

# THE 8-WEEK DROP SET WORKOUT ROUTINE FOR MUSCLE GROWTH

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Check out [article](#) for more info

Drop sets training involves performing multiple sub-sets within a set. During this training, you start lifting heavy and perform as many reps as possible, then decrease weight and again perform some reps till failure and continue until you can't.

It helps the lifter reach muscular fatigue in a more time-efficient manner than the traditional way of (horizontal) loading.

## The intensity of lift during subset:

- Subset 1: Lift at 75% of maximum strength (1RM) and perform as many reps as possible.
- Subset 2: Lift at 50% of your 1RM and do as many reps as possible.
- Subset 3: Lift at 25% of your 1RM and do as many reps as possible.
- For example, if you maximally lift 60kg in one rep, then start with 45 kg and perform as many reps as possible, then drop the weight to 30 kg and perform as many reps as possible till failure, and again lower the weight by 15 kg and do reps until you can no longer lift.

## Weekly drop set workout schedule:

- Monday – Chest, Legs, and Triceps
- Tuesday – Back, Shoulder, and Biceps
- Wednesday – OFF
- Thursday – Legs, Chest, and Triceps
- Friday – OFF
- Saturday – Back, Shoulder, and Biceps

- Sunday – OFF

**Here's how you can perform reps and sets in drop-set training.**

- Sets per exercise: 2-3
- Subsets per set: 3
- Rep ranges per subset: 4-8
- Rest between sets: 3 minutes

**Warm-up:** It is best to do 5-10 minutes of warm-up exercises to increase your heart rate and prepare your muscles for intense resistance exercises. You can jog on the treadmill, do bodyweight cardio exercises, or lift a light bar and dumbbell for warm-up.

## Monday (Day 1) – Chest, Legs, and Triceps

Exercise	Target Muscles	Sets
Smith/Barbell Flat Bench Press	Chest	3
<a href="#">High-to-Low Cable Flyes</a>	Chest	3
Leg Extension	Quadriceps	2
Machine Leg Curl	Hamstrings	2
<a href="#">One-arm Overhead Cable Extension</a>	Triceps	2

## Tuesday (Day 2) – Back, Shoulder, and Biceps

Exercise	Target Muscles	Sets
Front Lat Pulldown	Back	3
Seated Cable Row	Back	3
Arnold Press	Shoulder	2
Lateral Raises	Shoulder	2
Cable Curl	Biceps	2

## Thursday (Day 3) – Legs, Chest, and Triceps

Exercise	Target Muscles	Sets
Machine Leg Press/Back Squat	Quads	3
Incline Bench Press	Chest	3
Pec Deck Machine Fly	Chest	3
Hip Thrusts	Glutes	2
Rope Pushdown	Triceps	2

## Saturday (Day 4) – Back, Shoulder, and Biceps

Exercise	Target Muscles	Sets
V-grip Lat Pulldown	Back	3

Bent-over Row	Back	3
Lateral Raises	Shoulder	2
Rear Delt Machine Fly	Shoulder	2
Rope Hammer Curl	Biceps	2

**Note:** You can make as many changes to this program as you want.

## Can You Train Your Abs on Rest Days?

Yes, you can train your abs once a week to [forge your core](#). Having a strong core helps enhance performance during other weightlifting exercises, such as the deadlift, bench press, and bent-over row.

## Can You Follow Drop Sets Training to Lose Weight?

Yes, you can pair drop sets resistance training with cardio to annihilate plenty of calories, build lean mass, and improve body composition.

## How Long Should You Perform Drop Sets to Build Muscle?

Whichever workout program you follow, you should stick with it for at least 8 weeks to see the results.

# 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. (If you do not have time extra time, skip this part).

## **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)

## **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 Shoulder Workout Program for Defined Delts](#)
- [12-Week Body Transformation Workout Plan](#)

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