



Week #1 – Strength Training

90 seconds of rest in between sets

Day 1 - Legs

Focus: General Strength

Barbell Squat	5 Sets of 5 Reps
Barbell Deadlift	5 Set of 5 Reps
Leg Press	8 Sets of 5 Reps
Good Mornings	8 Sets of 5 Reps

Day 2 - Chest, Shoulders

Focus: Push Strength

Barbell Bench Press	5 Sets of 5 Reps
Incline BB BP	5 Sets of 5 Reps
Overhead Press	5 Sets of 5 Reps
Reverse Grip BB BP	8 Sets of 5 Reps

BB = Barbell BP = Bench Press

Day 3 - Legs, Back, Bi's

Focus: Pull Strength

Bent Over BB Rows	5 Sets of 5 Reps
Weighted Pull-ups	5 Sets of 5 Reps
Reverse Grip BB Shrugs	5 Sets of 5 Reps
Curls	15 Sets of 5 Reps
Romanian Deadlift	3 Sets of 10 Reps

Day 4 - Chest, Shoulders, Tri's

Focus: Push Hypertrophy

Dumbbell Bench Press	5 Sets of 8 Reps
Barbell Incline BP, CL	5 Sets of 8 Reps



Free 8 Week Strength, Size & Shred Workout Program

Seated Dumbbell Press	5 Sets of 8 Reps
Side Lateral Raise	4 Sets of 10 Reps
Skull Crushers	4 Sets of 10 Reps
Tricep Pushdown, flexed	4 Sets of 10 Reps

CL = Close Grip flexed = Flex muscle(s) at full extension

Day 5 - Legs, Core, Optional Cardio

Focus: General Hypertrophy

Sumo Deadlift	5 Sets of 8 Reps
Hyperextension	4 Sets of 10 Reps
Barbell Squat	5 Sets of 8 Reps
Leg Extensions	4 Sets of 10 Reps
Leg Press	5 Sets of 8 Reps
Lying Leg Curls	4 Sets of 10 Reps

Day 6 - Back & Accessory Training

Focus: Pull Hypertrophy

Barbell Shrugs, WG	4 Sets of 10 Reps
Lat Pulldowns, WG	4 Sets of 10 Reps
Low Pulley Row	4 Sets of 10 Reps
Dumbbell Curls	4 Sets of 10, +1 Set to failure
Single Arm Dumbbell Rows	4 Sets of 10 Reps
T-Bar Rows	4 Sets of 10 Reps

WG = Wide Grip

Day 7 – Recover

Click/tap one: [Back to bodybybell.com](http://bodybybell.com) or [workout page](#)



Free 8 Week Strength, Size & Shred Workout Program

