



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



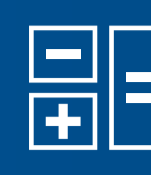
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COMBAT YOUR WEAKNESS WORKOUT PROGRAM

This program combines the concepts of training volume, progressive overload, and muscular tension in order to build strength and muscle while prioritizing lagging body parts.

Link to Workout: <https://www.muscleandstrength.com/workouts/combat-your-weakness-program>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 5 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar

Author: Charles Cunningham

Day 1: Total Body 1

Exercise	Sets	Reps	Rest
Barbell Back Squat	3	6 - 8	120 Secs
Barbell Bench Press	3	6 - 10	120 Secs
Overhead Tricep Extension	3	8 - 12	60 - 90 Secs
Lying Hamstring Curls	3	8 - 12	60 - 90 Secs
Seated Lateral Raise	3	8 - 12	60 - 90 Secs
Standing Calf Raise	3	10 - 15	60 - 90 Secs
Dumbbell Hammer Curls	2	8 - 12	60 - 90 Secs
Ab Crunch	2	25 - 50	60 Secs
HIIT Sprints	4	40 Yards	60 Secs

Day 2: Specific Body Part 1

Exercise	Sets	Reps	Rest
Pull Ups	3	8 - 12	60 - 90 Secs
Deadlift	3	6 - 8	120 Secs
Wide-Grip Lat Pulldown	3	8 - 12	60 - 90 Secs
One-Arm Dumbbell Row	3	8 - 12	60 - 90 Secs

Day 3: Total Body 2

Exercise	Sets	Reps	Rest
Barbell Overhead Press	3	6 - 8	120 Secs
Dumbbell Incline Press	3	8 - 12	60 - 90 Secs
Stiff Leg Deadlift	3	8 - 12	60 - 90 Secs
Skullcrushers	3	8 - 12	60 - 90 Secs
Preacher Curls	2	8 - 12	60 - 90 Secs
Front Squat	3	8 - 12	60 - 90 Secs
Standing Calf Raise	3	10 - 15	60 - 90 Secs
Weighted Decline Crunch	3	10 - 20	60 Secs
Farmer's Walk	4	40 Yards	60 Secs

Day 4: Specific Body Part 2

Exercise	Sets	Reps	Rest
Rack Pulls	3	6 - 8	120 Secs
Reverse-Grip Bent-Over Row	3	8 - 12	90 - 120 Secs
Seated Cable Row	3	8 - 12	60 - 90 Secs
Narrow-Grip Lat Pulldown	3	8 - 12	60 - 90 Secs

Day 5: Total Body 3

Exercise	Sets	Reps	Rest
Barbell Good Morning	3	6 - 8	120 Secs
Close-Grip Bench Press	3	8 - 12	60 - 90 Secs
EZ Bar Curls	3	8 - 12	60 - 90 Secs
Seated or Standing Calf Raise	3	10 - 20	60 Secs
Seated Dumbbell Press	3	8 - 12	60 - 90 Secs
Dumbbell Sumo Squats	3	8 - 12	60 - 90 Secs
Dumbbell Flat Bench Chest Flys	3	8 - 12	60 - 90 Secs
Ab Wheels or Barbell Rollouts	3	Max	60 Secs
Hill Sprints	4	40 Yards	60 Secs