

# 8-WEEK BRANDON CURRY WORKOUT PLAN TO SMOKE YOUR GAINS

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Week 1 to 4	Body Part Split
Week 5 to 8	<a href="#">Upper Lower Split</a>
Program Goal	Bodybuilding
Training Level	Intermediate
Duration Per Session	75-120 Minutes
Frequency	4-5 Days per Week
Target Gender	Male
Suitable Age Group	16-40 Years

## Week 1 to 4 – Body Part Split

This body-part split routine involves performing one large and one small muscle together, for example, chest and biceps on Monday and Thigh and Calves on Thursday.

It will be a [four-day split](#) (two days workout, one day off, two days training, then two days off). This schedule allows you decent recovery time between workouts so you can train each muscle effectively.

## Here's the Brandon Curry Training Split for the first four weeks:

- Monday – Chest and Biceps
- Tuesday – Lats and Traps
- Wednesday – OFF
- Thursday – Thigh and Calves
- Friday – Shoulder and Triceps
- Saturday – OFF
- Sunday – OFF

### Monday – Chest and Biceps

Exercise	Sets	Reps
Incline Barbell Bench Press	3-4	8-12
Flat Dumbbell Chest Fly	3-4	8-12
Decline Barbell Bench Press	3-4	8-12
Incline Machine Chest Press	3-4	8-12
Seated Pec Deck Fly	3-4	10-15
Straight Bar Cable Curl	2-3	10-15
Preacher Machine Curl	2-3	10-15
D-Handles Cable Curl	2-3	10-15
One-arm Nautilus Curl	2-3	10-15

### Tuesday – Lats and Traps

Exercise	Sets	Reps
Front Lat Pulldown	4	10-15
High Machine Seated Row	4	10-15
Chest Supported Barbell Row	4	8-12
<b>Kroc Row</b>	3	10/side
Seated Machine Low Row	4	10-15

## Thursday – Thigh and Calves

Exercise	Sets	Reps
Leg Extension	3	10-15
Seated Machine Hip Adduction	3	12-15
Seated Leg Press	3	10-15
Lying Leg Press	3	10-15
Front Squat	3	8-10
Unilateral Side Leg Press	2	10/leg
Standing Single Leg Curl	3	10/leg
Lying Leg Curl	3	15-20
Calf Raises	3	15-20

## Friday – Shoulder and Triceps

Brandon shared some of his best moves for [training three-headed arm muscles](#) in a video.

Exercise	Sets	Reps
Smith Machine Behind the Neck Press	3-4	8-12
Seated Dumbbell Overhead Press	3-4	6-8
Incline Chest-Supported Machine Lateral Raises	3-4	8-12
Reverse Pec Deck Flies	3-4	10-12
Standing Lateral Raises	3-4	10-12
Triceps Bar Dip	3-4	10-12
Skull Crusher	3-4	10-12
Single-arm Cable Triceps Extension	3-4	10-12

## Week 5 to 8 – Upper Lower Split

By looking at Brandon Curry’s training style, I’ve split his workouts into a five-day schedule. It will be similar to the first four weeks’ routine but with one change.

During the fifth to eighth weeks, you’ll train your legs in two sessions, one for quads and the other for hams and calves.

It will help you **train your legs more effectively** and bring out the mass and definition.

Below is Brandon Curry’s training schedule and exercises for the last four weeks.

- Monday – Chest and Biceps
- Tuesday – Quadriceps
- Wednesday – Back
- Thursday – OFF
- Friday – Hamstrings and Calves
- Saturday – Shoulder Split
- Sunday -OFF

### Monday – Chest and Biceps

Exercise	Sets	Reps
Incline Barbell Bench Press	3-4	8-12
Flat Dumbbell Chest Fly	3-4	8-12
Seated Machine Chest Press	3-4	10-12
Bent-over Cable Chest Fly	3-4	10-12
Seated Cable Fly (BackSupported)	3-4	10-12
EZ Bar Cable Curl	2-3	10-15
Preacher Machine Curl	2-3	10-15
One-arm Nautilus Curl	2-3	10-15

<b>Incline Dumbbell Curl</b>	2-3	10-15
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## Tuesday – Quadriceps

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Barbell Back Squat	4	8-12
Barbell Walking Lunges	4	8-12/side
<b>Unilateral Leg Press</b>	4	10-12/leg
Leg Extension	4	15-20

## Wednesday – Back

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Wide-arm Front Lat Pulldown	2-3	10-12
Close Grip Lat Pull-down	2-3	10-12
Chest Supported T-Bar Row	2-3	10-12
Landmine Row	2-3	10-12
Seated Machine Row	2-3	10-12
Seated Close Grip Cable Row	2-3	10-12
Dorian Deadlifts	2-3	6-8

## Friday – Hamstrings and Calves

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Seated Leg Curl	3	12-15
Single leg Standing Leg Curl	2	10/leg
Barbell Romanian Deadlift	3	8-10
Lying Leg Curl	3	12-15
Lower Back Extension	3	10-12
Seated Calf Raises	4	15-20
Standing Calf Raises	4	15-20

## Saturday – Shoulder and Triceps

Exercise	Sets	Reps
Seated Dumbbell Overhead Press	3	8-12
Smith Machine Behind the Neck Press	3	8-12
High Cable Reverse Fly	3	10-12
Reverse Pec Deck Fly	3	10-12
Back-Supported Seated Lateral DB Raises	3	10-12
Triceps Press Down	3	10-15
Skull Crusher	3	10-15
Kickbacks/Single-arm Overhead Extension	3	10/arm

## 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 Resouces:**

- [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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