



MESOMORPH WORKOUT PLAN PDF

MESOMORPH WORKOUT PLAN PDF

	Exercise	Muscles	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day	Chest press, flat, machine (selectable or Smith) or dumbbell	Pecs, Anterior Delts, Triceps	15 to 20	10 to 12	8 to 10	8 to 10
	Incline press, machine or dumbbell	Anterior Delts, Pecs, Triceps				
	Flyes, Pec deck, cable machine or dumbbell	Pecs				
	DB pullovers	Pecs, Serratus				
	Side laterals, machine (cable or selectable) or dumbbell	Middle Delts				
	Triceps push downs or EZCurl barbell extensions	Triceps				
Day 2: REST						
Day 3: Pull Day	RDL, barbell, trap bar, or dumbbell	Glutes, Lats, Traps	15 to 20	10 to 12	8 to 10	8 to 10
	Pull downs, machine (cable or selectable)	Lats, Teres Major, Mid/Lower Traps				
	Seated cable rows, cable or selectable machine	Mid/Lower Traps, Lats, Rear Delts, Erectors				
	Kelso shrugs	Upper Traps				
	Supported dumbbell rows or Rear delt fly machine	Mid/Lower Traps, Lats, Rear Delts				
	Curls, dumbbell, machine, or barbell	Biceps, Brachialis, Brachioradialis				
Day 4: REST						
Day 5: Leg Day	Hack, Heel-elevated Smith or Dumbbell, Barbell front, Barbell back	Quads	15 to 20	10 to 12	8 to 10	8 to 10
	Squats: Pendulum machine, Sissy (body weight, weighted vest, holding weight)	Quads				
	Walking lunges, dumbbell, barbell, sandbag, weighted vest, bodyweight	Quads, Glutes, Adductors	16 to 20***	16 to 20	16 to 20	8 to 10
	Leg extensions	Quads, Rectus Femoris	15 to 20	10 to 12	10 to 12	8 to 10
	Leg curls, seated or lying	Hamstrings				
	Stiff leg deadlift or incline hyper extensions	Hamstrings, Erectors, Adductors				
	Calf raises, leg machine, calf machine, holding dumbbell	Calves	20			
	Crunches	Rectus Abdominis				
Day 6: REST						
Day 7: Cardio	LISS Workout					

Program Guide:

- Warm up with light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Take the last two sets of every exercise to mechanical failure. The last rep or two should be a grind. If they're not, increase the weight.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Aim to gradually increase the weight from workout to workout.

NOTES:

- *VMO = Vastus Medialis Oblique. One of the four muscles composing the quads. VMO is the teardrop-shaped one just above the knee.
- **Single joint exercises isolate. Compound exercises do not. For optimum focus on a target muscle, do exercises where only one joint moves. Pendulum squats or Sissy squats--regardless of how odd they look--will always isolate quads better than a squat variation where the hip joint also bends.
- ***Eight to 10 each direction when exercising in a limited space where you need to do "laps".
- ****To calculate actual weight lifted on a Smith Machine, add 25 lbs (12kg) to the total plate weight. Subtract about 10 lbs (3 kg) to account for the support provided by its carriage, since the machine fights gravity.

MESOMORPH WORKOUT PLAN PDF

Disclaimer: The information provided in this guide is intended for general informational and educational purposes only. It should not be used as a substitute for professional advice or treatment. While the exercises outlined in this mesomorph workout plan are designed to cater to the mesomorphic body type, they may not be suitable for everyone. Individual body responses to exercises can vary, and what works for one person might not work for another. If you have any health concerns, medical conditions, or are unsure about the suitability of this workout for your body type, please consult with a healthcare or fitness professional before starting this or any new exercise regimen. Always listen to your body and perform these exercises at a pace and intensity level that feels right for you. If you experience any pain, discomfort, or undue fatigue while doing these exercises, stop immediately and seek medical attention if necessary. Remember, safety and individual progress should always be your top priority when engaging in any fitness activity.