

# 8-WEEK BACK AND BICEPS WORKOUT ROUTINE FOR MASS GAIN

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## Biceps and Back Muscle Building Exercises

Back	Biceps
Pull-ups	Chin-ups
Bent-over Row	Barbell Curl
V-grip Pulldown	Preacher Curl
Seated Cable Row	Hammer Curl
Medium-Grip Pulldown	EZ Bar Curl
Conventional Deadlift	Incline DB Curl
One-arm Dumbbell Row	Concentration Curl
Lat Pullover	Bayesian Cable Curl
Incline I-Y-T Raises	Dumbbell 21s
T-Bar Row	Hammer Chin-ups
Row Machine	Spider Curl
Pendlay Row	Alternating DB Curl
One-arm Cable Row	Drag Curl

### Other helpful resources:

- [15 Dumbbell Lat Exercises](#)
- [6 Best Unilateral Back Exercises](#)
- [15 Best Dumbbell Biceps Exercises](#)

## Workout Routine for Ultimate Mass Gain

This program includes various exercises, from [compound and isolation](#) to bilateral and unilateral.

I've also included a moderate to high rep-set range (10 to 20 reps per set) for muscle-building and heavyweight few rep-set ranges (5-10 reps per set) for strength-building.

**You can follow this workout schedule to train your triceps and chest together.**

- Monday – **Chest and Triceps**
- Tuesday – Back and Biceps
- Wednesday – **Legs and Shoulder** (Superset)
- Thursday – Chest and Triceps
- Friday – Back and Biceps
- Saturday – Superset Legs and Shoulder
- Sunday – OFF

#### **Instructions:**

Those who train biceps and back twice a week can do moderate rep-range sets (10-20 reps per set) on day one and heavyweight sets (6-10 reps per set) on day two. The combination of these two will help you increase strength and mass.

However, if you train **three times weekly**, split the above routine into two weeks and perform a combination of higher and fewer rep sets on the same day.

#### **Examples of warm-up exercises to do before lifting heavy:**

It is best to do a brief warm-up session to increase your heart rate and oxygen flow and prepare your muscles for weight training exercises.

Here are 10-minute warm-up workouts you can do before starting the back and biceps workout.

#### **Warm-up 1**

- 2-3 minute Upper Body Foam Rolling
- 3-5 minutes of Stationary Bike or Treadmill
- 10-15 Hindu Pushups
- 15-20 **Superman Pull**
- Pull-ups (as many reps as possible x 3)
- 15-20 Bench Presses (as a warm-up set)

#### **Warm-up 2**

- 3-5 minutes Treadmill

- 10-15 Inverted Row
- 5-10 **Floor IYT raises**
- 10-15 Bent-over Rows (lightweight)
- 8-10 Dive Bomber Pushups
- 15-20 Lat Pulldown with lightweight

## Week 1 & 5

### Tuesday – Back and Biceps Hypertrophy Focus

Exercise	Sets	Reps	Break
Pull-ups	3	Till Failure	90-sec
Bent-over Row	4	15, 12, 10, 8	2-min
V-grip Pulldown	4	15, 12, 10, 8	2-min
Seated Cable Row	4	15, 12, 10, 8	2-min
EZ Barbell Curl	3	15, 12, 10	90-sec
Hammer Curl	3	15, 12, 10	90-sec

### Friday – Back and Biceps Strength Focus

Exercise	Sets	Reps	Break
Medium-Grip Pulldown	4	10, 8, 8, 6	3-min
Conventional Deadlift	4	10, 8, 6, 4	3-min
One-arm Dumbbell Row	3	8-10/arm	1-min
Chinups	3	Till Failure	2-min
Incline Dumbbell Curl	3	8-10/arm	2-min
Preacher Curl	3	8-10/arm	2-min

## Week 2 & 6

### Tuesday – Medium Range Rep-Sets

Exercise	Sets	Reps	Break
Standing Rope Pulldown	4	15, 12, 10, 8	2-3 min
<b>Incline I-Y-T Raises</b>	3	10, 8, 6	2-3 min
T-Bar Row	4	15, 12, 10, 8	2-min
Rear Front Pulldown	3	15, 12, 10	2-min
Barbell Curl	3	15, 12, 10	2-min
Concentration Curl	3	10/arm	45-sec

## Friday – Heavyweight Rep Sets

Exercise	Sets	Reps	Break
Pull-ups	3	Till Failure	90-sec
Seated Cable Row	4	10, 8, 8, 6	2-min
Chest-Supported Row Machine	4	10, 8, 8, 6	2-min
Pendlay Row	3	10, 8, 6	2-min
Dumbbell Pullover	3	10, 8, 6	2-min
Bayesian Cable Curl	3	10/arm	45-sec
Hammer Curl	3	12, 10, 8	1-min

## Week 3 & 7

### Day 1 – Hypertrophy Sets (10-20 reps)

Exercise	Sets	Reps	Break
Bent Over Row	4	15, 12, 10, 10	2-min
Narrow Grip Pulldown	4	15, 12, 10, 10	2-min
T-Bar Row	4	15, 12, 10, 10	2-min
Seated Cable Row	4	15, 12, 10, 10	2-min
Dumbbell 21s	3	21	2-min
Hammer Chin-ups	3	Till Failure	2-min

### Day 2 – Heavyweight Sets (6-10 reps)

Exercise	Sets	Reps	Break
Conventional Deadlift	4	10, 8, 6, 4	3-min
Rear Lat Pulldown	4	10, 8, 6, 6	3-min
Chest-Supported Row Machine	4	10, 8, 6, 6	3-min
One-arm Dumbbell Row	3	10/arm	1-min
EZ Bar Barbell Curl	3	10, 8, 6	2-min
Incline Dumbbell Curl	3	10, 8, 6	2-min

## Week 4 & 8

### Tuesday – Back and Biceps

Exercise	Sets	Reps	Break
Pull-ups	3	Till Failure	2-min
Rear Lat Pulldown	4	15, 12, 10, 10	2-min
T-Bar Row	4	15, 12, 10, 10	2-min
Dumbbell Pullover	3	15, 12, 10	2-min
Alternating Dumbbell Curls	3	10/arm	45-sec
Spider Curls	3	15, 12, 10	2-min

### Friday – Back and Biceps

Exercise	Sets	Reps	Break
Bent-over Row	4	10, 8, 8, 6	2-3 min
Standing Rope Pulldown	3	12, 10, 8	2-min
Chest-Supported Row Machine	3	12, 10, 8, 6	2-min
Seated Cable Row	4	12, 10, 8, 6	2-min
EZ Bar Preacher Curl	3	15, 12, 10	2-min
Alternating Hammer Curl	3	15/arm	2-min

## 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:<sup>2</sup>

- **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 Resources:

- [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](#)
- [6-Week Hypertrophy Program for Ultimate Gains](#)

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