

12-WEEK DEXTER JACKSON WORKOUT PLAN FOR STRENGTH AND SIZE

Created by: [Murshid Akram](#)
Check out [article](#) for more info

Dexter Jackson Training Philosophy

After watching more than 50 videos on YouTube I've analyzed –

- 1) Dexter Jackson doesn't use **compound movements** like Deadlifts, Free Bench Presses, Barbell Rows, and **Free Squats** in his workout regime. He mostly performed machine exercises for training his every muscle group.
- 2) He used to lift moderate to heavy weights and keep the rep ranges around 8 to 15.
- 3) He also didn't follow a **high-volume training**, involving numerous exercises and multiple reps-sets. He likes to keep his workout simple and focus more on nutrition to achieve the best results.
- 4) Dexter Jackson performs a variety of exercises to hit every muscle group from all angles.
- 5) He used to perform one warm-up set before going heavy for each exercise.

12-Week Dexter Jackson Training Routine

About Program:

- **Suggested Duration:** 12 Weeks

- **Split Type:** Single and Two Muscle Group Split
- **Sessions/week:** 4-5 days a week
- **Duration/session:** 60-90 minutes
- **Goal:** Stimulate Muscular Hypertrophy and Strength
- **Target Gender:** Men
- **Workout Difficulty:** Intermediate to Advanced

Week 1 to 4: Muscle Group Split

- **Monday:** Chest and Abs
- **Tuesday:** Back
- **Wednesday:** Leg and Abs
- **Thursday:** OFF
- **Friday:** Shoulder and Traps
- **Saturday:** Arm and Abs
- **Sunday:** OFF

Monday – Chest

Exercises	Sets	Reps
Incline Machine Press	3-4	10-12
Seated Machine Press	3-4	10-12
High to Low Cable Fly	3-4	10-12
Neutral Grip Machine Press	3-4	10-12
Hanging Knee Raises	3-4	20-25
Cable Crunches	3-4	20-25

Tuesday – Back

Exercises	Sets	Reps
Front Lat Pull Down	5-6	10-12
Seated Machine Row	5-6	10-12
High Cable Pulldown (Handles)	4-6	10-12
V-Grip Lat Pulldown	4-6	10-12

Wednesday – Leg and Abs

Exercises	Sets	Reps
Leg Extension	3-4	10-12

Lying Leg Curl	3-4	10-12
Reverse Hack Squat	3-4	10-12
Seated Hip Adduction	3-4	10-12
LB Extension + Standing Glute Kickback (Superset)	3-4	10-12
Lying Machine Crunches	3-4	20-25
Seated Machine Abdominal Crunches	3-4	20-25

Friday – Shoulder and Traps

Exercises	Sets	Reps
Lateral Dumbbell Raises	4-6	10-12
One-arm Smith Machine Shoulder Press	3-4	10-12
Underhand Barbell Front Raises	3-4	10-12
Barbell Upright Row	3-4	10-12
Rear Delt Fly	4-6	10-12

Saturday – Arm and Abs

Exercises	Sets	Reps
Preacher Biceps Curl	3-4	10-12
EZ Bar Biceps Curl	3-4	10-12
Straight Bar Spider Curl	3-4	10-12
Straight Bar Pushdown	3-4	10-12
Cable Forward Triceps Extension	3-4	10-12
Straight Bar Dips	3-4	10-12
Overhead Cable Triceps Extension	3-4	10-12
Lying Machine Crunches	3-4	10-12

Week 5 to 8: Mix Split

- **Monday:** Chest, Quad, and Glute
- **Tuesday:** Back and Hamstrings
- **Wednesday:** OFF
- **Thursday:** Biceps, Calves, and Abs
- **Friday:** Shoulder and Triceps

- **Saturday:** Light Cardio and Abs
- **Sunday:** OFF

Monday – Chest, Quad, and Glute

Exercises	Sets	Reps
Hammer Machine Press	6	10-12
Neutral Grip DB Bench Press	6	10-12
Machine Leg Press	6	10-12
Reverse Hack Squat	4	10-12
Seated Hip Abduction	4	10-12

Tuesday – Back and Hamstrings

Exercises	Sets	Reps
Front Lat Pulldown	4-5	10-12
Chest Supported Barbell Row	4-5	10-12
Chest-Supported Row Machine	4-5	10-12
Seated Cable Row	4-5	10-12
Narrow Grip Lat Pulldown	4-5	10-12
Unilateral Leg Curl	4-5	10-12
Romanian/Romanian Deadlift	4-5	10-12

Thursday – Biceps, Calves, and Abs

Exercises	Sets	Reps
Preacher Curl	4-5	10-12
Incline DB Curl	4-5	10-12
Barbell Drag Curl	4-5	10-12
Hack Squat Machine Calf Raises	3-4	20-25
Seated Calf Raises	3-4	20-25
Lying Machine Crunches	3-4	20-25
Seated Machine Abdominal Crunches	3-4	20-25

Friday – Shoulder and Triceps

Exercises	Sets	Reps
Seated Overhead Dumbbell Press	5	10-12

Lying Lateral Dumbbell Raises	5	10-12
Reverse Pec Deck Fly	5	10-12
Underhand Grip DB Front Raises	5	10-12
Triceps Rope Push Down	5	10-12
Triceps Bar/Machine Dips	5	10-12

Saturday – Light Cardio and Abs

Light Treadmill Walk, and Elliptical Cross Trainer, any three or four [core exercises](#).

Week 9 to 12: Hybrid Split

- **Monday:** Chest, Quadriceps, and Hip
- **Tuesday:** Arms, Calves, and Abs
- **Wednesday:** Back, Shoulder, and Hamstrings
- **Thursday:** OFF
- **Friday:** Chest, Quads, and Arms
- **Saturday:** Back, Shoulder, Hamstrings, and Abs
- **Sunday:** OFF

Monday – Chest, Quad, and Hip

Exercises	Sets	Reps
Incline Smith Machine Chest Press	4-5	8-12
Incline Dumbbell Flies	4-5	8-12
Seated Pec Deck Fly	4-5	8-12
Hack Squat	4-5	10-12
Machine Leg Press	4-5	10-12
DB Sumo Squat	4-5	10-12
Seated Hip Abduction	3-4	10-15

Tuesday – Arms, Calves, and Abs

Exercises	Sets	Reps
Skull Crusher + Hammer Curl (Superset)	3	8-12
Rope Extension + Spider Curl (Superset)	3	8-12
Bar/Machine Dip + EZ Bar Curl	3	8-12
Standing Calf Raises	4	20
Donkey Calf Raises	4	20
Lying Machine Crunches	3	25

Seated Machine Crunches	3	25
-------------------------	---	----

Wednesday – Back, Shoulder, and Hamstrings

Exercises	Sets	Reps
Narrow Grip Lat Pulldown	3-4	8-12
Alternating Machine Row	3-4	8-12
Lateral Delt Machine Raises	3-4	8-12
Wide-arm DB Upright Row	3-4	8-12
Cable Face Pull/Reverse Cable Fly	3-4	8-12
Seated Leg Curl	3-4	8-12
Seated Hip Adduction	3-4	10-15

Friday – Chest, Quads, and Arms

Exercises	Sets	Reps
Hammer Strength Chest Press	4	8-12
Decline Cable Flyes	4	8-12
Cable Upward Flyes	4	8-12
Seated Horizontal Leg Press	4	10-12
Reverse/Front Hack Squat	4	10-12
Leg Extension	4	10-12
Overhead Extensions + Crossover Curl	3	10-15

Saturday – Back, Shoulder, Hamstrings, and Abs

Exercises	Sets	Reps
Pull-up	3-4	6-10
Lat Pull Down	3-4	8-12
Seated Cable Row	3-4	8-12
Incline Overhead Press	3-4	8-12
Lying Side Delt Raises	3-4	8-12
Rear Delt Machine Fly	3-4	8-12
Seated Leg Curl/Lying Leg Curl	3-4	8-12
Straight-leg Reverse Hack Squat	3-4	8-12
Abdominal Machine Crunch	3-4	20-25

Here are more Dexter Jackson exercises you can integrate into your training program.

- V-handle Lat Pull Down
- [Smith Machine Overhead Press](#)
- Machine/Dumbbell Front Raises
- Bent-arm Machine Lateral Raises
- Neutral Grip DB Front Raises
- Seated Side Delt Raises
- Cable Front Raises
- Seated Reverse Military Press
- Seated Cable Row
- Incline Cable Pulley Machine Fly
- Seated Overhead Dumbbell Press
- Lying Lateral Dumbbell Raises

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 hypohydration.

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. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

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 \(Ft. John Meadows\)](#)
- [12-Week Jay Cutler Training Program with Free PDF](#)

Help us grow online so we can reach to large audience:

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)

Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.

The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. We are not liable for any loss resulting from any action taken or reliance made by you on any of the information or material contained in this file.

If you use, or otherwise rely on, any of the information you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances.

You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Thefitnessphantom.com No intellectual property rights or other rights in, and to, the information and materials on this site are transferred to any person who acquires or may use. Except as permitted under the applicable law in your location.

You may not adapt, reproduce, publish or distribute copies of any materials contained on our website or from our file (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).