

# Calum Von Moger Workout Routines for Building Strength and Size

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Calum Von Moger is a bodybuilder, actor, and brand ambassador.

In his prime, he won several titles for his jacked, aesthetic, and proportional physique, especially WFF Mr. Universe, in 2014 and 2015.

He is also known for his portrayal of [Arnold Schwarzenegger](#) in the movie titled "[Bigger](#) (2018)".

However, his bodybuilding career took a halt after he tore his biceps while curling 400 pounds with classic physique bodybuilder [Chris Bumstead](#) in November 2017 and Quad while rock climbing in April 2018. ([Source](#))

Since the bicep's injury, he has endured many trials and tribulations in his career, but he has always managed to come back.

I hope we'll see the best of Calum Von Moger in the coming years.

# Calum Von Moger Workout Routines

Day	Split 1	Split 2	Split 3
1	Back	Chest & Triceps	Chest and Arms
2	Quads & Calves	Back and Biceps	Legs and Abs
3	Chest	Thigh and Abs	Back & Shoulder
4	Hamstring & Abs	Shoulder & Calves	Rest
5	Shoulders	Rest	Repeat
6	Arms	Repeat	–
7	OFF	–	–

I've crafted three routines based on Calum Von Moger's workout videos, which are available on [his YouTube channel](#).

The first routine is based on [muscle-group split](#) and involves training one muscle group per day.

The second routine involves [training two muscle groups together](#), a combination of large and small, such as chest triceps and back biceps.

Calum Von Moger's third and final routine involves training two to three muscle groups each session: chest, biceps, and triceps on Monday, Legs and Abs on Tuesday, and Lats, Traps, and Delts on Wednesday.

Depending on your fitness level and goal, you can follow one of them or combine them into a month-long program.

## Body Part Split (Plan 1)

- **Monday:** Back
- **Tuesday:** Quads and Calves
- **Wednesday:** Chest
- **Thursday:** Hamstrings and Abs
- **Friday:** Shoulders
- **Saturday:** Arms
- **Sunday:** OFF

This program involves training one muscle per session. It is great for people who want to follow a straightforward workout routine.

This is a high-volume training plan, so if you're a beginner, I recommend decreasing the number of sets, reps, or exercises in each session.

### Monday – Back

Exercise	Sets	Reps
Conventional Deadlift	6	10, 8, 6, 6, 6, 4
<a href="#">Yates Row</a> + Pull-up (Superset)	4	Till Failure
<a href="#">Reverse Grip Front Pulldown</a>	1	Till Failure
Front Pulldown	4	12, 10, 8, 6
Seated Cable Rowing	4	12, 10, 8, 6

## Tuesday – Quads and Calves

Exercise	Sets	Reps
Leg Extension (Warm-up)	2	15-20
Back Squat	4	8-10
Leg Press	4	8-10
Hack Squat	4	8-10
Leg Extension	4	10-15
Calf Raises	5	15-20
Seated Bend Forward	4	15-sec

## Wednesday – Chest

Exercise	Sets	Reps
Pec Deck/Decline Cable Fly	3	15-20
Incline Bench Press (warm-up)	1	15-20
Incline Barbell Bench Press	4	10, 8, 6, 6
Flat Machine Bench Press	4	10, 8, 6, 6
Bar Dips	3	Till failure
15-Degree Incline DB Fly	3	8-10
Pullover with Squeeze Press	3	8-10

## Thursday – Hamstrings and Abs

Exercise	Sets	Reps
Lying Leg Curl	4	12-15
High and Wide Leg Press	4	8-12
Hack Squat Good Morning + DB Sumo Stiff Leg Deadlift	4	8-12
Single-leg Standing Leg Curl	2	10/leg
Back Supported Leg Raises	4	15-20
Machine Abdominal Crunches	4	20-30

## Friday – Shoulders

Exercise	Sets	Reps
Behind The Neck Shoulder Press	4	8-12
Lateral Dumbbell Raises	4	8-10
Seated Dumbbell Raises	4	8-12

Upright Row + Shrug (superset)	4	8-12
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## Saturday – Arms

Exercise	Sets	Reps
EZ Barbell Curl	4	8-12
Preacher Curl	4	8-10
Concentration Curl	4	8-12
Press Down + Cable Curl	3	8-12
Overhead Cable Extension	4	8-10
<a href="#">Lying DB French Press</a>	4	8-12

## Combined Muscle Group Split (Plan 2)

- **Day 1:** Chest & Triceps
- **Day 2:** Back and Biceps
- **Day 3:** Thigh and Abs
- **Day 4:** Shoulder & Calves
- **Day 5:** REST
- **Repeat**

The second Von Moger's exercise plan involves training two muscle groups together, a combination of large and small, such as chest triceps and back biceps, in each session.

It involves working out four consecutive days, followed by one rest day.

### Day 1: Chest and Triceps

Exercise	Sets	Reps
Pec Deck Fly	4	10-12
Incline Dumbbell Press	4	8-12

Incline DB Fly + Pressdown (superset)	3	8-12
Decline Cable Fly + Overhead Extension	3	8-12
Seated Chest Press + Machine Dips	3	8-12

## Day 2: Back and Biceps

Exercise	Sets	Reps
Straight arm Cable Pulldown	4	10-12
Seated Machine Row	4	8-12
Low Machine Row	4	8-12
Seated Single-arm Cable Row	3	10/side
EZ Bar Cable Curl	3	8-12
Prone Dumbbell Curl	3	8-12
Preacher Curl	3	8-12

## Day 3: Thigh and Abs

Exercise	Sets	Reps
Seated Leg Extension	4	10-12
Reverse Hack Squat	4	8-12
Machine Leg Press	4	8-12
Leg Press (Drop set)	1	Till Failure
Leg Curl	4	15-20
Back Supported Leg Raises	3	15-20
Machine Abs Crunches	3	15-20

## Day 4: Shoulder and Calves

Exercise	Sets	Reps
Smith Machine Overhead Press	4	8-12
Dumbbell Lateral Raises	4	8-10
Seated Dumbbell Press	3	8-12
Dumbbell Rear Delt Row	3	8-12
Upright Row + Seated Calf Raises	4	10-12
Reverse Fly + Standing Calf Raises	4	10-12

# Advanced Workout Plan (Split 3)

- **Day 1:** Chest and Arms
- **Day 2:** Legs and Abs
- **Day 3:** Back and Shoulder
- **Day 4:** REST
- **Repeat**

Calum Von Moger's third and final routine involves targeting two to three muscle groups each session.

It follows a 4-day cycle with three consecutive workout days followed by a rest day.

## Day 1 – Chest and Arms

Exercise	Sets	Reps
Flat Barbell Bench Press	4	10-12
Incline Hammer Machine Chest Press	4	8-12
High-to-Low Cable Fly	3	8-12
EZ Bar Cable Curl	3	8-12
Alternating Dumbbell Curl	3	6/arm
Concentration Curl	3	6/arm
Machine Dips	3	10-12
Dumbbell French Press	3	8-12

## Day 2 – Back and Abs

Exercise	Sets	Reps
Leg Extension	4	10-15
Hack Squat/Back Squat	4	10-12
Machine Leg Press	4	10-15
Lying Leg Curl	4	10-15

DB Sumo Stiff leg Deadlift	4	8-10
Standing Calf Raises	4	15-20
Back Supported Leg Raises	3	15-20
Machine Abs Crunches	3	15-20

## Day 3 – Back and Shoulder

Exercise	Sets	Reps
Bent-over Barbell	4	10-12
Close Grip Pulldown	4	8-12
Low Machine Row	4	8-12
Seated 1-arm Cable Row	3	8/side
DB Overhead Press	3	8-12
1-arm Lateral Cable Raise	3	8/side
Reverse Pec Deck Fly	3	8-12
Shrug	3	8-12

## 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 \(Ft. John Meadows\)](#)

# 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.