

12-WEEK MUSCLE BUILDING CHALLENGE

WEEK 1

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	5 x 5						
	Military Press	3 x 8						
	Pull-Ups	4 x 8						
	Curls	2 x 10						
	Extensions	2 x 10						
Day 3	Bench Press	4 x 6						
	Barbell Rows	3 x 12						
	Squat	3 x 10						
	Shrugs	3 x 20						
Day 5	Deadlift	5 x 5						
	Dips	4 x 8						
	Chin-Ups	50 total reps						
	Dumbbell Raises	3 x 15						

WEEK 2

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	5 x 5						
	Military Press	4 x 5						
	Parallel Pull-Ups	5 x 10						
	Curls	2 x 10						
	Extensions	2 x 10						
Day 3	Bench Press	6 x 6						
	Dumbbell Rows	2 x 20						
	Squat	4 x 10						
	Rear Raises	3 x 20						
Day 5	Deadlift	3 top sets						
	Dumbbell Bench	3 x 12						
	Chin-Ups	60 total reps						
	Weighted Sit-Ups	3 x 10						

WEEK 3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	5 x 2						
	Push Press	5 x 5						
	Pull-Ups	5 x 10						
	Curls	3 x 12						
	Extensions	3 x 12						
Day 3	Bench Press	5 x 4						
	T-Bar Rows	5 x 10						
	Squat	5 x 10						
	Dumbbell Shrugs	3 x 12						
Day 5	Deadlift	5 x 5						
	Incline DB Bench	3 x 10						
	Dips	60 total reps						
	Pull-Ups	60 total reps						

WEEK 4

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	3 top sets						
	Push Press	6 x 4						
	Pull-Ups	5 x 8						
	Curls	3 x 12						
	Extensions	3 x 12						
Day 3	Bench Press	3 top sets						
	Rows	4 x 12						
	Squat	2 x 10						
	Face Pulls	3 x 20						
Day 5	Deadlift	1 x 5, 5 x 10						
	Dips	3 x 10						
	Pull-Ups	40 total reps						

WEEK 5 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	3 top sets						
	Leg Press	3 x 10						
	Back Raises	5 x 10-15						
	Sit-Ups	3 x 12						
	Calf Raises	4 x 20						
Day 3	Bench Press	3 top sets						
	Wide Pull-Ups	4 x 10						
	Incline DB Bench	3 x 10						
	Barbell Rows	3 x 12						
	Arms	4 x 12						

WEEK 5 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Deadlift	1 x 2, 3 x 10						
	Dumbbell Lunges	3 x 12						
	DB Side Bend	3 x 15						
	Calf Raises	4 x 10						
Day 7	Military Press	1 x 2, 3 x 10						
	Chin-Ups	50 total reps						
	DB Bench Press	3 x 8						
	Dumbbell Row	3 x 15						
	Shoulder Raises	4 x 15						

WEEK 6 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	3 top sets						
	Hack Squats	3 x 15						
	Leg Curls	3 x 15						
	Sit-Ups	3 x 12						
	Calf Raises	4 x 20						
Day 3	Bench Press	3 top sets						
	Parallel Pull-Ups	4 x 10						
	Dips	3 x 8						
	T-Bar Rows	3 x 12						
	Arms	4 x 10						

WEEK 6 DAY 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Deadlift	3 top sets						
	DB Split Squat	3 x 12						
	Leg Raises	3 x 15						
	Calf Raises	4 x 12						
Day 7	Military Press	3 top sets						
	Chin-Ups	55 total reps						
	Decline DB Press	3 x 8						
	Dumbbell Row	3 x 20						
	Dumbbell Shrugs	3 x 12						

WEEK 7 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	3 top sets						
	Leg Press	3 x 12						
	Back Raises	3 x 15-20						
	Sit-Ups	3 x 12-15						
	Calf Raises	4 x 15						
Day 3	Bench Press	3 top sets						
	Narrow Pull-Ups	4 x 5						
	Incline DB Bench	3 x 12						
	Barbell Rows	3 x 12						
	Arms	4 x 10						

WEEK 7 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Deadlift	3 top sets						
	Dumbbell Lunge	3 x 10						
	DB Side Bend	4 x 10						
	Calf Raises	5 x 6-8						
Day 7	Military Press	3 top sets						
	Chin-Ups	60 total reps						
	DB Bench Press	3 x 10						
	Dumbbell Row	3 x 20						
	Shoulder Raises	1 giant set						

WEEK 8 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	3 x 10						
	Hack Squats	3 x 15						
	Leg Curls	3 x 15						
	Sit-Ups	100 total reps						
	Calf Raises	4 x 15						
Day 3	Bench Press	3 x 10						
	Wide Pull-Ups	3 x 12						
	Dips	50 total reps						
	Machine Rows	3 x 12						
	Arms	4 x 10						

WEEK 8 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Deadlift	3 top sets						
	DB Split Squat	3 x12						
	DB Side Bend	3 x 12						
	Calf Raises	5 x 10						
Day 7	Military Press	3 top sets						
	Chin-Ups	65 total reps						
	Decline DB Press	3 x 8						
	Dumbbell Row	3 x 20						
	Dumbbell Shrugs	3 x 12						

WEEK 9 DAY: 1- 3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	1 x 6, 1 x 15						
	Leg Curl	4 x 15						
	Leg Press	4 x 12						
	Dumbbell Lunge	2 x 15						
	Hack Squats	3 x 12						
Day 3	Bench Press	5 x 5						
	Incline DB Bench	4 x 10						
	Dips	3 x max reps						
	Dumbbell Flyes	3 x max reps						
	Skullcrush ers	4 x 12						
	Rope Pushdown	5 x 20						

WEEK 9 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Pull-Ups	4 x 10						
	Dumbbell Rows	3 x 15						
	Seated Rows	3 x 15						
	Deadlift	1 x 5, 1 x 10						
	Dumbbell Curls	4 x 10						
	Hammer Curls	4 x 10						
Day 7	Military Press	5 x 5						
	Seated DB Raise	3 x 20						
	Dumbbell Shrugs	3 x 12						
	Reverse Pec-Dec	5 x 20						

WEEK 10 DAY: 1 - 3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	5 x 10						
	DB Stiff-Leg DL	3 x 20						
	Leg Press	4 x 12						
	Leg Curls	3 x 20						
	Seated Calves	5 x 12						
Day 3	Close-Grip Dumbbell Bench	6 x 5						
	Incline DB Bench	3 x 10						
	Dips	5 x max reps						

WEEK: 10 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Deadlift	3 top sets						
	Pull-Ups	3 x 10						
	Barbell Rows	4 x 10						
	Incline Curls	3 x 10						
	Hammer Curl	4 x 15						
Day 7	Military Press	1 x 3, 1 x 5						
	Side Raises	3 giant sets						
	Rear Raises	4 super sets						
	Face Pulls	4 super sets						
	Barbell Shrugs	2 x 20						

WEEK 11 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	Top set of 5						
	Hack Squats	5 x 12						
	Leg Press	2 x 20						
	Leg Extensions	4 x 15						
	Leg Curls	4 x 15						
	Calf Raises	1 top set						
Day 3	Incline Bench	5 x 8						
	Dips	4 x 6						
	Cable Xover	3 x 20						
	Machine CG	3 x 10						
	Pushdown	5 x 12						

WEEK 11 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Narrow Pull-Ups	4 x 12						
	T-Bar Rows	4 x 12						
	Snatch Deadlift	5 x 10						
	Seated Rows	3 x 15						
	Hammer Curl	4 x 12						
	Preacher Curl	4 x 12						
Day 7	Military Press	5 x 5						
	Dumbbell Raises	3 rest- pause						
	Upright Rows	5 x 12						
	Barbell Shrugs	4 x 15						

WEEK 12 DAY: 1-3

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 1	Squat	6, 8, 10, 12, 14						
	Leg Curls	3 x 15						
	Leg Press	top set of 25						
	Calf Raises	5 x 10						
Day 3	Bench Press	5 x 5						
	Incline Bench	3 x 8						
	Dips	1 x 5, 3 x 10						
	Skullcrusher	4 x 10						
	Pushdowns	3 dropsets						

WEEK 12 DAY: 5 - 7

	Exercise	Sets x Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Day 5	Chin-Ups	4 x 8						
	Dumbbell Rows	2 x 20						
	T-Bar Rows	5 x 12						
	Deadlift	5 x 10						
	Spider Curl	3 x 12						
	Reverse Curls	3 x 15						
Day 7	Military Press	3 x 6						
	Arnold Press	3 x 12						
	Cable Raises	3 x 15						
	Rear Raises	4 x 12						
	Dumbbell Shrug	3 x max reps						