



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



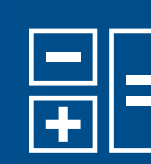
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THE BEST MORNING WORKOUT FOR BUILDING MUSCLE MASS

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

Friday

Exercise	Warm-Ups	Work Sets	Rest
Incline Bench Dumbbell Curl	1 x 12	4 x 8 - 12	60 Secs
Lying Two-Arm Dumbbell Nosebreaker	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