

# RONNIE COLEMAN TRAINING PROGRAM FOR ULTIMATE MUSCLE GROWTH

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Check out [article](#) for more info

This program involves training every muscle group two times a week. It is split workout that includes **training six days a week** (four upper-body and two lower-body sessions) with one day of complete rest.

## Program Summary:

- **Split Type:** [Upper/Lower Split](#)
- **Sessions/week:** Six
- **Duration/session:** 75-120 minutes
- **Difficulty Level:** Intermediate to Advanced
- **Target Gender:** Preferably for Men
- **Recommended Program Duration:** 12 Weeks

## Ronnie Coleman Weekly Workout Schedule:

- **Monday** – Back, Biceps, and Shoulders (Workout A)
- **Tuesday** – Legs and Glutes (Workout A)
- **Wednesday** – Chest and Triceps (Workout A)
- **Thursday** – Back, Biceps, and Shoulders (Workout B)
- **Friday** – Legs and Glutes (Workout B)
- **Saturday** – Chest and Triceps (Workout B)
- **Sunday** – Rest/OFF

He also performed crunches at the end of the usual workout to train his abs four days a week.

**My personal tip on warm-up:** It is best to perform some warm-up exercises, such as treadmill jog, stationary bike, and some bodyweight cardio exercises to increase your body temperature and oxygen and prepare your muscles for intense exercises. You can also do one lightweight set prior to each different exercise to get your muscles ready to lift heavy.

## Monday – Back, Biceps, and Shoulders

Exercise	Target Muscle	Sets	Reps
Conventional Deadlift	Back	4	12, 10, 8, 6
<b>Bent-over Barbell Row</b>	Back	4	15, 12, 10, 8
T-Bar Row	Back	4	15, 12, 10, 8
One-arm Dumbbell Row	Back	4	10/side
Standing Barbell Curl	Biceps	4	15, 12, 10, 8
Alternating Dumbbell Curl	Biceps	3	10-12
EX-Bar Preacher Curl	Biceps	3	10-12
Standing Cable Curl	Biceps	3	10-12
Seated Barbell Press	Shoulder	4	15, 12, 10, 8
<b>Incline Lateral Raises</b>	Shoulder	4	15, 12, 10
Front Dumbbell Raises	Shoulder	4	15, 12, 10

## Tuesday – Legs and Glutes

Exercise	Target Muscle	Sets	Reps
Leg Extension	Quadriceps	5	20, 15, 12, 10, 8
Barbell Back Squat	Thigh & Glute	5	15, 12, 10, 8, 6
Hack Squat/Leg Press	Thigh & Glute	3	15, 12, 10
Lying Leg Curl	Hamstrings	3	15, 12, 10
Walking Lunge	Thigh & Glute	3	10/leg
Donkey Calf Raises	Calves	4	15, 12, 10

## Wednesday – Chest and Triceps

Exercise	Target Muscle	Sets	Reps
Flat Bench Press	Chest	4	15, 12, 10, 8
Incline Bench Press	Chest	3	15, 12, 10, 8
Decline Bench Press	Chest	3	15, 12, 10, 8
Flat Dumbbell Flies	Chest	3	12, 10, 8
Cable Pressdown	Triceps	4	15, 12, 10, 8

Seated Overhead DB Extension	Triceps	3	12, 10, 8
Parallel Bar Dips	Triceps	3	15, 12, 10
Reverse Grip Cable Pressdown	Triceps	3	15, 12, 10

## Thursday – Back, Biceps, and Shoulders (Workout B)

Exercise	Target Muscle	Sets	Reps
T-Bar Row	Back	4	12, 10, 8, 6
One-arm Dumbbell Row	Back	4	15, 12, 10, 8
Wide Grip Pull-up	Back	3	15, 12, 10, 8
Front Pulldown/Seated Row	Back	3	10/side
Alternating Dumbbell Curl	Biceps	4	10-12
EZ-Bar Preacher Curl	Biceps	3	10-12
One-arm Cable Curl	Biceps	3	10-12
Concentration Curl	Biceps	3	15, 12, 10, 8
Smith Machine Overhead Press	Front Delt	4	15, 12, 10, 8
Lateral Raises ( <b>Drop-Set</b> )	Side Delt	2	20, 15, 10, 8
Dumbbell Front Raises	Front Delt	3	15, 12, 10
Bent-Over Lateral Raises	Rear Delt	3	15, 12, 10

- **Dumbbell Lateral Raises:** Perform four subsets (20, 15, 10, and reps) in each set. Decrease load after each subset and perform the suggested number of reps.

## Friday – Legs and Glutes (Workout B)

Exercise	Target Muscle	Sets	Reps
Leg Extension	Quadriceps	4	20, 15, 12, 10
Barbell Front Squat	Thigh & Glute	5	15, 12, 10, 8, 6
Hack Squat	Thigh & Glute	3	15, 12, 10
Romanian Deadlift	Hamstrings	3	15, 12, 10
Seated Leg Curl	Hamstrings	4	10/leg
Standing Calf Raises	Calves	4	10-15
Seated Calf Raises	Calves	4	10-15

## Saturday – Chest and Triceps (Workout B)

Exercise	Target Muscle	Sets	Reps
Incline Dumbbell Bench Press	Chest	4	15, 12, 10, 8
Flat Dumbbell Bench Press	Chest	5	15, 12, 10, 8, 6
Decline Dumbbell Bench Press	Chest	3	15, 12, 10
Flat Dumbbell Flies	Chest	3	12, 10, 8
Close Grip French Press	Triceps	4	15, 12, 10, 8
Lying French Press/Skull crusher	Triceps	3	12, 10, 8
Dumbbell Triceps Kickback	Triceps	3	15, 12, 10

## Ronnie Coleman's Key Foods and Supplements

Food is fuel in muscle building. Ronnie says without sufficient fuel, your progress will stagnate, and your effort won't be entirely optimized.

A balanced diet must include good-quality proteins and healthy carbs and fats.

Ronnie Coleman used to consume turkey, chicken, and lean beef for protein, grits and baked potato for carbs, and a lot of supplements for vitamins.

He suggests consulting a nutritionist who can tailor a diet for you based on your budget and goal.

**Protein Sources:** Turkey, Chicken, and Lean beef

**Carbs Sources:** Grits and Baked Potato

**Vitamin Sources:** Multivitamins

**Pre and Post Workout Supplements:** Creatine, BCAA, Protein Shakes

# Ronnie Coleman Tips for Achieving Optimal Results

## 1. Lift Heavy

Lifting heavy helped Ronnie build a massive and defined physique. He says doing bodybuilding exercises with heavier weights not only [increases strength](#) but also helps you grow mass and improve muscular definition.

## 2. Use Free Weights

Barbell and dumbbell exercises are usually known as [free weights](#). Free weight exercises build raw strength, engage muscles effectively, and elicit higher muscle activation. Ronnie recommends including 75% free weight exercises in your workout program.

## 3. Intense Training

To increase strength and size, lift as heavy as possible, keep the rest time between sets shorter, and continuously challenge your muscles with heavier weights.

## 4. Train to Fatigue

Coleman suggests Training to fatigue instead of training to failure. He meant to say that you should push your muscles to the point of exhaustion without going to complete failure. This helps stimulate muscle growth and strength gains while reducing the risk of overtraining or injury. It's a balanced approach for effective and sustainable workouts.

## 5. Stick to The Schedule

Ronnie says instead of constantly varying your workout, stick to your schedule to achieve decent results over time. You can replace some exercises but try to follow the split as outlined for a certain period of time. If that does not work, you can try [different splits](#).

## 6. Stay Hydrated

Staying hydrated is key for good health, especially if you lift weight. It helps prevent muscle cramps, enhances performance, and promotes recovery. Inadequate water intake can lead to fatigue and hinder muscle growth and overall fitness progress.

## 7. Avoid Cheat Meals

If you want to build quality muscle, you have to eat clean. Ronnie Coleman said he never had a cheat meal during his entire bodybuilding career. He says frequent cheat meals can hurt the entire progress.

## Recommended Macros for Muscle Building

Gaining lots of muscles requires decent nutrition. Your diet must include high-protein foods and supplements that can help repair damaged muscles and increase growth.

For your information, one gram of protein and carbs has 4 calories, while a gram of fat contains 9 calories.

Here's a normal macros recommendation for lifters who want to build muscles.

- **Protein:** 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre- and post-training.
- **Fats:** You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** 3–5 g/kg/day to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

Source of These Routines: **Book – The New Encyclopedia of Modern Bodybuilding**

# Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

## 1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## 2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## 3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

## **4. Post-Workout Stretching and Cool Down**

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

## **5. Post-workout Meal**

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

## **6. Make Progress**

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.



## 7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

## Related Workout Programs

- [8 Week Arm and Shoulder Workout Routine](#)
- [8 Week Chest and Back Workout Plan](#)
- [The Best Legs and Abs Workout](#)
- [Leg and Shoulder Workout Program](#)

- [6-Day Gym Workout Plan](#)
- [Push Pull Legs 5-Day Split for Strength and Size](#)
- [8 Week Muscle Building Workout Plan](#)
- [6-Week Hypertrophy Program for Ultimate Gains](#)

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