

THE ULTIMATE 10X10 WORKOUT PLAN FOR STRENGTH AND MASS

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Program Summary

Split Type	Combined Body Part Split
Sessions/week	Four days a week
Duration/session	45-60 minutes
Exercises/session	10
Sets/session	10
Reps/Set	10
Lifting Intensity	60-80% of one-rep max
Program Goal	Strength and Muscle Growth
Target Gender	Male and Female
Workout Difficulty	Beginner to Intermediate
Suggested Duration	12-16 Weeks

This program involves training four times weekly, hitting each muscle twice per week. For example, chest, thigh, and arms on Monday and back, shoulders, glutes, and calves on Tuesday, then again on Thursday and Friday.

You can pick your ten best exercises per session to train the different parts of the body. For example, in this program, I've included a variety of exercises, such as bench press, flies, leg extension, leg press, leg curl, triceps extension, and biceps curl, to work on specified muscles.

Since this routine involves performing only 10 reps per exercise, you should strive for maximum load every set. For example, if your one-rep max for the bench is 100 kg, perform those ten reps with at least 60kg.

The 10×10 Workout Plan for Strength and Size

- Day 1 – Chest, Thighs, Arms, and Abs
- Day 2 – Back, Shoulders, Glutes, and Calves
- Day 3 – OFF/Morning Cardio
- Day 4 – Chest, Thighs, Arms, and Abs
- Day 5- Back, Shoulders, Glutes, and Calves
- Day 6 – OFF/Morning Cardio
- Day 7 – OFF

Day 1 – Chest, Thighs, Arms, and Abs

Exercises	Sets x Reps	Rest
Incline Bench Press	1 x 10	30-second
Seated Pec Deck Fly	1 x 10	1-minute
High Cable Bent-over Fly	1 x 10	30-second
Leg Extension	1 x 10	45-second
Machine Leg Press	1 x 10	45-second
Romanian Deadlift	1 x 10	30-second
Triceps Press-down	1 x 10	30-second
Preacher Curl	1 x 10	30-second
Weighted Hanging Knee Raise	1 x 10	30-second
Landmine Oblique Twist	5/side	–

Warm-up exercises for day one:

- 15-second Jumping Jacks
- 10-second **Standing Chest Stretch**
- 20 Leg Swings (10/side)
- 5 Dive Bomber Push-ups
- 10 World's Greatest Stretches (5 reps per side 5 second hold)
- 10 Bodyweight Squats
- 10 Overhead Press with an empty Barbell
- 12 Reverse Lunges to Front Kick (6 reps per side)
- 10 Banded Pull-apart

Day 2 – Back, Shoulders, Glutes, and Calves

Exercises	Sets x Reps	Rest
Weighted Pull-ups	1 x 10	30-second
Conventional Deadlift	1 x 10	1-minute
Close-Grip Lat Pull-down	1 x 10	30-second
Seated Cable/Machine Row	1 x 10	45-second
Military Press	1 x 10	45-second
Lateral Delt Raises	1 x 10	30-second
Bent-arm Lateral Raise	1 x 10	30-second
Barbell Hip Thrust	1 x 10	30-second
Cable Pull Through	1 x 10	30-second
Standing Calf Raises	1 x 10	–

Warm-up exercises for day two:

- 5 Burpees
- 10 Cat-Cow (5 reps per side with a five-second pause during each rep)
- 10 **Resistance Band Bent-over Reverse Fly**
- 10 Superman Raise
- 30-second **Shoulder Rotation**
- 10 Resistance Band Suitcase Deadlifts
- Repeat twice.

Day 3 – Chest, Thighs, Arms, and Abs

Exercises	Sets x Reps	Rest
Incline Hammer Chest Press	1 x 10	30-second
Flat Barbell Bench Press	1 x 10	1-minute
Lying Rope Pullovers	1 x 10	30-second
Barbell Back Squat	1 x 10	45-second
Barbell Front Lunges	1 x 10	45-second
Machine Leg Curl	1 x 10	30-second
Weighted Bar Dips	1 x 10	30-second
Incline Dumbbell Curl	1 x 10	30-second
Weighted Hanging Knee Raise	1 x 10	30-second
High Cable Chop	5/side	–

Warm-up for day three:

- 15-second Pop Squats
- 30-second **Kneeling Chest Opener Stretch**
- 20 Leg Swings (10/side)
- 5 Dive Bomber Push-ups
- 10 Single-leg Deadlifts (5 per leg)
- 10 Bodyweight Deep Squats
- 10 **Shoulder Pass Through**
- 12 Reverse Lunges to Front Kick (6 reps per side)
- 20 Seated Pec Deck Fly

Day 4- Back, Shoulders, Glutes, and Calves

Exercises	Sets x Reps	Rest
Bent-over Barbell Row	1 x 10	30-second
Close-Grip T-Bar Row	1 x 10	1-minute
Front Lat Pull-down	1 x 10	30-second
Single-arm DB Row	1 x 10	45-second
Arnold Press	1 x 10	45-second
Lateral Delt Raises	1 x 10	30-second
Reverse Pec Deck Fly	1 x 10	30-second

Shoulder Shrug	1 x 10	30-second
Barbell Hip Thrust	1 x 10	30-second
Seated Calf Raises	1 x 10	–

Warm-up for day four:

- 5 Burpees
- 10 Cat-Cow (5 reps per side with a five-second pause during each rep)
- 10 Lying IYT Raises
- 30-second Shoulder Rotation
- 10 Superman Pull
- 10 Banded Suitcase Deadlifts
- Repeat twice.

The Bottom Line

This 10×10 workout plan is straightforward and effective. It involves performing 10 exercises per session, one set of 10 reps each, with maximum effort.

It is different from traditional rep-set methods, such as [supersets](#), rest-pause sets, and [tri-sets](#), but it is great for stimulating muscle and strength growth.

If you're looking for a time-efficient, interesting, easy-to-follow but effective training program, try this high-intensity 100-rep workout for a few months.

I believe pairing this workout with a healthy and nutritious diet will elicit maximum results over time.

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 hypo-hydration.

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. [Amazon \(Supplement\)](#)
3. [GOAT Stamina Energy Drink](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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