

12-WEEK LEE HANEY TRAINING PROGRAM FOR STRENGTH AND SIZE

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

Lee Haney Workout Split/Schedule

Lee Haney followed a high-frequency training program involving training every muscle group twice weekly.

He used to train his chest, biceps, calves, and abs on Monday, legs, triceps, and core on Tuesday, and back and shoulders on Wednesday, and then he repeated, having the seventh day off (Sunday) as a day of rest.

Here's the complete schedule:

- **Monday** – Chest, Biceps, Calves, and Abs
- **Tuesday** – Legs, Triceps, and Abs
- **Wednesday** – Back and Shoulders
- **Thursday** – Pecs, Biceps, Calves, and Abs
- **Friday** – Legs, Triceps, and Abs
- **Saturday** – Back and Shoulders
- **Sunday** – OFF/REST

12-Week Lee Haney Training Program for Muscle Building

Before you move on to Lee Haney's training routine, read the following instructions:

- Perform one warm-up set of 20 reps before each exercise to prepare your muscles for intense and heavy training.
- Increase the 5-15% load after every set.
- You can adjust this program based on your fitness level and goal. For example, reduce the number of exercises, reps, or sets or replace those exercises which are difficult to perform.

Day 1 (Monday) – Chest, Biceps, Calves, and Abs

Exercise	Target Muscle	Sets	Reps
Flat Barbell/DB Bench Press	Chest	4	8-10
Incline Barbell/DB Bench Press	Chest	4	8-10
Dumbbell Flyes	Chest	4	10-12
Cable Crossover	Chest	3	12-15
Barbell/DB Biceps Curl	Biceps	4	8-10
Incline/Preacher Curl	Biceps	4	8-10
Concentration/Hammer Curl	Biceps	3	10-12
Standing Toe Raises	Calves	5	15-20
Seated Knee Tuck	Abdominal	4	Failure
Incline Sit-ups	Abdominal	4	15-20
Basic Crunches	Abdominal	3	Failure

Day 2 (Tuesday) – Legs, Triceps, and Abs

Exercise	Target Muscle	Sets	Reps
Leg Extensions	Quadriceps	3-4	15-20
Machine Leg Press	Quadriceps	3-4	12-15
Back Squats	Quad and Glutes	3-4	8-10
Stiff-legged Deadlift	Hamstrings	3-4	10-12
Press Downs	Triceps	3-4	12-15
Triceps Kickbacks	Triceps	3-4	12-15
Lying Leg Raises	Abs	4	15-20
Incline Sit-ups	Abs	4	15-20
Basic Crunches	Abs	3	20-30

Day 3 (Wednesday) – Back and Shoulders

Exercise	Target Muscle	Sets	Reps
----------	---------------	------	------

Front Lat Pull Down	Back	4	10-12
One-arm DB Row	Back	3-4	8-10
Seated Cable Row	Back	3-4	8-10
T-Bar Row	Back	3	8-10
Military/DB Press	Front Delt	3-4	8-10
Lateral Raise	Side Delt	3-4	10-12
Upright Rows	Upper Trap	3-4	8-10
Standing Calf Raises	Gastrocnemius	4-5	15-20
Vertical Leg Raises	Lower Ab	3-4	15-20
Seated Knee Tucks	Lower Ab	3-4	20-25

Day 4 (Thursday) – Chest, Biceps, Calves, and Abs

Exercise	Target Muscle	Sets	Reps
Incline Barbell/DB Bench Press	Chest	6	8-10
Parallel Bar Dips	Chest	4	10-20
Dumbbell Flyes	Chest	4	10-12
Cable Crossover	Chest	3	12-15
Barbell/DB Biceps Curl	Biceps	4	8-10
Incline/Preacher Curl	Biceps	4	8-10
Concentration/Hammer Curl	Biceps	3	10-12
Standing Toe Raises	Calves	5	15-20
Seated Knee Tuck	Abdominal	4	Failure
Incline Sit-ups	Abdominal	4	15-20
Basic Crunches	Abdominal	3	Failure

Day 5 (Friday) – Legs, Triceps, and Abs

Exercise	Target Muscle	Sets	Reps
Leg Extensions	Quadriceps	3-4	15-20
Hack Squats	Quadriceps	3-4	12-15
Front Lunges	Lower Body	3-4	8-10
Leg Curls	Hamstrings	3-4	10-12
Press Downs	Triceps	3-4	12-15
Triceps Kickbacks	Triceps	3-4	12-15
Lying Leg Raises	Abs	4	15-20
Incline Sit-ups	Abs	4	15-20
Basic Crunches	Abs	3	20-30

Day 6 (Saturday) – Back and Shoulders

Exercise	Target Muscle	Sets	Reps
----------	---------------	------	------

Front Lat Pull Down	Back	4	10-12
One-arm DB Row	Back	3-4	8-10
Seated Cable Row	Back	3-4	8-10
T-Bar Row	Back	3	8-10
Behind The Neck Press	Shoulder	3-4	8-10
Lateral Delt Raise	Shoulder	3-4	10-12
Bent-over Rear Delt Raise	Shoulder	3-4	10-12
Upright Rows	Upper Trap	3-4	8-10
Standing Calf Raises	Gastrocnemius	4-5	15-20
Vertical Leg Raises	Lower Ab	3-4	15-20
Seated Knee Tucks	Lower Ab	3-4	20-25

Lee Haney Additional Exercises to Include Week 2 to 12

Lee Haney workout plan includes variety of exercises. I've gathered all the exercises that he used to perform in his workouts. Use these movements from week two to twelve to develop muscle mass and definition.

CHEST

- Weighted Dips: 4 sets, 8-10 reps
- Dumbbell Pullover: 4 sets, 10-12 reps
- Parallel Cable Flyes: 4 sets, 10-15 reps
- Seated Pec Deck Flyes: 4 sets, 12-15 reps

BACK

- Behind-the-Neck Pullups: 4-5 sets, 8-10 reps
- V-Handle Chinups: 4-5 sets, 8-10 reps
- Barbell Pullovers: 4-5 sets, 8-10 reps
- Bent-Over Barbell Row: 4 sets, 8-10 reps
- Wide-Grip Lat Pull Down: 4 sets, 10-12 reps
- Chin-ups: 4 sets, 10-12 reps

SHOULDERS

- Alternating Front Raises: 3-4 sets, 10-12 reps
- One-Arm Cable Lateral Raises: 3-4 sets, 10-12 reps
- Behind-the-Back Upright Rows: 3-4 sets, 8-10 reps

LEGS

- Front Squats: 4 sets, 12-15 reps
- [Sissy Squats](#): 3 sets, 8-10 reps
- Lying Leg Curls: 4 sets, 12-20 reps
- [DB Suitcase Deadlift](#): 4 sets, 10-12 reps
- Hack Squat Calf Raises: 4 sets, 20-25 reps
- [Dumbbell Sumo Squats](#): 4 sets, 12-15 reps
- Donkey Calf Raises: 4 sets, 15-25 reps
- [DB Single Leg Calf Raises](#): 4 sets, 20 reps per leg

ABDOMINAL

- Roman Chair Sit-ups: 4 sets, 20-25 reps
- Hanging Knee Raises: 3 sets, 15-20 reps
- Hanging Twisting Knee Raises: 3 sets, 10-12 reps
- Seated V-ups: 3 sets, 10-12 reps
- Standing Cable Rope Crunches: 4 sets, 20-25 reps

BICEPS

- Wide-arm Barbell Biceps Curl: 3 sets, 10-12 reps
- EZ Bar Biceps Curls: 3 sets, 10-12 reps
- [Lying High Cable Curls](#): 3 sets, 10-12 reps

TRICEPS

- [Lying Barbell Triceps Extension](#): 3 sets, 10-12 reps
- Overhead Dumbbell Triceps Extensions: 3 sets, 10-12 reps
- Triceps Rope Pushdown: 3 sets, 10-12 reps
- Single-arm Overhead Cable Triceps Extension: 3 sets, 10-12 reps

FOREARMS

- Reverse Barbell Biceps Curls: 3 sets, 12-15 reps
- [Behind-The-Back Barbell Wrist Curl](#): 3 sets, 12-15 reps
- [Bent-Over Barbell Wrist Curl](#): 3 sets, 12-15 reps

Should You Follow Lee Haney's Training Routine?

This Lee Haney bodybuilding workout routine involves performing multiple exercises and numerous reps and sets. His program can help grow strength and size, but you need to have experience, some knowledge about exercise science and nutrition, and dedication to follow his routine.

I suggest beginners to first [bolster fundamental strength](#) and learn about exercises before starting his regime.

The above workout schedule is also not suitable for those [wanting to get lean](#).

It is always best to consult with a professional trainer or a doctor if you're unsure about starting this routine.

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).