

INTERMEDIATE MUSCLE BUILDING WORKOUT

Goal	Build Muscle
Duration	60-75 mins
Equipment	Barbell, Dumbbells, Pull up/Dip bar
Days per week	5
Level	Intermediate

Day 1: Chest and Triceps

No.	Exercise	Sets	Reps
1	Dumbbell Bench Press	6	12-15
2	Close Grip Bench Press	5	12-15
3	Dips	5	12-15
4	Barbell Bench Press	6	15, 13, 12, 10, 8, 6
5	Tricep Kickback	4	12-15

Day 2: Back and Biceps

No.	Exercise	Sets	Reps
1	Dumbbell Rows	4	12-15
2	Barbell Rows	4	15, 13, 12, 10
3	Dumbbell curls	4	12-15
4	Hammerhead curls	4	12-15
5	Pull ups	5	Instinct

Day 3: Legs and Abs

No.	Exercise	Sets	Reps
1	Squat	6	15, 13, 12, 10, 8, 6
2	Split squat	4	6 each leg
3	Glute Ham Raise	4	6-8
4	Calf Raises	6	12-15
5	Ab Wheel using barbell	6	12-15
6	Sit-ups	1	Till failure

Day 4: Shoulders and Upper Back

No.	Exercise	Sets	Reps
1	Seated Overhead Dumbbell Press	6	15, 13, 12, 10, 8, 6
2	Lateral Raise	4	12-15
3	Dumbbell Shrugs	4	12-15
4	Dumbbell Front Raise	4	12-15
5	Barbell Shrugs	4	12-15

6	Bent Over Lateral Raise	4	12-15
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Day 5: Legs and Abs

No.	Exercise	Sets	Reps
1	Squat	6	15, 13, 12, 10, 8, 6
2	Dumbbell Lunges	4	12-15 each leg
SUPER SET			
3A	Split Squat	4	6 each leg
3B	Calf Raises	4	12-15
SUPER SET			
4A	Leg Raises	4	Instinct
4B	Calf Raises	4	Instinct

On rest days do some cardio.

Just because you can't see your heart doesn't mean you shouldn't work it.

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