single and simple goal - get huge. If you're looking for a workout program to get huge with, give this 12 week program a try!

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, Cables, Dumbbells, EZ Bar, Machines
Author: Josh England

Link to Workout: <https://www.muscleandstrength.com/workouts/build-huge-program-to-get-huge>

Day 1: Lower Body (Hamstring & Glute Focused)

Exercise	Sets	Reps
Deadlifts	3	6 - 12
Barbell Hip Thrusts	3	6 - 12
Nordic Ham Curls	3	6 - 12
Leg Curl	3	6 - 12
Hyperextension (Glute-Focused)	3	6 - 12

Day 2: Upper Body (Push Focused)

Exercise	Sets	Reps
Incline Dumbbell Press	3	6 - 12
Push Up	3	6 - 12
Pec Dec Fly	3	6 - 12
Seated Dumbbell Press	3	6 - 12
Lateral Raise	3	6 - 12
Seated Overhead EZ Bar Tricep Extension	3	6 - 12

Day 3: Lower Body (Quad & Calf Focused)

Exercise	Sets	Reps
Squat	3	6 - 12
Dumbbell Lunge	3	6 - 12
Leg Press	3	6 - 12
Leg Extension	3	6 - 12
Seated Calf Raise	3	6 - 12

Day 4: Upper Body (Pull Focused)

Exercise	Sets	Reps
Bent Over Row	3	6 - 12
Seated Cable Row	3	6 - 12
Lat Pull Down	3	6 - 12
Standing Cable Reverse Fly	3	6 - 12
Barbell Curl	3	6 - 12
Reverse Dumbbell Curl	3	6 - 12

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Sample Two-Week HST Block using 10 reps.

*10 Rep Masses for all exercises were established previously and are as follows:

Squat 10x225 lb.	Bench 10x165 lbs.	Dips 10x6W-20lb.	Delts (rear) 10x50 lb.	Bis 10x15 lb.	Calves 10x225 lb.
Leg Curl 10x90 lb.	Chins 10x4W+10lb.	Rows 10x150 lb.	Shrugs 10x165 lb.	Tris 10x50 lb.	Leg Press 10x450 lb.

Mon (Day 1)	Tue	Wed (Day 2)	Thu	Fri (Day 3)
Squat WU, 1-2x10x135 lbs.	REST	Leg Press WU, 1-2x10x360 lbs.	REST	Squat WU, 2x10x175 lbs.
Leg Curl** 2x10x45 lbs.		Leg Curl 2x10x50 lbs.		Leg Curl 2x10x55 lbs.
Bench WU, 2x10x165 lbs.		Dips WU, 2x10xRW		Bench WU, 2x10x175 lbs.
Chin WU, 2x10x6W		Rows WU, 2x10x130 lbs.		Chin WU, 2x10x8W+6 lbs.
Delts (rear)** 2x10x5 lbs.		Delts (rear) 2x10x10 lbs.		Delts (rear) 2x10x15 lbs.
Shrugs** 2x10x135 lbs.		Shrugs 2x10x145 lbs.		Shrugs 2x10x155 lbs.
Bis** 2x10x20 lbs.		Bis 2x10x25 lbs.		Bis 2x10x30 lbs.
Tris** 2x10x25 lbs.		Tris 2x10x30 lbs.		Tris 2x10x35 lbs.
Calves** 2x10x200 lbs.		Calves 2x10x205 lbs.		Calves 2x10x210 lbs.
Mon (Day 4)	Tue	Wed (Day 5)	Thu	Fri (Day 6)
Leg Press WU, 1-2x10x405 lbs.	REST	Squat WU, 1-2x10x215 lbs.	REST	Leg Press WU, 1-2x10x150 lbs.
Leg Curl 2x10x40 lbs.		Leg Curl 2x10x50 lbs.		Leg Curl 2x10x70 lbs.
Dips WU, 1-2x10xRW+10 lbs.		Bench WU, 1-2x10x185 lbs.		Dips WU, 1-2x10xRW+20 lbs.
Rows WU, 1-2x10x140 lbs.		Chin WU, 1-2x10x6W+10 lbs.		Rows WU, 1-2x10x153 lbs.
Delts (rear) 2x10x20 lbs.		Delts (rear) 2x10x25 lbs.		Delts (rear) 2x10x30 lbs.
Shrugs 2x10x165 lbs.		Shrugs 2x10x175 lbs.		Shrugs 2x10x185 lbs.
Bis 2x10x25 lbs.		Bis 2x10x30 lbs.		Bis 2x10x45 lbs.
Tris 2x10x40 lbs.		Tris 2x10x45 lbs.		Tris 2x10x50 lbs.
Calves 2x10x215 lbs.		Calves 2x10x220 lbs.		Calves 2x10x225 lbs.

* WU = Warm Up
** Always warm up adequately to avoid injury. DO THIS EVERY WORKOUT!

WEEKS 1-4						
DAY 1 CHEST, BACK AND ABS	DAY 2 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 3 LOWER BACK, LEGS AND ABS	DAY 4 CHEST, BACK AND ABS	DAY 5 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 6 LOWER BACK, LEGS AND ABS	DAY 7 REST
DAY 8 CHEST, BACK AND ABS	DAY 9 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 10 LOWER BACK, LEGS AND ABS	DAY 11 CHEST, BACK AND ABS	DAY 12 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 13 LOWER BACK, LEGS AND ABS	DAY 14 REST
DAY 15 CHEST, BACK AND ABS	DAY 16 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 17 LOWER BACK, LEGS AND ABS	DAY 18 CHEST, BACK AND ABS	DAY 19 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 20 LOWER BACK, LEGS AND ABS	DAY 21 REST
DAY 22 CHEST, BACK AND ABS	DAY 23 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 24 LOWER BACK, LEGS AND ABS	DAY 25 CHEST, BACK AND ABS	DAY 26 SHOULDERS, ARMS, FOREARMS AND ABS	DAY 27 LOWER BACK, LEGS AND ABS	DAY 28 REST



BUILD MUSCLE

THE ULTIMATE BULK WORKOUT

GET SWEATSHIRT SWOLE WITH THIS MUSCLE BUILDING 4-DAY WORKOUT PLAN! BE SURE TO LEARN THE DETAILS ABOUT THIS INTENSE WORKOUT REGIMINE AT MUSCLEANDSTRENGTH.COM!

DAY ONE

1. DEADLIFT	7 X 5, 3, 3, 2, 1, 1 REPS
2A. WEIGHTED PUMPS	5 X 5 REPS
2B. HAMSTRING BRIDGE	5 X 5 REPS PER LEG
3A. T-BAR ROW	4 X 5 REPS
3B. LAT PULLDOWN	4 X 8 REPS
4. DUMBBELL ROWS	5 X 10, 8, 6, 4, 2 REPS
5. HEAVY CHEAT CURL NEGATIVES	5 X 5, 3, 3, 2, 1 REPS
6. WALKING LUNGES	1 X 10 MINUTES

DAY TWO

1. DUMBBELL INCLINE BENCH	6 X 10, 8, 5, 5, 3 REPS
2. CLOSE GRIP BENCH PRESS	4 X 5, 3, 2, 1 REPS
3. WEIGHTED DIPS	5 X 10, 5, 5, 3, 1 REPS
4. CHINESE PUSHUPS	1 X 50 REPS
5. AB WHEEL	2 X 12-15 REPS

DAY THREE

1. SQUAT	7 X 5, 3, 3, 2, 1, 1, 1 REPS
2A. SPLIT SQUAT	4 X 5 REPS PER LEG
2B. BUMBBELL STEP UP	4 X 5 REPS PER LEG
3. GLUTE HAM RAISES	3 X 5 REPS
4. REVERSE HYPER EXTENSION	1 X 50 REPS

DAY FOUR

1. STANDING DUMBBELL PRESS	6 X 10, 6, 5, 5, 3, 3 REPS
2A. HEAVY DUMBBELL FRONT RAISE	4 X 5 REPS PER SIDE
2B. LATERAL RAISE	4 X 5 REPS
2C. BENT OVER LATERAL RAISE	4 X 10 REPS
3. BARBELL SHRUGS	4 X 10, 10, 5, 5 REPS
4A. DUMBBELL CURLS	5 X 5 REPS PER ARM
4B. DUMBBELL SKULLCRUSHERS	5 X 5 REPS PER ARM
4C. DUMBBELL SHRUGS	5 X 15 REPS
5A. PREACHER CURLS	3 X 8 REPS
5B. TRICEP PRESS DOWNS	3 X 20 REPS
5C. DUMBBELL SHRUGS	3 X 10 REPS



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