

30-Day Kevin Levrone Workout Routine for Mass Gain

Created by: [Murshid Akram](#)

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Kevin Levrone Training Philosophies

1. Visualization and Concentrative Workout

I've seen plenty of Kevin Levrone's videos on his YouTube channel and I noticed that he frequently mentions how he visualizes working out and stays focused throughout. Kevin suggests imagining pulling and pushing the weight helps enhance mind-muscle connection and produce decent results.

2. Moderate to Heavy Lift

Kevin used to lift moderate to heavy for building mass. He performs 6-8 reps during the compound lifts, such as bench press, squat, overhead press, and bent-over row; and 8-12 reps during isolation exercises (like biceps curls, triceps pressdowns, and pec deck machine fly). This rep-set method helps him gain muscle and bring out his best shape.

3. Quality over Quantity

Instead of doing higher reps, Kevin believes performing fewer reps with a full range of motion and proper form can elicit maximum growth. That's why he always puts stress on maintaining correct posture and using a complete range of motion during each rep.

4. Cardio Every Day in The Morning

Cardio is an important part of Kevin Levrone's training. He mentioned in one of his videos that he performs cardio (using machines, like a treadmill and elliptical) every morning for 45 minutes at a moderate pace, typically at 65-70% of maximum heart rate.

30-Day Kevin Levrone Workout Routine for Gaining Mass

This 30-day Kevin Levrone workout plan is divided into three parts, consisting of 10 days each. It involves training four consecutive days followed by a rest day that means you'll train 24 days out of 30.

This routine is not an exact replica of Kevin's original routine but is highly inspired by his training strategies and workout videos on his YT channel ([Kevin Levrone Report](#)).

Kevin also used to train twice a day, one session each in the morning and evening, but he was on a mission to gain maximum mass and build a proportional physique. That's why I'll only share his standard workout (once a day) so anyone from beginner to elite can use his routine.

Day 1 to 10 – Kevin Levrone Split A

- Day 1 – Chest and Triceps
- Day 2 – Back and Biceps
- Day 3 – Legs
- Day 4 – Shoulder
- Day 5 – OFF
- Repeat

Day 1 & 6 – Chest and Triceps

| Exercise | Sets | Reps |
|------------------------------|------|------|
| Flat Dumbbell Bench Press | 4 | 8-12 |
| Incline Dumbbell Bench Press | 4 | 8-12 |
| Flat Dumbbell Chest Fly | 4 | 8-12 |
| Seated Pectoral Fly | 4 | 8-12 |
| EZ Bar Triceps Press Down | 4 | 20 |

Day 2 & 7- Back and Biceps

| Exercise | Sets | Reps |
|---|------|-------|
| Front Lat Pull Down (Medium Grip) | 4 | 6-10 |
| Behind The Neck Pull Down (Medium Grip) | 4 | 6-10 |
| Seated Cable Row (Close Grip) | 4 | 6-10 |
| Kroc Rows | 4 | 6/arm |
| Alternating Biceps Curl | 3 | 6/arm |
| Alternating Hammer Curl | 3 | 6/arm |
| Straight Bar Biceps Curl | 3 | 6 |
| EZ Bar Preacher Curl | 3 | 6 |

Day 3 & 8- Legs

| Exercise | Sets | Reps |
|--------------------|------|-------|
| Machine Leg Press | 4 | 8-12 |
| Machine Hack Squat | 4 | 6-10 |
| Leg Extensions | 4 | 10-12 |
| Machine Leg Curl | 4 | 10-12 |
| Seated Calf Raises | 4 | 15-20 |

Day 4 & 9 – Shoulder

| Exercise | Sets | Reps |
|--------------------------------|------|-------|
| Seated Dumbbell Shoulder Press | 4 | 6-8 |
| Alternating DB Front Raises | 4 | 6-8 |
| Rear Delt Machine Fly | 4 | 10-12 |
| Shoulder Shrugs | 4 | 6-8 |

Day 5 & 10 – OFF

A complete rest day. You can take a steam bath, cold shower, or massage to enhance your muscle recovery on this day.

Day 11 to 20 – Kevin Levrone Training Split B

- Day 11 – Chest, Delts, and Triceps
- Day 12 – Thigh and Calves
- Day 13 – Back and Biceps
- Day 14 – Abdominals
- Day 15 – OFF
- Repeat

Day 11 & 16 – Chest, Delts, and Triceps

| Exercise | Sets | Reps |
|---------------------------------------|------|--------|
| Flat Barbell Bench Press | 4 | 6-8 |
| Incline Barbell Bench Press | 4 | 6-8 |
| Pec Deck Chest Fly | 4 | 8-12 |
| Alternating DB Front Raises | 4 | 6/arm |
| Side Lateral Raises | 4 | 6-8 |
| One-arm Cable Front Raise w/ D-Handle | 4 | 15/arm |
| Reverse Easy Bar Triceps Press Down | 4 | 20 |

Day 12 & 17 – Thigh and Calves

| Exercise | Sets | Reps |
|------------------------------------|------|-------|
| Back Squats | 4 | 6-8 |
| Leg Press | 4 | 6-10 |
| Standing Unilateral Hamstring Curl | 4 | 10-12 |
| Lying Hamstring Curls | 4 | 10-12 |
| Standing Calf Raises | 4 | 15-20 |
| Hyper Extensions | 4 | 10-12 |

Day 13 & 18 – Back and Biceps

| Exercise | Sets | Reps |
|--------------------------------|------|-------|
| Close Grip Lat Pull Down | 4 | 6-10 |
| Reverse Grip Pulldowns | 4 | 6-10 |
| Reverse Straight Bar Cable Row | 4 | 6-10 |
| Dumbbell Pullover | 4 | 6-8 |
| Alternating Biceps Curl | 3 | 6/arm |
| Alternating Hammer Curl | 3 | 6/arm |
| Straight Bar Cable Curl | 3 | 6 |

| | | |
|----------------------|---|---|
| EZ Bar Preacher Curl | 3 | 6 |
|----------------------|---|---|

Day 14 & 19 – Cardio and Abs

| Exercise | Sets | Reps |
|------------------------|------|---------|
| Treadmill Run | 1 | 2-mile |
| Decline Bench Crunches | 4 | 10-12 |
| Seated Knee Tucks | 3 | 15-20 |
| Lying Oblique Crunch | 4 | 10/side |
| Lying Leg Raises | 4 | 10-12 |

Day 15 & 20 – OFF

A complete rest day. You can take a steam bath, cold shower, or massage to enhance your muscle recovery on this day.

Day 21 to 30 – Kevin Levrone Training Split C

- Day 21 – Chest and Shoulder
- Day 23 – Back and Biceps
- Day 22 – Thigh and Calves
- Day 24 – Traps, Arms, and Abs
- Day 25 – OFF
- Repeat

Day 21 & 26 – Chest and Shoulder

| Exercise | Sets | Reps |
|------------------------------|------|------|
| Incline Dumbbell Bench Press | 4 | 6-8 |
| Incline Barbell Bench Press | 4 | 6-8 |
| Seated Hammer Chest Press | 4 | 6-8 |
| Seated Pec Deck Fly | 4 | 8-10 |
| Upward Cable Fly | 4 | 6-8 |

| | | |
|--------------------------------|---|--------|
| Side Lateral Raises (Drop Set) | 1 | 10-8-6 |
|--------------------------------|---|--------|

Day 22 & 27 – Back and Biceps

| Exercise | Sets | Reps |
|---------------------------------------|------|-------|
| Bent-Over Barbell Row | 4 | 6-8 |
| Close Grip T-Bar Row | 4 | 6-8 |
| Reverse Grip Hammer Strength Pulldown | 4 | 6-10 |
| Single-arm Row | 4 | 6-8 |
| Alternating Biceps Curl | 3 | 6/arm |
| Alternating Hammer Curl | 3 | 6/arm |
| Straight Bar Cable Curl | 3 | 6 |
| Preacher Curl | 3 | 6 |

Day 23 & 28 – Thigh and Calves

| Exercise | Sets | Reps |
|-----------------|------|-------|
| Back Squats | 4 | 6-8 |
| Hack Squats | 4 | 6-10 |
| Leg Extensions | 4 | 10-12 |
| Seated Leg Curl | 4 | 10-12 |
| Lying Leg Curls | 4 | 10-12 |
| Calf Raises | 4 | 15-20 |

Day 24 & 29 – Traps, Arms, and Abs

| Exercise | Sets | Reps |
|--------------------------|------|------|
| Barbell Shrugs | 4 | 6-8 |
| Straight Bar Biceps Curl | 4 | 6-8 |
| Alternating Hammer Curl | 4 | 6-8 |
| Triceps Press down | 4 | 6-8 |
| Decline Crunches | 4 | 8-10 |

Day 25 & 30 – OFF

A complete rest day. You can take a steam bath, cold shower, or massage to enhance your muscle recovery on this day.

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 \(Ft. John Meadows\)](#)

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