

12-WEEK PHIL HEATH WORKOUT ROUTINE FOR ULTIMATE GROWTH

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Phil Heath Workout Philosophy

- **High Volume:** Phil's workout routine involves performing multiple exercises per muscle group to [stimulate muscle growth](#).
- **Progressive Overload:** He focused on constantly increasing the weight or intensity of his workouts to challenge his muscles and promote growth.
- **Exercise Variation:** He performs a wide range of exercises to target different muscle groups. Integrating a variety of exercises makes his workout exciting and helps him achieve better results.
- **Fascial Stretch Training (FST 7):** It involves performing seven sets with little rest between them. FST 7 is an intense rep-set method that requires a great deal of muscular strength and endurance. You can try as long as it doesn't burn you out. FST 7 is optional; you can follow a simple rep-set approach.
- **Dedicated Cardio Day:** Heath dedicates one entire session to cardio, which he performs at the end of the week. Aerobic training builds endurance and helps him perform better during weight training.
- **Nutrition:** Phil Heath followed a strict nutrition plan, focusing on the right balance of macronutrients (protein, carbs, fats) to support muscle growth and recovery.

12-Week Phil Heath Training Routine for Maximum Mass

- **Suggested Program Duration:** 12 Weeks

- **Split Type:** Upper/Lower and [Muscle Group](#)
- **Sessions/week:** 5 to 6 days a week
- **Duration/session:** 90-120 minutes
- **Program Goal:** Build a Jacked and Defined Physique
- **Target Gender:** Men
- **Workout Difficulty:** Advanced

Phase One – Week 1 to 4

- **Monday** – Lower Body
- **Tuesday** – Push Workout (Chest and Triceps)
- **Wednesday** – OFF
- **Thursday** – Pull Workout (Back and Biceps)
- **Friday** – Delts and Trapezius
- **Saturday** – Low-Impact Aerobic Workout and Abs
- **Sunday** – OFF

Monday – Lower Body

Exercise	Sets	Reps
Leg Extension	3-4	10-12
Lying Leg Curl	3-4	10-12
Smith Machine Back Squat	3-4	8-10
Seated Leg Curl	3-4	10-12
Vertical Leg Press	3-4	10-12
Romanian Deadlift	3-4	6-8
Barbell Lunges	3-4	6-8
Hack Squat	FST 7	6-8
Calf Raise	3-4	15-20

Tuesday – Push Workout (Chest and Triceps)

Exercise	Sets	Reps
Incline Dumbbell Press	4	10-12
Incline Dumbbell Flyes	4	10-12
Hammer Strength Chest Press	3	10-12
Pec Deck Chest Fly	FST 7	8-10
Rope/Bar Pushdown	3	10-12
Parallel Bars Dips	3	10-12
Close-Grip Barbell Bench Press	3	10-12

Lying French Press	FST 7	8-10
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Phil Heath Training Routine

Thursday – Pull Workout (Back and Biceps)

Exercise	Sets	Reps
Pull-ups	3	10-12
Chin-ups	3	10-12
T-Bar Row	4	10-12
Underhand Barbell Row	4	10-12
Unilateral Dumbbell Row	3	10-12
Straight Arm Pulldown	7	8-10
EZ-bar Bicep Curl	3	10-12
Dumbbell Hammer Curl	3	10-12
Concentration Curl	3	10-12
Preacher Curl	7	8-10

Friday – Delts and Trapezius

Exercise	Sets	Reps
Smith Machine Military Press	3	10-12
Dumbbell Front Raise	3	10-12
Upright Rows	4	10-12
Dumbbell Lateral Raise	4	10-12
Dumbbell Shrugs	3	10-12
Barbell Shrugs	7	8-10

Saturday – Low-Impact Cardio and Abs

Perform some of the following exercises for 30-45 minutes.

- Treadmill
- Elliptical Cross Trainer
- Stationary Bike
- Battle Rope
- Stairmaster

Abs Workout (Perform as many sets and reps as possible)

- Crunches

- Leg Raises
- Plank
- Ab Wheel Rollout

Phase Two – Week 5 to 8

- **Monday** – Lower Body
- **Tuesday** – Chest, Delts, and Triceps
- **Wednesday** – OFF
- **Thursday** – Pull Workout (Back and Biceps)
- **Friday** – Delts and Trapezius
- **Saturday** – Low-Impact Aerobic Workout
- **Sunday** – OFF

Monday – Legs and Glutes

Exercise	Sets	Reps
Leg Extension	4	8-10
Smith Machine Squat	4	8-10
Walking Lunge	4	8-10
Hack Squat	FST 7	20
Lying Leg Curl	4	8-12
Stiff-leg Deadlift	4	8-10
Seated Leg Curl	FST 7	10-12

Tuesday – Chest, Delts, and Triceps

Exercise	Sets	Reps
Machine Fly + Seated Machine Press (Superset)	4	8-12
Incline Machine Chest Press	FST 7	8-10
Bench Supported Cable Flyes	2	8-12
Lateral Raise + Front Raises (Superset)	4	8-10
V Bar/Rope Pushdown	4	8-10

Phil Heath Workout Schedule

Thursday – Back and Biceps

Exercise	Sets	Reps
Medium Grip Lat Pulldown	4	10-12

Bent-over Barbell Row	4	10-12
One-arm DB Row	3	10/arm
Narrow Grip Lat Pulldown	3	10-12
Seated Cable Row	4	10-12
Incline DB Curl	3	8-12
Barbell Curl	3	10-12
Wrist Extension	3	10-12

Friday – Delts and Abs

Exercise	Sets	Reps
Smith Machine Military Press	3	10-12
Dumbbell Front Raise	3	10-12
Upright Rows	4	10-12
Dumbbell Lateral Raise	4	10-12
Dumbbell Shrugs	3	10-12
Supported Knee Raise	3	Till Failure
Tuck Up Crunches	3	Till Failure
Kneeling Cable Crunches	3	Till Failure

Saturday – Low-Impact Cardio

Perform some of the following exercises for 30-45 minutes.

- Treadmill
- Elliptical Cross Trainer
- Stationary Bike
- Battle Rope
- Stairmaster

Phase Three – Week 9 to 12

- **Monday** – Lower Body
- **Tuesday** – Chest
- **Wednesday** – Cardio
- **Thursday** – Back
- **Friday** – Arms
- **Saturday** – Shoulder
- **Sunday** – OFF

Monday – Lower Body

Phil equally focuses on each muscle group. That's why he sometimes trains his hamstrings before quads to maximize the rear thigh development.

Source: [Phil Heath's 1-Hour Muscle-Building Leg Training](#)

Exercise	Sets	Reps
Lying Leg Curl	3	10-12
Seated Leg Curl	3	10-12
Stiff Leg Deadlift	3	6-8
Leg Extension	3	10-12
Vertical Leg Press	3	10-12
Diagonal Leg Press	3	10-12
Single-leg Horizontal Leg Press	3	10-12
Hack Squat	3	10-12
Standing Calf Raises	3	10-12
Seated Calf Raises	3	10-12

Tuesday – Chest

Exercise	Sets	Reps
Flat Barbell Bench Press	4-5	8-12
Incline Barbell Bench Press	4-5	8-12
Flat Machine Chest Press	3-4	8-12
One-arm Incline Hammer Press	3-4	8/arm
Seated Pec Deck Fly	4-5	10-12

Phil Heath Training Program

Wednesday – Cardio and Core

Perform some of the following exercises:

- Treadmill
- Elliptical Cross Trainer
- Stationary Bike
- Battle Rope

- Stairmaster

Core Workout (Perform as many sets and reps as possible)

- Oblique Crunches
- Leg Raises
- Side Knee Raises
- Plank
- Ab Wheel Rollout

Thursday – Back

Exercise	Sets	Reps
Pull-ups	3	8-10
Bent Over Barbell Row	3	10-12
Reverse-grip Barbell row (warm-up)	1	8-10
Reverse-grip Row (working sets)	2	8-10
One-arm Dumbbell Row	3	8-12
Cable Lat Pull-down (FST 7)	7	10

Friday – Arms

Exercise	Sets	Reps	Rest
Triceps Rope Push-Down	3	12-15	60-sec
Incline Two-dumbbell Extension	3	12-15	60-sec
One-arm Cable Extension	3	10-12	60-sec
Machine/Bench Dip	3	12-15	45-sec
Alternating Dumbbell Curl	3	5/arm	60-sec
Concentration Curl	3	10-12	60-sec
Spider Curl	3	10-12	60-sec
EZ-bar Curl	3	10-12	60-sec

Saturday – Shoulder

Exercise	Reps	Sets	Rest
Seated Machine Overhead Press	8-10	3	2-min

Smith Machine Military Press	8-10	3	2-min
Dumbbell Lateral Raise (Drop Set)	20, 25, 12, 10	3	2-min
Machine Lying Rear-Delt Raise	12-15	3	2-min
Cable Face Pull	12-15	3	2-min
Dumbbell Front Raise	10-12	3	2-min

Who Can Follow Phil Heath Training Program?

Phil Heath used to follow an advanced training program that requires a high fitness level and exercise experience. Anyone who wants to build a thick, muscular, and sizeable physique can follow his routine. However, it requires decent nutrition, ample sleep and recovery, and proper care.

It also requires knowledge about exercise science and nutrition so you can use this program effectively and achieve your desired physique without hurting yourself.

This program isn't for normal gym-goers, beginners, or people with health issues.

Note: You can make some changes to 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.

Recommended Macros for Muscle Building

Diet plays an essential role in repairing and healing muscles and increasing muscle growth.

Your diet must include key nutrients, such as protein (highly important), carbs, fats, and fiber.

For your information, one gram of protein and carb has 4 calories, while 1 gram of fat contains 9 calories.

You should take the following amount of nutrients according to an article published by the National Institute of Health:²

- **Protein** – You need to consume sufficient protein 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** You can consume sufficient amounts of carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

Key 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. Creator note

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

- [8 Week Arm and Shoulder Workout Routine](#)
- [8 Week Chest and Back Workout Plan](#)
- [The Best Legs and Abs Workout](#)
- [Leg and Shoulder Workout Program](#)
- [6-Day Gym Workout Plan](#)
- [Push Pull Legs 5-Day Split for Strength and Size](#)
- [8 Week Muscle Building Workout Plan](#)
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