

12 WEEK CHRIS BUMSTEAD WORKOUT ROUTINE FOR STRENGTH AND SIZE

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Check out [article](#) for more info

Warm-up Before Working Sets: Start your workout with warm-up sets to elevate your body temperature and prepare your muscles before going heavy. For example, you can bench press with an empty bar or light weight before starting your chest training and leg extension before hammering your quads.

Weeks 1-3 (Muscle Group Split)

- **Monday:** Back
- **Tuesday:** Chest
- **Wednesday:** Leg
- **Friday:** Shoulder
- **Saturday:** Arms
- **Thursday and Sunday:** OFF

Monday – Back

Exercise	Sets	Reps
Medium-Grip Lat Pulldown	4	15, 12, 10, 8
Bent-Over Barbell Row	4	12, 10, 8, 6
One-arm Dumbbell Row	2	10-12/side
Seated Machine Row	4	15, 12, 10, 8
1-arm Split Stance Cable Row	2	10-12/side

T Row/Chest Supported DB Row	3	12, 10, 8
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Tuesday – Chest

Exercise	Sets	Reps
Seated Pec Deck Fly	3	15, 12, 10
Incline Machine/Dumbbell Press	4	12, 10, 8, 6
Parallel Cable Chest Fly	3	12, 10, 8
Cable Upward Fly	3	12, 10, 8
Incline Cable Fly	3	12, 10, 8
Bar Chest Dip	3	15, 12, 10
Hanging Knee Raises	3	10-12

Wednesday – Leg

Exercise	Sets	Reps
Leg Extension	4	15, 12, 10, 10
Leg Press	4	12, 10, 10, 8
Smith Machine Back Squat	3	12, 10, 8
Bulgarian Split Squat	3	8-10/leg
Hip Adduction + Leg Curl	3	15-20
Hip Abduction + Calf Raises	3	15-20

Friday – Shoulder

Exercise	Sets	Reps
Lateral Raise (Warm-up)	1	20
Front Raises (Warm-up)	1	20
Overhead Press (Warm-up)	1	20
DB/Machine Overhead Press	3	12, 10, 8
Cable Front Raises	3	12, 10, 8
DB/Cable Lateral Raises	4	12, 10, 8, 8
Reverse Pec Deck Fly	4	12, 10, 8, 8
Hanging Knee Raises	3	10-20

Saturday – Arms Workout

Exercise	Sets	Reps
Triceps Pushdown	3	10-15
Seated DB Overhead Extensions	3	10-15
Incline Close Grip Bench Press	3	10-15
Single Arm Cable Extensions	3	10-15
Triceps Bar Dips	3	10-15
Dumbbell Curls	3	10-15
Preacher Curls	3	10-15
Spider Curls	3	10-15
Cable Curls	3	10-15
Reverse Grip EZ Bar Curls	3	10-15

Weeks 3-5 (Push/Pull/Legs Split)

- **Monday and Thursday:** Push Workout
- **Tuesday and Friday:** Pull Workout
- **Wednesday and Saturday:** Legs Workout
- **Sunday:** OFF

Monday – Push Workout

Exercise	Target Muscle	Sets	Reps
SM Incline Bench Press	Chest	3-4	10-12
Machine Overhead Press	Shoulder	3-4	10-12
Skull Crusher/OH Extension	Triceps	3-4	10-12
Lateral Delt Raises	Shoulder	3-4	10-12
High-to-Low Cable Fly	Chest	3-4	12-15
Machine Dips	Triceps	3-4	12-15

Tuesday – Pull Workout

Exercise	Target Muscle	Sets	Reps
Pull-ups	Back	3	6-12
Bent-Over Barbell Row	Back	4	10-12
Alternating Hammer Curl	Biceps	3	10-12
Supinated Lat Pulldown	Back	4	10-12
Cable Curl	Biceps	3	12-15
Machine Row	Back	4	12-15
Alternating DB Curls	Biceps	3	10-12

Wednesday – Legs Workout

Exercise	Target Muscle	Sets	Reps
Leg Extension	Quads	3	12-15
Seated Leg Press	Quads	4	10-15
Hack Squat	Quads	4	10-15
Leg Curl	Hamstring	4	10-15
DB Romanian Deadlift	Hamstring	3	8-10
Machine Hip Adduction	Adductors	3	10-12
Seated Calf Raises	Calves	5	15-20

Weeks 6-12 (Upper Lower Split)

- **Day 1:** Chest and Triceps
- **Day 2:** Quads and Calves
- **Day 3:** Back and Biceps
- **Day 4:** OFF
- **Day 5:** Shoulders and Upper Chest
- **Day 6:** Hamstrings and Back
- **Day 7:** Biceps and Triceps
- **Day 8:** OFF

- Repeat

Day 1 – Chest and Triceps

Exercise	Sets	Reps
Pec Deck Flies (Warm-up)	2	15-20
Incline DB Bench Press	4	10-12
Hammer Press (warm-up)	1	15-20
Hammer Press	4	10-12
Cable Crossovers	4	10-12
Rope Pushdown	4	10-15
OH Cable Triceps Extensions	4	10-15

Day 2 – Quads and Calves

Exercise	Sets	Reps
Leg Extension (warm-up)	2	15
Back Squat	5	10
Leg Extension	4	15
SM Bulgarian Squat	4	15
Reverse Hack Squat	5	12
Seated Calf Raises	4	20
Standing Calf Raises	4	20

Day 3 – Back and Biceps

Exercise	Sets	Reps
Lat Pulldown	3-4	10-15
Bent-Over Barbell Row	3-4	10-12
Incline Chest Supported DB Row	3-4	10-12
Seated Chest Supported Machine Row	3-4	10-12
One Arm Seated Cable Row	3-4	12-15
Straight Bar Cable Curl	3-4	12-15
Concentration Curl	3-4	10-12

Day 4 – OFF

Day 5 – Shoulders and Upper Chest

Exercise	Sets	Reps
Seated DB Overhead Press	3-4	10-15
Behind The Neck Overhead Press	3-4	10-12
1-arm Cable Lateral Raises	3-4	10-12
Rear Delt Raise/Fly	3-4	10-12
60-degree Incline Machine Press	3-4	10-12
Incline Dumbbell Bench Press	3-4	12-15

Day 6 – Hamstrings and Back

Exercise	Sets	Reps
Seated Leg Curl	5	15
DB Straight Leg Deadlifts	5	10
45-degree Hyperextension	4	15
Machine Lat Pulldown	5	15
Cable Lat Pullover	5	12
Close Grip Lat Pulldown	4	20

Day 7 – Biceps and Triceps

Exercise	Sets	Reps
Triceps Rope Pushdowns	3	10-12
Overhead Triceps Extensions	3	10-12
Bodyweight Bar Dips	3	10-12
Preacher Curl	3	10-12
Prone Incline Spider Curls	3	10-12
Alternating Dumbbell Curls	3	10-12
Hammer Curl	3	10-12
Triceps Rope Push-Outs (FST-7)	7	Failure
Standing Dual Cable Curls (FST-7)	7	Failure

Day 8 – OFF

Additional 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

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)

- [12-Week Jay Cutler Training Program with Free PDF](#)

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