

# THE 12 WEEK BACK WORKOUT ROUTINE FOR MAXIMUM MASS GROWTH

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## How I Created This Back Workout Program?

This routine is inspired by champion and respected bodybuilders like Ronnie Coleman, Chris Bumstead, and Arnold.

I've explored their different back workout routines and made a complete 12-week schedule dedicating one week to one bodybuilder.

The bodybuilders perform several workout routines; I've customized them according to what I feel is suitable and designed this program.

It includes various exercises for every back muscle, especially the latissimus dorsi, and trapezius.

You can follow this program for three months if you want to grow your mass, increase your strength, and build a mountainous back.

## 12 Week Back Workout Routine for Ultimate Growth

- Week 1 – CBum Back Workout
- Week 2 – Arnold Back Workout

- Week 3 – Kai Greene Back Workout
- Week 4 – Ronnie Coleman Back Workout
- Week 5 – Lee Haney Back Workout
- Week 6 – Jay Cutler Back Workout
- Week 7 – Phil Heath Back Workout
- Week 8 – Dorian Yates Back Workout
- Week 9 – John Meadows Back Workout
- Week 10 – Flex Wheeler Back Workout
- Week 11 – Big Ramy Back Workout
- Week 12 – Dexter Jackson Back Workout

All these bodybuilders are known for their massive and phenomenal back development. I've compiled their back workout training and customized it for you.

### Instructions:

- **Rest time between sets:** You can rest 60 seconds to 3 minutes between sets.
- **Reps x sets:** You can adjust the number of reps and sets depending on your need.
- **Warm-up before workout:** Do 3-5 minutes of treadmill jogging, 15-20 [Superman pull](#), 5-10 [floor IYT raises](#), 5-10 dive bomber pushups, 10-15 banded pull-apart, 10-15 pull-ups, and 15-20 lat pulldown (lightweight). Warm-up increases body temperature, prepares the muscle for intense exercises and minimizes the risk of injuries.

**Disclaimer:** Every bodybuilder has their own approach to training back, and just copying that approach won't help you achieve the same results as them. So, it is better to mix up their routine. Instead of performing the exercises outlined below, you should also focus more on what works best for you.

## Week 1 – Cbum Back Workout

Four times Mr. Olympia Classic Physique winner Chris Bumstead, a.k.a Cbum known for his outstanding shape, symmetry, and massive back.

From barbells and dumbbells to machines, Chris performs various exercises to sculpt his back.

Here's one of the workout routines he follows on his back day.

Exercise	Sets	Reps
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Front Lat Pulldown	3-4	10-15
Bent Over Row	3-4	10-15
Machine Chest Supported Row	3-4	10-15
Seated Cable Row	3-4	10-15
Dumbbell Lower Lat Row	3-4	8-10

## Week 2 – Arnold Back Workout

The thick, massive, and symmetrical back was one of the reasons why Arnold bagged Mr. Olympia’s title seven times.

Arnold used to train his back from every angle using a variety of exercises, including the pull-up, pulldowns, and rows.

He prioritizes compound lifts, such as deadlifts, bent-over rows, and pull-ups, which simultaneously target the entire back muscles.

Here’s an example of a back workout routine inspired by the most famous Mr. Olympia, Arnold Schwarzenegger.

Exercise	Sets	Reps
Deadlift	4	6-8
Bent over Row	3	8-10
T-Bar Row	3	8-10
One-Arm Dumbbell Row	3	10-12
Wide-Grip Pulldown (Optional)	3	10-12

## Week 3 – Kai Greene Back Training

Three times Arnold Classic champion Leslie Kai Greene is known for his incredible physique and unique approach to training. He had one of the best backs in the 21st century.

Kai Greene’s back development is characterized by a symmetrical and well-proportioned musculature, including broader lats, thicker traps, sculpted rhomboids, and a strong spine.

Here's one of the back workout regimes Kai Green followed in his prime.

Exercise	Sets	Reps
Wide-Grip Pulldown	4	12-20
Wide-Grip Pulldown	4	12-20
Bent over Barbell Row	4	8-12
T-Bar Row	4	12-20
Seated Cable Row	4	12-20

## Week 4 – Ronnie Coleman Back Workout

Eight times Mr. Olympia (1998-2005), Ronnie Coleman unarguably had the best back in the history of bodybuilding.

His back was perfect in terms of size, proportions, and muscle density during his competitive years.

He concentrated on lifting heavy [free-weight exercises](#), such as bent-over rows, deadlifts, and T-bar rows.

Ronnie followed intense and high-volume training, which requires a high level of strength, endurance, and fitness level.

Exercise	Sets	Reps
Deadlift/Bent-over Row	4	4-8
T Bar Row	4	10-15
Rear Lat Pulldown	4	15-20
Seated Cable Row	4	15-20
One-arm Dumbbell Row	3	10-12

## Week 5 – Lee Haney Back Routine

Lee Haney is a former professional bodybuilder and eight-time Mr. Olympia champion known for his well-rounded physique, including his impressive back development.

His back training includes a combination of compound and isolation exercises that target different parts of the back effectively.

Haney performed a variety of exercises to work both on width and thickness to create a proportionate and aesthetic back.

Here's one of the back Lee Haney's back workout routines you can perform during the fifth week.

Exercise	Sets	Reps
Pull-up	2	AMRAP
Bent-over Row	3	10-15
Wide Grip Front Pulldown	3	15-20
1-arm Pronated Dumbbell Row	2	15-20
Wide Grip Front Pulldown	3	10-12
Seated Cable Row	3	10-15

#### Notes:

- 1-arm Pronated Dumbbell Row: It is different than the traditional dumbbell row. The pronated row requires you to grab the dumbbell with your palm facing in (instead of a neutral or hammer grip). The promoted DB row [targets the trapezius](#) and helps improve the overall muscularity of the back muscles.
- Here AMRAP means As Many Reps as Possible.

## Week 6 – Jay Cutler Back Workout

Four times Mr. Olympia Jay Cutler was not only for his amazing physique but also for his humble behavior. He had enormous back muscles, with each part perfectly balanced in his prime.

He trained his back with various compound and isolation exercises and high, medium, and low rep-set approach for building strength and size.

I've picked Cutler's five best exercises for the sixth week of back training.

Exercise	Sets	Reps
Bent-over Row	4	10-15
V-grip Pulldown	4	10-15
Seated Cable Row	4	10-15
One-arm DB Row	2	15/side
One-arm Machine Row	2	15/side

## Week 7 – Phil Heath Back Workout Plan

Seven-time Mr. Olympia conqueror Phil Heath had a well-developed and monstrous back in his prime.

Phil prioritizes mind-muscle connections to enhance muscle activation and achieve better results.

He uses a variety of exercises and grip width to target different parts of the back effectively.

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

### Note:

- FST stands for Fascial Stretch Training, and 7 means performing seven sets with little rest between sets. 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.

## Week 8 – Dorian Yates Back Workout Routine

Dorian Yates is a six-time Mr. Olympia champion. He had a muscular, sizeable, and aesthetic physique, making him one of the most influential and greatest bodybuilders of all time.

He used to perform heavy compound lifts, such as deadlifts and rows, to build a thick and powerful back.

Dorian believes that performing high-intensity training with relatively low training volume can help him achieve maximum results. That's why he generally performed fewer sets but pushed each set to near failure, focusing on quality reps over quantity.

Here's an example of Dorian's back workout day.

Exercise	Warm-up sets	Working sets	Reps
Dumbbell Pullover	2	1	8-12
Hammer Pulldown	2	1	8-12
Hammer Pulldown	1	1	8-12
One-arm Dumbbell Row	1	1	8-12
Wide-arm Seated Cable Row	1	1	8-12
Barbell Deadlift	1	1	8-12
Hyperextension	0	1	8-12

## Week 9 – John Meadows Old School Back Workout

Exercise	Sets	Reps
One-arm Landmine Barbell Row	3	10/side
<a href="#">Meadows Row</a>	3	10/side
Pullover (Hip and Back on the bench)	3	8-10
Cable Lat Pulldown	4	8-12
Dumbbell Deadlift/Rack Pull	3	6-8

Mountain Dog Old School Back Workout

## Week 10 – Flex Wheeler Back Workout

Exercise	Sets	Reps
T-Bar Neutral Grip Row	4	8-12
V-Grip Lat Pulldown	4	8-12
Conventional Deadlift	4	8-12
Seated Cable Row	4	8-12
T-Bar Overhand Grip Row	4	8-12

## Week 11 – Big Ramy Back Workout

Exercise	Sets	Reps
Hammer Strength Pulldown	4	10
Hammer Strength Row	4	10
Bent-over Barbell Row	3	10
Hammer Strength Pulldown	3	10
<a href="#">Top Deadlift</a> (Dorian Deadlift)	3	10
V-handle Pulldown	3	10

## Week 12 – Dexter Jackson Back Workout

Exercise	Sets	Reps
Front Lat Pulldown	4	8-10
Bent-over Barbell Row	4	8-10
Single-arm Dumbbell Row	4	8-10
Deadlift	4	8-10

# 6 Best Tips for Maximizing Back Mass and Strength Growth

## 1. Combination of Exercises

If you want to build a massive, muscular, and defined back, combine the following exercises:

- [Compound and Isolation](#)
- Machines, Free weights, and Bodyweight
- Wide, Medium, and Narrow Grip

Combining all these exercises will help target the lats, traps, rhomboid, and erector spine effectively and help you achieve a broad and aesthetic back.

## 2. Progressive Overload

Increase the load you lift over time to promote muscle growth. Gradually increasing the load to challenge the muscles to push a little harder has shown to be effective in stimulating metabolic response.

### 3. Nutrition

Fuel your muscular growth with healthy meals. Consuming a diet rich in protein, complex carbohydrates, healthy fats, and micronutrients helps support muscle growth and recovery. For example, you can have [protein-rich foods](#) like lean meats, fish, eggs, dairy, dry fruits, and legumes in your diet.

### 4. Recovery

Recovery is crucial when it comes to muscle growth. Make sure you sleep 7-8 hours every day and allow your back muscles 48-72 hours to recover before you hit them again.

### 5. Supplementation

Incorporating certain supplements like protein powder, creatine, and branched-chain amino acids (BCAAs) in your pre- and post-workout diet can support muscle growth and recovery.

### 6. Consistency

Consistency is key when it comes to achieving the best results. So, try to follow the workout program and maintain your diet throughout the program to build the best physique you want.

## Additional Tips for Maximizing Your 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. 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)

## Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)

## Related Workout Programs:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)

- [12-Week Biceps and Triceps Workout for Bigger Arms](#)
- [12-Week Shoulder Workout Program for Defined Delts](#)
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