

THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®













THE BEST MORNING WORKOUT FOR BUILDING MUSCLE MASS

Most workout routines are designed for the evening lifter. If you're an early riser, we've got the perfect morning workout routine and advice for you!

Link to Workout: https://www.muscleandstrength.com/
workouts/morning-workout-muscle-mass

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight,
Cables, Dumbbells, Machines
Author: Brad Borland

Daily Warm Up Routine

Exercise	Reps	
Push Ups	10	
Bodyweight Squats	10	
Floor Crunches	10	
Lunges	10 Each Leg	
Perform this warm up each morning you train. Do 2 - 4 rounds with 1 Min rest between rounds.		

Monday

Exercise	Warm-Ups	Work Sets	Rest
Incline Bench Barbell Press	2 x 12	3 x 4 - 6	90 Secs
Flat Bench Dumbbell Press	_	3 x 4 - 6	90 Secs
Medium or Wide Grip Pull-Up (add weight if necessary)	2 x 12	3 x 4 - 6	90 Secs
Barbell or Two-Arm Dumbbell Row	_	3 x 4 - 8	90 Secs
Standing Barbell Military Press	1 x 12	3 x 4 - 8	90 Secs
Dumbbell Upright Row	_	3 x 4 - 8	90 Secs
Hanging Leg Raise	_	3 x 10 - 15	30 Secs
Floor Crunch	-	3 x 10 - 15	30 Secs

Tuesday

Exercise	Warm-Ups	Work Sets	Rest
Barbell Curl	1 x 12	3 x 4 - 6	90 Secs
Close-Grip Bench Press	1 x 12	3 x 4 - 6	90 Secs
Leg Press	2 x 12	3 x 6 - 8	90 Secs
Barbell Squat	_	3 x 6 - 8	90 Secs
Dumbbell Stiff Leg Deadlift	1 x 12	3 x 6 - 8	90 Secs
Seated Calf Raise	1 x 12	3 x 6 - 8	90 Secs
Incline Sit Up	_	3 x 10 - 15	30 Secs

Thursday

Exercise	Warm-Ups	Work Sets	Rest
Incline Bench Dumbbell Press	2 x 12	3 x 8 - 12	60 Secs
Flat Bench Barbell or Machine Press	_	3 x 8 - 12	60 Secs
Inverted Row	1 x 12	3 x 8 - 12	60 Secs
Machine Row or Close-Grip Pulldown	_	3 x 8 - 12	60 Secs
Seated Dumbbell Side Lateral	1 x 12	3 x 8 - 12	60 Secs
Seated Dumbbell Shoulder Press	_	3 x 8 - 12	60 Secs
Incline Crunch	_	3 x 15 - 20	30 Secs
Hanging Knee-Ups	_	3 x 15 - 20	30 Secs
Hanging Knee-Ups	-	3 x 15 - 20	30 Sec

Friday

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	Exercise	Warm-Ups	Work Sets	Rest	
	Incline Bench Dumbbell Curl	1 x 12	4 x 8 - 12	60 Secs	
	Lying Two-Arm <u>Dumbbell Nosebreaker</u>	1 x 12	4 x 8 - 12	60 Secs	
	Bulgarian Split Squat	2 x 12	3 x 8 - 12	60 Secs	
	Barbell Squat or Leg Press	_	3 x 8 - 12	60 Secs	
	Lying or Seated Leg Curl	1 x 12	3 x 8 - 12	60 Secs	
	Standing Calf Raise	1 x 12	3 x 8 - 12	60 Secs	
	Hanging Leg Raise	-	3 x 15 - 20	30 Secs	