

12 WEEKS BIG RAMY WORKOUT ROUTINE FOR STRENGTH AND SIZE

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About Big Ramy Training Program

Big Ramy used to train five to six times a week, focusing on each muscle group effectively. His workout program mostly involves **machine exercises**, which are safe and efficient and help grow size and strength.

Brief Summary

- **Split Type:** Upper/Lower Split
- **Sessions/Week:** Six (Upper-Upper-Lower x 2)
- **Duration/Session:** 90 minutes to 2 hours
- **Workout Goal:** Strength and Muscle Growth
- **Difficulty Level:** Intermediate
- **Target Gender:** Men
- **Program Duration:** Three Months
- **Exercise Type:** Resistance Machine and **Free Weight Exercises**

Big Ramy Workout Split

- **Monday:** Back
- **Tuesday:** Shoulder
- **Wednesday:** Quads, Calves, and Abs
- **Thursday:** Chest

- **Friday:** Biceps and Triceps
- **Saturday:** Hamstrings, Glutes, and Abs
- **Sunday:** OFF

Workout Instructions

- **Warm-up:** Big Ramy initiates his training with 10 minutes of quick warm-up. His warm-up involves performing a few sets with light weights to prepare his muscles for intense and heavy sets. For example, he performs a chest fly before hitting his chest and leg extension before hammering his quads.
- **Rest Between Sets:** 60 seconds to 2.5 minutes.
- **Number of Reps and Sets:** Mamdouh used to perform high rep sets that involved 10-20 reps per set.
- **Amino Acids During Workout:** Big Ramy keeps himself hydrated using amino acids during the workout to enhance performance and avoid muscle cramps.

12-Week Big Ramy Workout Routine for Massive Growth

Week 1-4-7-10

Monday – Back

Exercise	Sets	Reps
Chest Supported Seated Machine Row	4	15-20
Close Grip Lat Pulldown	4	10-12
Seated Cable Rows	4	12-15
Standing Lat Pulldown	4	10-15
Low Back Extension	4	10-12
Seated Abdominal Machine Crunch	3	20-30

Tuesday – Shoulder

Exercise	Sets	Reps
Iso-lateral Shoulder Press (warm-up)	4	15-20
Reverse Pec Deck Fly	4	10-12

High Cable Rear Delt Fly	4	12-15
Behind The Neck Smith Machine Overhead Press	4	10-15
Barbell Front Raise + Upright Rows (Superset)	4	10-12

Wednesday – Quads, Calves, and Abs

Exercise	Sets	Reps
Leg Extension	4	15-20
Barbell Back Squat	4	10-15
Machine Leg Press	4	10-15
Forward Lunges	4	10/leg
Seated Calf Raises	3	15-20
Standing Machine Calf Raises	3	15-20
Machine Crunches + Hanging Knee Raises	3	15-20

Thursday – Chest

Exercise	Sets	Reps
Incline Dumbbell Flies (warm-up)	4	15-20
Incline DB Flies (working sets)	4	10-12
Hammer Strength Chest Press	4	12-15
High to Low Cable Fly (Lying Prone on an Incline Bench)	4	10-15
Flat Machine Bench Press	4	10-12

Friday – Arms

Exercise	Sets	Reps
Straight Bar Triceps Pushdown	4	10-12
Barbell 21 Curl	4	7-7-7 (21)
Skull Crushers	4	10-15
Preacher Curls	4	10-15
Machine Triceps Dips/Bench Dips	4	10-15
Overhead/High Cable Curls	4	10-15
Triceps Rope Pushdowns	1	Failure
Rope Biceps Curls	1	Failure

Saturday – Hamstrings, Glutes, and Abs

Exercise	Sets	Reps
Unilateral Standing Leg Curl	3	10/leg
Lying Leg Curl	4	12-15

Belt Squat	4	10-15
Seated Leg Curl	4	10/leg
Seated Hip Abduction	3	15-20
Reverse Lunges/Bulgarian Squat	3	10-12
Machine Crunch + Cable Chop	3	20-30

Week 2-5-8-11

Monday – Back

Exercise	Sets	Reps
Chest Supported T-Bar Row	4	15-20
Machine High Row	4	10-12
Close Grip T Bar Row	4	12-15
Front Lat Pulldown	4	10-15
Seated Machine/Cable Row	4	10-12
Standing Lat Pulldown	4	20-30
Single-arm Preacher Curl	3	10-12
Low Back Extension	3	15-20

Tuesday – Shoulder

Exercise	Sets	Reps
Lateral Dumbbell Raises	4	15-20
Reverse Pec Deck Fly	4	10-12
Seated Smith Machine Front Overhead Press	4	12-15
High Cable Reverse Fly	4	10-15
Behind The Neck Overhead Machine Press	4	10-12
Shoulder Shrug	4	10-15

Wednesday – Quads, Calves, and Abs

Exercise	Sets	Reps
Single-Leg Extension	4	15-20
Hack Squat	4	10-15
Machine Leg Press	4	10-15
Forward Lunges	4	10/leg

Seated Calf Raises	3	15-20
Standing Machine Calf Raises	3	15-20
Machine Crunch + Reverse Crunches	4	15-20

Thursday – Chest

Exercise	Sets	Reps
Incline Machine Chest Press	4	15-20
Flat Machine Bench Press	4	10-12
Seated Horizontal Machine Press	4	12-15
Incline Machine Chest Fly	4	10-15
Seated Pec Deck Fly	4	10-12
Straight Bar Triceps Press Down	3	10-15

Friday – Arms

Exercise	Sets	Reps
Barbell Biceps Curl	4	10-12
Barbell Skull Crusher	4	10-12
Close Grip EZ Bar Biceps Curl	4	10-12
Cable Triceps Press Down	4	10-12
Alternating Dumbbell Curl	4	10-12
Rope Triceps Push Down	4	10-12
Single-arm Hammer Curl	4	10-12
Machine/Bench Dips	4	10-12

Saturday – Hamstrings, Glutes, and Abs

Exercise	Sets	Reps
Unilateral Standing Leg Curl	3	10/leg
Lying Leg Curl	4	12-15
Belt Squat	4	10-15
Seated Leg Curl	4	10/leg

Seated Hip Abduction	3	15-20
Seated Hip Adduction	3	15-20
Machine Crunch + Cable Chop	3	20-30

Week 3-6-9-12

Monday – Back

Exercise	Sets	Reps
Reverse Grip Lat Pull Down	4	15-20
Close Grip Lat Pulldown	4	10-12
Seated Lat Machine Row	4	12-15
Single-arm DB Row	4	10-15
Seated Cable Row	4	10-12
Low Back Extension	3	15-20

Tuesday – Shoulder

Exercise	Sets	Reps
Seated Dumbbell Press	4	15-20
Standing Dumbbell Lateral Raise	4	10-12
Dumbbell Rear Delt Raise	4	12-15
Incline Chest Supported Front Raise	4	10-15
Incline Chest Supported Lateral Raise	4	10-12
Reverse Pec Deck Fly	3	10-12
Machine/Dumbbell/Barbell Shrug	4	10-15

Wednesday – Quads, Calves, and Abs

Exercise	Sets	Reps
Leg Extension	4	15-20
Barbell Back Squat	4	10-15
Machine Leg Press	4	10-15
Reverse Lunges	4	10/leg
Seated Calf Raises	3	15-20
Standing Machine Calf Raises	3	15-20
Machine Crunch + Hanging Knee Raises	3	15-20

Thursday – Chest

Exercise	Sets	Reps
Incline DB Bench Press	4	15-20
Flat Machine Bench Press	4	10-12
High to Low Cable Chest Fly	4	12-15
Smith Machine Incline Bench Press	4	10-15
Seated Pec Deck Fly	4	10-12
Triceps Press Down	3	10-15

Friday – Arms

Exercise	Sets	Reps
Triceps Push Down	4	12-15
Barbell Curl	4	12-15
Incline Barbell French Press	4	12-15
Preacher Curl	4	12-15
Crossbody 1-Arm Cable Triceps Extension	4	12-15
Single-arm Bench Supported Curl	4	12-15

Saturday – Hamstrings, Glutes, and Abs

Exercise	Sets	Reps
Unilateral Standing Leg Curl	3	10/leg
Reverse Hack Squat	4	12-15
Belt Squat	4	10-15
Seated Leg Curl	4	10/leg
Hip Thrust	4	10-12
Seated Hip Abduction	3	15-20
Machine Crunch + Cable Chop	3	20-30

Additional 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. Make Adjustment

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

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
- [12-Week Jay Cutler Training Program with Free PDF](#)

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