

# 12-Week Samson Dauda Workout Plan for Ultimate Muscle Growth

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## SUMMARY

- **Recommended Program Duration:** 12 Weeks
- **Split Type:** Body Part Split
- **Sessions/week:** 5 days a week
- **Duration/session:** 90-120 minutes
- **Workout Goal:** Develop Strength and Muscle Mass
- **Target Gender:** Males
- **Workout Difficulty:** Intermediate to Advanced

## SCHEDULE

- **Monday:** Back Workout
- **Tuesday:** Leg Workout
- **Wednesday:** OFF
- **Thursday:** Calves and Chest

- **Friday:** Arms and Hamstrings
- **Saturday:** Shoulder and Abs
- **Sunday:** OFF

### **Day 1 – Back Workout**

#### **Superset #1 – Standing Cable Lat Pullover + Seated Cable Rowing**

- 4 supersets x 10-12 reps

#### **Superset #2 – Close-Neutral Grip Lat Pulldown + Chest Supported Row**

- 2-3 supersets x 8-12 reps

#### **Exercise #5 – Hammer Strength Single Arm Lat Pull Down**

- 3-4 sets of 10 to 12 reps per arm.

#### **Superset #3 – Medium Grip Pull-up + Bent-over Cable Rowing w/ Rope**

- 3-4 sets (pull-ups till failure) and cable rowing 8-12 reps per set.

## Day 2 – Leg Workout

### Exercise #1 – Leg Extension

- **Warm-up set:** 1 x 20 reps
- **Working set 1:** 5 reps with a 5-second pause at the top, followed by 10 quick reps.
- **Working sets 2 & 3:** Extend your knee slowly, taking five seconds to reach the top, then return to the start and repeat five times. Now, extend your legs quickly, but take five seconds to lower them fully; repeat five times.

### Exercise #2 – Leg Press

- **Normal sets:** 4 x 10 reps (increase weight after each rep)
- **Time Under Tension (TUT) set:** Perform 10 normal reps, pause at the top for 30 seconds, repeat one more time, then end your set with another 10 quick reps. (Total reps 30)

### Exercise #3 – Back Squat

- **Working set:** 1 set x 15 reps

- **Normal sets:** 4 sets of 8 to 10 reps (increase weight after each rep)

## Day 3 – Calves and Chest

### Exercise #1 – Hack Squat Machine Calf Raise

- **Sets 1 & 2:** 15-20 reps
- **Sets 3 & 4:** 10-15 reps

### Exercise #2 – Standing Calf Raise

You can do it on the calf machine or the Smith machine. Use as heavy as possible and perform 8 to 10 reps per set with your full effort.

- **Sets 1 & 2:** 8-10 reps

### Exercise #3 – Incline Hammer Strength Chest Press

- **Sets 1 & 2:** 12-15 reps
- **Sets 3 & 4:** 8-12 reps

## **Exercise #4 – Seated Incline Hammer Chest Press**

- 2 to 3 sets x 8 to 10 reps

## **Exercise #5 – Straight Parallel Cable Fly**

- **Set 1:** 12-15 reps
- **Set 2:** 10-12 reps
- **Set 3:** 6-10 reps

# **Day 4 – Arms and Hamstrings**

## **Superset #1 – Triceps Press Down + Cable Biceps Curls**

- 2 sets x 12-15 reps

## **Superset #2 – Straight Bar Biceps Curl + V-Bar Pushdown**

- 3 sets x 10-15 reps

## **Superset #3 – Single-arm Hammer Curl + Triceps Machine Dips**

- 3 sets x 8-12 reps

## **Superset #4 – Overhead Cable Curl + One-arm Crossbody Cable Pressdown**

- 3 sets x 8-10 reps per arm. Perform more reps on the underdeveloped side.

## **Hamstring Exercise #1 – Single Leg Standing Leg Curl**

- 2 sets x 15-20 reps per leg

## **Hamstring Exercise #2 – Lying Leg Curl**

- 3 sets x 10-15 reps per leg

## **Day 5 – Shoulder and Abs**

### **Exercise #1 – Leg Raises (on the pull-up bar or dip stand)**

- 3 sets till failure. Use weight if possible.

### **Exercise #2 – Smith Machine Behind The Neck Overhead Press**

- Sets 1 & 2: 10-15 reps with moderate rate
- Sets 3 & 4: 8-10 reps with heavy weight
- Set 5: 4-8 reps

### **Exercise #3 – Single-arm Cable Lateral Raises**

- 2 sets of 8-12 reps per arm. Perform more reps on the weaker side.

### **Exercise #4 – Cable Cross Lateral Raise**

- 2 sets of 8-10 reps.

### **Exercise #5 – Reverse Pec Deck Fly**

- 3-4 sets of 8-12 reps.

## Exercise #6 – Smith Machine Front Overhead Press

- 2-3 sets of 6-10 reps.

## Does Samson Dauda Do Cardio?

Yes, Samson sometimes performs low-intensity treadmill and bicycle cardio for 30-45 minutes.

This helps him [enhance endurance and cardiovascular fitness](#) and plays a crucial role in shaping his physique.

## Does Samson Meals for Muscle Gain

### MEAL 1

- 150G Oats + 1 Scoop Isolate Protein
- 5 Cooked Eggs

### MEAL 2

- 450G Sweet potatoes

- 200G Beef steak

### **MEAL 3**

- 350G Cooked Pasta
- 180G Mince (Ground) 5% Beef

### **MEAL 4**

- 2 Cups of Rice
- 250G Chicken Breast

### **MEAL 5**

- Nando Half's Chicken
- Chips
- Corn

### **MEAL 6**

- Sushi

I recommend designing a meal plan based on your budget and requirements. You don't simply have to follow this meal plan because nutrition is something that differs from person to person.

**You can also try the following workout routines of popular bodybuilders:**

- [100-Day Mike Mentzer Exercise Program to Get Jacked](#)
- [12-Week Big Ramy Workout Plan for Bodybuilding](#)
- [The Best 12-Week Derek Lunsford Workout Routine](#)
- [12-Week Hadi Choopan Training Plan for Bodybuilding](#)