

HANY RAMBOD'S FST-7 INSPIRED WORKOUT PLAN

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/WORKOUT-PLAN-INSPIRED-BY-HANY-RAMBOD-FST-7](https://thefitnessphantom.com/workout-plan-inspired-by-hany-rambod-fst-7)

What is the FST-7 Training Approach?

Hany Rambod's FST-7 (Fascia Stretch Training-7) is a bodybuilding training principle that involves performing seven sets, usually as the last exercise for a specific body part after the main heavy lifting is complete.

For example, a biceps workout involves 3 exercises (Dumbbell Preacher Curls, Hammer Curls, and EZ Bar Curls). You perform 3-4 sets of 10-12 reps of the first two exercises and 7 sets of 8-12 reps (EZ Bar Curls) with only 30-45 seconds of rest between sets.

The FST-7 increases the blood flow (pump) during the last exercise to stretch the fascia (connective tissue) around the muscle. It tries to stretch fascia from the inside by forcing a huge muscle pump, helping your muscles look fuller, rounder, and defined.

How to Implement FST-7 in your Workout?

You can perform an FST-7 set for every body part, whether small or large.

Start with [compound exercises](#) first, such as bench press, squats, rows, and deadlifts. Lift heavier weights at the start. Keep the rest periods longer (2-3 minutes) for heavy sets.

After heavy exercises, pick one [isolation exercise](#) like cable flyes, leg curls, or lateral raises and do 7 sets of 8-12 reps with only 30-45 seconds of rest between sets. Focus on the pump and muscle squeeze throughout the sets.

If you're looking for a well-organized [muscle-building workout plan](#) that incorporates FST-7 sets, you can save the routine below.

SUMMARY

I've divided this program into 3 phases, each 4 weeks long. You'll train 5 days during the first 8 weeks and 6 days weekly in the last four.

Every muscle group will get proper attention in this program, so you can build a strong and symmetrical body.

Here's a quick summary of this program:

Split Type	2-3 muscle groups a day
Exercise Types	Resistance Training
Inspired By	Hany Rambod's FST-7 Split
Session per week	Five to Six
Duration per session	75-90 minutes (excluding warm-up)
Program Duration	12 Weeks
Workout Goal	Increase Muscle Growth
Target Gender	Male and Female
Program Difficulty	Moderate (suitable for experienced lifters)

INSTRUCTIONS

- Start with 5-10 minutes of warm-up. I've shared [dynamic stretching exercises](#) and [bodyweight cardio](#) that you can use it to increase the blood flow around muscles and prepare them for lifting weights.
- Start with your regular heavy compound exercises. For example, perform bench presses if you train the chest, then isolation.
- Apply FST-7 only in the last exercise for a muscle group. And perform 7 high intensity sets of the same exercise with manageable weights.
- Keep the rest time shorter between FST-7 sets, usually 30-45 seconds for smaller muscle groups and 40-50 seconds for larger muscle groups.

- Instead of resting completely, stretch the muscle between sets or do poses for 10–15 seconds to increase blood flow and muscle fullness.^{2, 3}

Weeks: 1-4

- Day 1: Quads, Hamstrings, and Calves
- Day 2: Chest and Triceps
- Day 3: Rest
- Day 4: Back and Biceps
- Day 5: Shoulders, Rear Delts, and Traps
- Day 6: Biceps and Triceps
- Day 7: Rest

Day 1: Quads, Hamstrings, and Calves

Exercises	Sets	Reps	Rest
Back Squats	4	8-10	2-3 minutes
Leg Press	4	10-12	2-3 minutes
Barbell Walking Lunges	3	8/side	1-2 minutes
Straight Leg Deadlift	3	8-10	2-3 minutes
Leg Extension (FST-7)	7	8-10	30-40 seconds
Leg Curls (FST-7)	7	8-10	30-40 seconds
Calf Raises (FST-7)	7	6-8	30-40 seconds

Day 2: Chest and Triceps

Exercises	Sets	Reps	Rest
Flat Bench Press	4	8-10	2-3 minutes
Incline Dumbbell Press	4	10-12	2-3 minutes
Bent-over Cable Flyes (FST-7)	7	10-12	30-40 seconds
Bar Dips	3	Failure	2-3 minutes
Skull Crusher	3	12-15	1-2 minutes
Pushdown (FST-7)	7	8-10	30-40 seconds

Day 4: Back and Biceps

Exercises	Sets	Reps	Rest
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Bent-over Rows	4	8-10	2-3 minutes
1-arm High to Low Cable Row	3	10/side	30 seconds
Medium Grip Lat Pulldown	4	10-12	1-2 minutes
Seated Cable/Machine Row (FST-7)	7	8-10	30-45 seconds
Preacher Curls	3	12-15	1-2 minutes
Dual-arm Dumbbell Curls (FST-7)	7	8-10	30-40 seconds

Day 5: Shoulders, Rear Delts, and Traps

Exercises	Sets	Reps	Rest
Barbell Overhead Press	3	8-10	2-3 minutes
Dumbbell Overhead Press	3	8-10	2-3 minutes
DB Lateral Raises (FST-7)	4	10-12	30 seconds
Rear Delt Flyes/Face Pulls	4	15-20	1-2 minutes
Chest Supported Inclined Shoulder Shrug	4	10-12	1-2 minutes

Day 6: Biceps and Triceps

Exercises	Sets	Reps	Rest
Chin-ups (Underhand Grip)	3	8-10	1-2 minutes
Chin-ups (Neutral Grip)	3	8-10	1-2 minutes
Bayesian Cable Curls	3	10-12	1-2 minutes
Hammer Curls (FST-7)	7	8-12	30-40 seconds
Close-Grip Bench Press	4	10-12	1-2 minutes
Overhead Triceps Extensions (FST-7)	7	10-12	30-40 seconds

WEEKS: 5-8

- Day 1: Back and Triceps
- Day 2: Shoulder and Biceps
- Day 3: Legs and Abs
- Day 4: Chest and Calves
- Day 5: Biceps and Triceps
- Day 6: OFF
- Day 7: OFF

Day 1: Back and Triceps

Exercises	Sets	Reps	Rest
Medium Grip Lat Pulldown	4	10-12	2-3 minutes
Close-Grip T-bar Row	4	10-12	30 seconds
1-arm Dumbbell Row	3	10 per side	2-3 minutes
Straight-arm Lat Pulldown (FST-7)	7	8-10	30-45 seconds
Skull Crushers	3	12-15	1-1.5 minutes
Cable Forward Extensions	3	12-15	1-1.5 minutes
Lying Prone Triceps Kickback (30-45 inclined bench)	3	8-10	30-45 seconds

Day 2: Shoulder and Biceps

Exercises	Sets	Reps	Rest
Dumbbell Overhead Press	3	8-10	2-3 minutes
Barbell/ Dumbbell Front Raises	3	8-10	1-2 minutes
Rear Delt Flyes/Face Pulls	4	10-12	1-2 minutes
DB Lateral Raises (FST-7)	7	10-12	30 seconds
Incline DB Curls	3	12-15	1-2 minutes
Hammer Curls	3	10-12	1-2 minutes
EZ Barbell Curls (FST-7)	7	10-12	30 seconds

Day 3: Legs and Abs

Exercises	Sets	Reps	Rest
Back Squats/Belt Squats	4	8-10	2-3 minutes
Leg Press	4	10-12	2-3 minutes
Bulgarian Split Squats	3	8/side	45-90 seconds
Step Up	3	10/leg	45-90 seconds
Leg Extension (FST-7)	7	8-10	30-40 seconds
Leg Curls (FST-7)	7	8-10	30-40 seconds
Cable Crunches	4	15-20	45-90 seconds
Lying Leg Raises	4	10-15	45-90 seconds
High to Low Cable Chop	3	10/side	30-40 seconds

Day 4: Chest and Calves

Exercises	Sets	Reps	Rest
Flat Dumbbell Bench Press	4	8-10	2-3 minutes
Incline Barbell Bench Press	4	8-10	2-3 minutes
Flat Dumbbell Flyes	3	10-12	1-2 minutes
Bent-over Cable Flyes (FST-7)	7	10-12	30-40 seconds
Seated Calf Raises	3	15-20	1-2 minutes
Standing Calf Raises (FST-7)	7	10-12	30-40 seconds

Day 5: Biceps and Triceps

Exercises	Sets	Reps	Rest
Chin-ups (Underhand Grip)	3	8-10	1-2 minutes
Chin-ups (Neutral Grip)	3	8-10	1-2 minutes
Bayesian Cable Curls	3	10-12	1-2 minutes
Hammer Curls (FST-7)	7	8-12	30-40 seconds
Close-Grip Bench Press	4	10-12	1-2 minutes
Overhead Triceps Extensions (FST-7)	7	10-12	30-40 seconds

WEEKS: 9-12

- Day 1: Chest and Abs
- Day 2: Thighs and Calves
- Day 3: Shoulders and Traps
- Day 4: Back and Abs
- Day 5: Arms
- Day 6: Thighs and Calves
- Day 7: Rest

Day 1: Chest & Abs

Exercises	Sets	Reps	Rest
Flat Bench Press	4	8-10	2-3 minutes
Incline Dumbbell Press	4	10-12	2-3 minutes
Seated Cable Flyes	3	10-12	30-40 seconds
Bent-over Cable Flyes (FST-7)	3	Failure	2-3 minutes
Bicycle Crunches	4	12-15	30-40 seconds
Cable Crunches (FST-7)	7	10-12	30-40 seconds

Day 2: Thighs and Calves

Exercises	Sets	Reps	Rest
Leg Press	4	10-12	2-3 minutes
Barbell Walking Lunges	3	8/side	1-2 minutes
Leg Extension (FST-7)	7	10-12	30-40 seconds
Straight Leg Deadlift	4	8-10	2-3 minutes
Leg Curls	4	12-15	1-2 minutes
Standing Calf Raises (FST-7)	7	10-12	30-40 seconds

Day 3: Shoulders and Traps

Exercises	Sets	Reps	Rest
Barbell Overhead Press	4	8-10	2-3 minutes
DB Overhead Press or Front Raises	3	10-12	1-2 minutes
DB Lateral Raises (FST-7)	4	10-12	30 seconds
Rear Delt Flyes/Face Pulls	4	15-20	1-2 minutes

Inclined Shoulder Shrug (FST-7)	7	10-12	30 seconds
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Day 4: Back & Abs

Exercises	Sets	Reps	Rest
Bent-over Rows	4	8-10	2-3 minutes
1-arm High to Low Cable Row	3	10/side	30 seconds
Medium Grip Lat Pulldown	4	10-12	1-2 minutes
Seated Cable/Machine Row	4	8-10	1-2 minutes
Straight-arm Lat Pulldown (FST-7)	7	10-12	45 seconds
Seated Knee Tucks	4	15-20	30 seconds
Landmine Oblique Twist	3	10/side	30 seconds

Day 5: Arms

Exercises	Sets	Reps	Rest
Spider Curls (Prone Biceps Curls)	3	10-12	1-2 minutes
Dumbbell Preacher Curls	3	10/side	1-2 minutes
Bayesian Cable Curls	3	10-12	1-2 minutes
Incline Dual-arm Curls (FST-7)	7	8-10	30-40 seconds
Close-Grip Bench Press	3	10-12	1-2 minutes
Skull Crushers	3	10-12	1-2 minutes
Triceps Push Downs	3	10-12	1-2 minutes
Bench Dips (FST-7)	7	10-12	30-40 seconds

Day 6: Thighs and Calves

Exercises	Sets	Reps	Rest
Back Squats	4	10-12	2-3 minutes
Bulgarian Split Squats	3	10/side	1-2 minutes
Step Ups	3	10/side	45 seconds
Side Squats	2	10/leg	45 seconds
Leg Curls (FST-7)	7	10-12	30 seconds
Seated Calf Raises (FST-7)	7	10-12	30-40 seconds

Frequently Asked Questions (FAQs)

Is FST-7 Good for Beginners?

No, FST-7 is better for intermediate to advanced lifters. If you are a beginner, strengthen your base first with this foundational strength training plan, and then you can include this approach in your workout.

Does FST-7 Help Lose Fat?

FST-7 is primarily for muscle growth and increasing muscular endurance. But it can also increase fat loss if you manage your calorie intake.

What Makes FST-7 Different from High-Volume Training?

FST-7 targets fascia stretch and increases pump, while the [high-volume program](#) involves plenty of exercises without high-intensity sets.

Should I Train Failure on all 7 Sets?

No. Save failure for the last 1-2 sets.

How Long Does It Take to See Results?

You'll see a temporary pump and fullness immediately, but the muscle growth will take some weeks to appear.

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