

BRAD SCHOENFELD INSPIRED 6-MONTH MUSCLE-BUILDING WORKOUT PLAN

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[Dr. Schoenfeld](#) is an exercise scientist, nutritionist, researcher, and expert in hypertrophy and body composition training.

His science-based and practical training approach helped many achieve their best shape and better fitness.

In this article, I'll share an ultimate muscle-building workout plan inspired by Brad Schoenfeld's training strategies. I've designed this routine using his interviews and various other sources.

It will be a six-month plan, divided into three phases, focusing on developing strength, endurance, and [hypertrophy](#).

It is for intermediate lifters who have been lifting weights for a while but want to [get bigger](#), stronger, and athletic.

Brad Schoenfeld-Inspired Workout Plan Summary

Program Duration: 6 months, divided into three phases (2 months each).

Phases: Strength, Hypertrophy, Metabolic (aligned with The M.A.X. Muscle Plan).

Sessions/Week: 4-5 days per week, targeting each muscle group twice weekly for optimal hypertrophy.

Rep Ranges: 6-30 reps, varying to target mechanical tension, metabolic stress, and muscle damage.¹

Recommended Number of Sets/Muscle Group: 10-20 sets per muscle group weekly, with 2-3x weekly frequency.

Rest Between Sets: 1-2 minutes for hypertrophy, 2-4 minutes for strength, 30-60 seconds for metabolic phases.²

Progression: Increase weight or reps weekly to achieve [progressive overload](#), aiming for 1-2 reps shy of failure in most sets.³

De-loading: Every 4-6 weeks, reduce intensity (50-60% of normal weight) for one week to aid recovery.

Nutrition: Maintain a slight caloric surplus (250–500 kcal above maintenance), with 1.6–2.2g protein per kg body weight daily. Consume protein (0.4g/kg) and carbs pre- and post-workout to support the anabolic window (24 hours post-exercise).

The Ultimate 6-Month Brad Schoenfeld's Workout Plan

This program is divided into three phases. The first phase (months 1-2) [focuses on strength development](#), the second phase concentrates on gaining mass (hypertrophy), and the third phase works on maximizing muscle pump and endurance using lighter loads.

- Phase 1: Strength (Months 1-2)
- Phase 2: Hypertrophy (Months 3-4)
- Phase 3: Metabolic (Months 5-6)

This routine incorporates training with high volume, varying rep ranges (6–30 reps), periodizing intensity, and ensuring recovery with de-loads.

All three phases, progressive overloading and de-loading, will help you build a strong, sculpted, and functional body.

Instructions to follow this exercise program:

- **Warm-Up:** 5–10 minutes of dynamic stretches and light sets of the first exercise.

- **Exercise Selection:** Use multi-joint (e.g., squats, bench press) and [single-joint exercises](#) (e.g., bicep curls) to target muscles from different angles.
- **Form:** Prioritize proper technique to maximize muscle activation and minimize injury.
- **Cardio:** Optional 1–2 sessions of low-intensity cardio or HIIT (10–15 minutes) to support recovery without blunting hypertrophy.
- **Individualization:** Adjust sets, reps, or exercises based on recovery, experience, and goals.

PHASE 1: STRENGTH (MONTHS 1-2)

The first phase involves strengthening the base to enhance muscle tension and support heavier lifts in later phases.

- **Frequency:** 4 days/week (e.g., Upper Push, Lower, Upper Pull, Full Body).
- **Reps per Sets:** 6–8 reps, 3–4 sets per exercise, 2–3 minutes rest.
- **Intensity:** 75–85% of 1RM (1–2 reps shy of failure).
- **Weekly Volume:** 10–12 sets per muscle group.

Day 1: Upper Push Workout

Exercise	Sets	Reps	Target Muscle
<i>Barbell Bench Press</i>	4	6-10	Chest
<i>Incline Dumbbell Press</i>	3	6-10	Chest
Overhead Barbell Press	4	6-10	Shoulder
<i>Cable Triceps Pushdowns</i>	4	10-14	Triceps
<i>Lateral Raises</i>	4	10-12	Shoulder

Day 2: Lower Body

Exercise	Sets	Reps	Target Muscle
<i>Barbell Back Squat</i>	4	6-10	Quads & Glutes
<i>Romanian Deadlift</i>	3	6-10	Hamstrings
<i>Leg Press</i>	4	10-12	Quads
<i>Calf Raises</i>	4	12-14	Calves

Day 3: Upper Body Pull Workout

Exercise	Sets	Reps	Target Muscle
<i>Barbell Bent-Over Row</i>	4	6-10	Back
<i>Pull-Ups (Weighted if possible)</i>	3	6-10	Back
<i>Seated Cable Row</i>	4	10-12	Back
<i>Dumbbell Bicep Curls</i>	4	12-14	Biceps
<i>Rear Delt Flyes</i>	3	10-12	Rear Delt

Day 4: Full Body Workout

Exercise	Sets	Reps	Target Muscle
<i>Deadlifts</i>	4	6-8	Back
<i>Incline Bench Press</i>	3	8-10	Back
<i>Lat Pulldown</i>	4	10-12	Back
<i>Smith Machine Lunges</i>	4	8/leg	Lower Body
<i>Hanging Knee Raises</i>	3	12-20	Abdominals

Progression: Add 2.5–5kg to lifts weekly if form allows. Deload in Week 5 (3 sets, 50–60% 1RM).

Phase 2: Hypertrophy (Months 3-4)

This phase focuses on maximizing muscle growth through higher volume and moderate loads, emphasizing metabolic stress and muscle damage.

- **Frequency:** 5 days/week (e.g., Push, Pull, Legs, Upper, Lower).
- **Reps/Sets:** 8–12 reps, 3–5 sets per exercise, 60–90 seconds rest.
- **Intensity:** 65–75% of 1RM (1–2 reps shy of failure).
- **Weekly Volume:** 15–20 sets per muscle group.

Day 1: Push workout

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Target Muscle</i>
<i>Incline Barbell Bench Press</i>	4	8-12	Chest
<i>Dumbbell Chest Flyes</i>	3	10-12	Chest
<i>Seated Shoulder Press</i>	4	8-12	Shoulder
<i>Skull Crushers</i>	4	12-14	Triceps
<i>Cable Lateral Raises</i>	4	12-14	Shoulder

Day 2: Pull Workout

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Target Muscle</i>
<i>Lat Pulldown</i>	4	10-12	Back
<i>Single-Arm DB Row</i>	3	10/side	Back
<i>Face Pulls</i>	4	10-12	Back
<i>EZ-Bar Bicep Curl</i>	4	12-14	Biceps
<i>Dumbbell Shrugs</i>	4	10-12	Shoulder

Day 3: Lower Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Target Muscle</i>
<i>Front Squat/Leg Press</i>	4	10-15	Quadriceps
<i>Bulgarian Split Squat</i>	3	10/leg	Thigh & Glutes
<i>Leg Curl</i>	4	16-20	Hamstrings
<i>Standing Calf Raise</i>	4	12-16	Calves

Day 4: Upper Body

Exercise	Sets	Reps	Target Muscle
Dumbbell Bench Press	4	8-12	Chest
T-Bar Row	4	8-12	Back
Arnold Press	3	10-12	Shoulder
Hammer Curls	3	12-14	Biceps
Overhead Tricep Extension	3	12-14	Triceps

Day 5: Lower Body

Exercise	Sets	Reps	Target Muscle
Deadlift	4	6-10	Posterior Chain
Hack Squat	3	10-12	Quadriceps
Seated Leg Curl	4	12-14	Hamstrings
Seated Calf Raise	4	12-14	Calves

Progression: Increase reps or weight weekly (e.g., 8 reps to 12, then add weight). Deload in Week 5.

Phase 3: Metabolic (Months 5-6)

The final phase will help you enhance your muscle pump and endurance using lighter loads, shorter rest, and higher reps to maximize metabolic stress.

- **Frequency:** 4-5 days/week (e.g., Full Body or Push/Pull/Legs).
- **Reps/Sets:** 12-20 reps (occasionally 20-30), 3-4 sets, 30-60 seconds rest.
- **Intensity:** 50-65% of 1RM (closer to failure for pump).
- **Weekly Volume:** 12-15 sets per muscle group.
- **Techniques:** Incorporate [drop sets](#) or [supersets](#) for efficiency, as Schoenfeld suggests for time-efficient workouts.

Monday: Full Body

Exercise	Sets	Reps	Target Muscle
Leg Press	4	12-16	Legs
Dumbbell Bench Press	4	12-16	Chest
Lat Pulldown	4	10-12	Back
Dumbbell Lateral Raise	3	12-14	Shoulder
4A Bicep Curls*	3	14-18	Biceps
4B Triceps Pushdowns*	3	14-18	Triceps

*Superset: Bicep Curls + Triceps Pushdowns: 3×15-20

Wednesday: Full Body

Exercise	Sets	Reps	Target Muscle
Dumbbell Goblet Squat	4	12-16	Legs
Incline Dumbbell Press	4	12-14	Chest
Seated Cable Row	4	12-14	Back
Face Pulls	3	12-14	Rear Delt
4A Calf Raise*	3	14-18	Biceps

4B Plank*	3	1-minute	Triceps
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*Superset calf raises with forearm plank to hit your calves and core efficiently in a limited time.

Thursday: Full Body

Exercise	Sets	Reps	Target Muscle
Romanian Deadlift	4	12-16	Hamstrings
Overhead Dumbbell Press	4	12-14	Shoulders
Pull-Ups or Assisted Pull-Ups	4	12-14	Back
Cable Woodchoppers	3	12-14	Obliques
*Leg Curl (dropset)	3	10-15	Hamstrings

***Drop Set: Leg Curl: 3 x 15-20 (drop weight 20% after 15 reps)**

Saturday – Full Body

Exercise	Sets	Reps	Target Muscle
Walking Lunges	4	10/leg	Legs
Cable Chest Fly	4	12-14	Chest
Seated Machine Row	4	12-14	Back
Rear Delt Fly	3	12-14	Rear Delt
4A Hammer Curls	3	14-18	Biceps
4B Bar/Bench Dips	3	14-18	Triceps

***Superset: Hammer Curls + Dips: 3 x 14-18**

Progression: Focus on increasing reps or reducing rest intervals.

Deload in Week 5.

Dr. Schoenfeld's Tips to Achieve Optimal Results

1. Nutrition Timing: Dr. Schoenfeld emphasizes that the anabolic window extends 24 hours post-workout. If training fasted, eat soon after; if a pre-workout meal was 1–2 hours prior, you're covered for 5–6 hours. Aim for 40g of protein post-workout (e.g., whey shake with fruit).

2. Supplements: Caffeine pre-workout is effective; creatine (5g daily) supports strength. Avoid overhyped testosterone boosters or BCAAs if protein intake is sufficient.

3. Recovery: Sleep 7–9 hours nightly and manage stress to optimize muscle growth.

4. Tracking: Log workouts to monitor progress and ensure progressive overload.

5. Customization: Adjust exercises for equipment availability or injuries but maintain multi-joint and isolation balance. Schoenfeld stresses there's no "one-size-fits-all" program.

Frequently Asked Questions (FAQs)

Who Can Follow This Exercise Program?

The plan is ideal for experienced lifters (at least one year of training) aiming to build muscle size and strength, including bodybuilders, athletes, and fitness enthusiasts. Beginners, those with limited equipment, or non-hypertrophy goals (e.g., [powerlifting](#) or fat loss) may need to change or use alternate programs.

How long does it take to see results from Schoenfeld's plan?

You'll start seeing the gains after 8-12 weeks, depending on how quickly your body responds to consistent training and a healthy diet. If you want to grow your size and strength, then gradually increase the load you lift and stay in caloric surplus (250-500 kcal). Let me know in the comment box if it doesn't work. You can also take a personal consultation to find out what's working and what's not.

Can I do cardio with this plan?

Cardio is optional, but it can support recovery and health. Schoenfeld suggests 1-2 sessions of [low-intensity cardio](#) or HIIT (10-15 min) per week, ensuring it doesn't interfere with hypertrophy. Avoid excessive cardio if you want to gain size.

Do I need supplements to follow this plan?

Supplements are optional, but they will help you achieve optimal results over time. Such as, 5g creatine boosts strength and recovery, 200–400mg caffeine before workout enhances performance, and whey protein isolates fulfill your protein requirement for muscle recovery and growth.

Can women follow this plan?

Yes, women can follow the plan, as hypertrophy principles apply universally. However, they may need slight adjustments, such as lowering volume and caloric surplus (150–300 kcal) to avoid excess fat gain. Strength and muscle gains will be proportionate to body size and hormones.

Is it okay to mix in other exercises not listed in the plan?

Absolutely, but make sure those exercises are similar to the listed exercises. For example, you can swap dumbbell lateral raises with the single-arm cable lateral raises, rear delt dumbbell raises to reverse pec deck, etc.

What if I miss a workout in the plan?

Missing one workout won't derail progress. Reschedule if possible or combine exercises into the next session but avoid overloading. Weekly volume (10–20 sets/muscle group) matters more than a single day

Can I follow this plan while cutting (losing fat)?

Yes, but expect slower gains. Use a moderate deficit (300–500 kcal), high protein (1.8–2.2g/kg), and lower volume (10–15 sets/muscle group). Strength and hypertrophy phases preserve muscle.

What if I don't feel a "pump" during the metabolic phase?

A pump isn't always felt, but it still drives hypertrophy. Use short rest (30–60 sec), high reps (15–20), and proper form. If this program doesn't help gain muscle in the long run, consider switching to a different one.