

John Meadow's 200 Rep Workout for Muscle Building

- **Monday:** Back
- **Tuesday:** Legs
- **Wednesday:** Chest
- **Thursday:** Biceps
- **Friday:** Shoulder
- **Saturday:** Triceps
- **Sunday:** OFF

Monday – Back

Exercise	Sets	Reps
45-Degree Prone Incline Row (Neutral Grip)	2	25
Straight-arm Cable Lat Pulldown	2	25
Dumbbell Kick Outs	2	25
Diamond Pushups	2	25

Tuesday – Legs

Exercise	Sets	Reps
Machine Leg Extension	2	25
Seated Machine Leg Press	2	25
Smith Machine Front Lunges	2	25/leg
Belt Squat	2	25

Wednesday – Chest

Exercise	Sets	Reps
Flat Dumbbell Bench Press	2	25
Incline Barbell Bench Press	2	25
Parallel Bar Dips	2	25/leg
Pec Deck Machine Fly	2	25

Thursday – Biceps

Exercise	Sets	Reps
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Dual-Arm Dumbbell Bicep Curls	2	25
Dumbbell Spider Curls	2	25
Seated Hammer Curls	2	25
EZ Bar Drag Curls	2	25

Friday – Shoulder

Exercise	Sets	Reps
Standing DB Lateral Raise	2	25
Two-arm Cable Rear Delt Fly	2	25
45-degree Prone DB Y raises	2	25
Machine Overhead Press	2	25

Saturday – Triceps

Exercise	Sets	Reps
Rope Pushdown	2	25
Crucifix Extension	2	25
Dumbbell Kick Outs	2	25
Diamond Pushups	2	25

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- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
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