

# Ken Waller's Ultimate Training Plan for Bodybuilding

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Ken Waller was a big, strong, and muscular bodybuilder of the old-school era. He won the prestigious IFBB Mr. Universe title in 1975 and Mr. Olympia (Heavyweight) in 1976.

He competed with the greatest bodybuilders like [Arnold Schwarzenegger](#), [Frank Zane](#), and [Franco Columbu](#).

Ken was known for his sizeable physique and lifting heavy. He used to follow various training splits and trained his muscles two to three times weekly.

In this article, I'll show you one of Ken Waller's workout plans that involves [training four days a week](#).

It will be a high-volume workout routine, so try it only if you have been training for a while and want to put on mass and build strength.

# Ken Waller Workout Plan

## Description

Split Type	Mixed Body Part Split
Sessions per week	4 (Mon, Tue, Thu, and Fri)
Duration/session	1.5-2 Hours
Experience Require	Advanced
Program Goal	Build Huge Physique
Target Gender	Male

Ken Waller followed a 4-day split high-volume workout plan that involved plenty of reps and sets per week, usually 170 sets per week.

He used to train his chest, legs, and back on Monday and Thursday and core, shoulders, and arms on Tuesday and Friday.

The best thing about his program is that it had three rest days, which are important for muscle recovery after that intense training.

### **Here are some features of Ken Waller's Bodybuilding Training Plan:**

- **High Volume Training:** Ken performed about 40-50 sets every time he hit the gym, making it 160-200 sets per week.
- **Focus on Every Muscle Group:** Ken's training plan involves exercises for every muscle group, from chest, back, and biceps

to thighs, calves, and abs. It is important for building a proportional physique.

- **Heavy Lifts:** Ken Waller performed 6-12 reps for almost all muscle groups, except abdominals. He prioritized lifting heavy and doing control and effective reps.
- **Balance of Compound & Isolation Exercise:** Ken Waller's training involved a good [combination of compound and isolation exercises](#). Compound movements, such as squats, bench presses, bent-over rows, overhead presses, dips, and pull-ups engage multiple muscles simultaneously, while exercises such as biceps curls, triceps extensions, and [calf raises](#) bring out the best shape and improve muscular definition.

## The Ultimate Ken Waller Workout Split for Mass Growth

- **Day 1:** Thigh, Calves, Pecs, and Lats (A)
- **Day 2:** Abs, Delts, and Arms (A)
- **Day 3:** Rest
- **Day 4:** Thigh, Calves, Pecs, and Lats (B)
- **Day 5:** Abs, Delts, and Arms (B)
- **Day 6:** Rest
- **Day 7:** Rest

# Monday – Thigh, Calves, Pecs, and Lats (A)

Exercises	Sets	Reps	Target Muscle
Donkey Calf Raises	8	15	Calves
Barbell Back Squat	7	5-12	Quads
Leg Curl	5	10-15	Hamstrings
Chin-up & Dips (Superset)	2	10-15	Upper Body
Barbell Bench Press	5	6-12	Chest
Incline Dumbbell Press	5	6-10	Chest
Front Lat Pulldown	5	6-10	Back
Bent-Over Barbell Row	5	6-10	Back
Chin-up & Dips (Finisher)	1	Failure	Upper Body

# Tuesday – Abs, Delts, and Arms (A)

Exercises	Sets	Reps	Target Muscle
Roman Chair Situp	1	50	Upper Abs
Hanging Knee Raises	1	50	Lower Abs
Seated Oblique Twists	1	50/side	Obliques
Standing Calf Raises	8	15	Calf
Military Press	4	6-10	Shoulder
Behind The Neck Press	4	6-10	Shoulder
Straight Bar Biceps Curl	5	6-10	Biceps
One Arm Concentration Curl	5	8/arm	Biceps
Barbell Triceps Extension	5	6-10	Triceps
One Arm Triceps Extension	5	6/arm	Triceps
Decline Close Grip Pushups	2	Failure	Upper Body

# Thursday – Thigh, Calves, Pecs, and Lats (B)

Exercises	Sets	Reps	Target Muscle
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Seated Calf Raises	8	15	Calves
Stiffed Leg Deadlift	6	5-10	Quads
Leg Extensions	5	10-15	Hamstrings
Chin-up & Dips (Superset)	2	10-15	Upper Body
Incline Bench Press	5	6-12	Chest
Dumbbell/Cable Fly	5	6-10	Chest
Seated Cable Rowing	5	6-10	Back
Bent-Over Barbell Row	5	6-10	Back
Chin-up & Dips (Finisher)	1	Failure	Upper Body

## Friday – Abs, Delts, and Arms (B)

Exercises	Sets	Reps	Target Muscle
Roman Chair Situp	1	50	Upper Abs
Hanging Knee Raises	1	50	Lower Abs
Seated Oblique Twist	1	50/side	Obliques
Standing Calf Raises	8	15	Calf
Dumbbell Front Raises	4	8-10	Shoulder
Lateral Delt Raises	4	8-10	Shoulder
Bent-over Rear Delt Raises	4	8-10	Shoulder
Alternating DB Curls	5	6-10	Biceps
Bench Supported Preacher Curl	5	8-10	Biceps
Triceps Pressdown	5	6-10	Triceps

## Ken Waller Tips for Maximum Mass Growth

1. **Lift Heavy:** Ken Waller always tried to lift as heavy as possible because he believed lifting heavy is the only way to build and hold muscle mass.

2. **Progressive Overload:** Ken constantly increased weight on the bar and challenged his muscles to work hard. The progressive overload is the proven technique to progress your strength and build maximum mass over time.<sup>2, 3</sup>
3. **Eat & Rest Well:** Intense workouts when paired with proper diet and rest always yield the best results in most cases. Ken suggested consuming muscle-building foods, like meat, fish, and eggs for protein and grains, fruits, and vegetables for fiber and other nutrients. Since dieting is the more personalized thing, I recommend you learn about nutrition and prepare a diet plan for yourself according to your food preferences and the money you have.

## Who Can Follow Ken Waller's Workout Routine?

It is not easy for all people to follow Ken Waller's high-volume training plan. But those who have been training for a while and want to level up their strength and mass growth can try this program.

To follow this routine, you need to have at least 2-3 years of experience, knowledge about muscle recovery and nutrition, and an understanding of how exercise works.

You should not attempt this program if you are a beginner or have any past injuries.

## Related Workout Programs

- [Brutal Bodybuilding Workout Plan Inspired by Sergio Oliva](#)
- [1st Mr Olympia Larry Scott Inspired Workout Plan \(Free PDF\)](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
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## References

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2. Geanta, Vlad Adrian & Petru, Ardelean. (2021). [Improving muscle size with Weider's principle of progressive overload in non-performance athletes](#). Timisoara Physical Education and Rehabilitation Journal. 14. 27-32. 10.2478/tperj-2021-0011

