



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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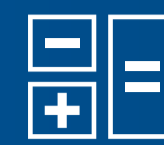
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## DOUG'S MASS BUILDING ROUTINE FOR ECTOMORPHS

Although this routine is designed for a person whose body type is described as Ectomorph, it can also be used by all body types as a change from their current workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/dougs-mass-building-routine-for-ectomorphs.html>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Author:** Doug Lawrenson

### Monday: Chest & Triceps

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Barbell Bench Press</a> or <a href="#">Smith Machine Bench Press</a>	4	6 - 8
<a href="#">Incline Dumbbell Bench Press</a>	4	6 - 8
<a href="#">Dumbbell Flys</a>	3	10
<b>Triceps</b>		
<a href="#">Close Grip Bench Press</a>	4	6 - 8
<a href="#">French Press</a>	2	8 - 10
<a href="#">Tricep Dips</a>	2	8 - 10

### Tuesday: Back & Biceps

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Bent Over Dumbbell Row</a>	4	6 - 8
<a href="#">Wide Grip Pull Up</a>	4	Failure*
<a href="#">Cable Reverse Grip Rows</a>	4	8 - 10
<b>Biceps</b>		
<a href="#">Standing Barbell Curl</a>	4	6 - 8
<a href="#">Alternate Seated Dumbbell Curl</a>	2	8 - 10
<a href="#">Concentration Curl</a>	2	8 - 10

\* Add weight if more than 10 reps can be performed in a set.

### Thursday: Quads & Hamstrings

Exercise	Sets	Reps
<b>Quads</b>		
<a href="#">Squat</a>	4	8 - 10
<a href="#">45 Degree Leg Press</a>	3	6 - 8
<a href="#">Hack Squat</a>	3	8 - 10
<b>Hamstrings</b>		
<a href="#">Stiff Leg Deadlifts</a>	3	6 - 8
<a href="#">Leg Curl</a>	3	8 - 10

### Friday: Shoulders & Calves

Exercise	Sets	Reps
<b>Shoulders</b>		
<a href="#">Seated Dumbbell Press</a>	3	6 - 8
<a href="#">Seated Barbell Press</a>	3	8 - 10
<a href="#">Dumbbell Lateral Raise</a>	3	10 - 12
<a href="#">Barbell Shrug</a>	4	8 - 10
<b>Calves</b>		
<a href="#">Standing Calf Raise</a>	3	12 - 15
<a href="#">Seated Calf Raise</a>	3	6 - 8