

# THE 8 WEEK CHEST AND BACK WORKOUT ROUTINE FOR MAXIMUM MASS GROWTH

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## Pros and Cons of Training Back and Chest Together

The back and the chest are agonist and antagonist muscles, so it is okay to train them together.

The chest primarily works during [push exercises](#), while the back mainly engages during [pull movements](#).

You can pair push and pull exercises to hit your back and chest and build a firm and aesthetic torso.

However, training the chest and back together has some benefits and downsides, and knowing them will help you decide whether you should do it or not.

### Benefits

- Back and chest workouts involve compound lifts, such as bench presses, bent-over rows, and deadlifts. And compound exercises are great for growing strength and mass.
- Working out your back and chest requires more energy that ultimately burns more calories and enhances cardiovascular fitness.
- Training back and chest together allows you to focus more on shoulder and arms training. It will help you build an overall firm and muscular upper body.

### Disadvantages

- The back and chest are both large muscle groups and training them together will make you tired faster.
- Sometimes pushing yourself too much can lead to injuries. So, do it only when you're confident that you can do it.

## Chest and Back Workout Routine

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

- Monday – Back and Chest
- Tuesday – Legs and Abs
- Wednesday – Shoulder and Arms
- Thursday – Chest and Back
- Friday – Tuesday – Legs and Abs
- Saturday – Shoulder and Arms
- Sunday – OFF
- If you train three days a week, split this routine into two weeks.

**Here's how the chest and back workout program look:**

- Week 1 – Standard Rep Set
- Week 2 – Drop Set
- Week 3 – Standard Rep Set
- Week 4 – Superset
- Week 5 – Superset
- Week 6 – Isolation Sets
- Week 7 – Superset
- Week 8 – Pyramid Set

**Warm-up:** It is best to do 5-10 minutes of warm-up exercises to increase your heart rate and prepare your muscles for intense resistance exercises. You can jog on the treadmill, do bodyweight cardio exercises, or lift a lightweight bar and dumbbell for warm-up.

**Safety tip:** When you train your lats, traps, and pecs all muscles together, make sure you pay attention to signs of fatigue or discomfort. When feeling too tired, you can reduce the number of reps and sets and end your workout earlier.

## Week 1 – Standard Rep Set

### Monday

Exercise	Sets	Reps	Rest
Pull-ups + Pushups (Superset)	3	6-10	15-sec
Front Lat Pulldown	3	10-12	2-min
Seated Cable Row	3	10-12	2-min
Bent-over Barbell Row	3	10-12	2-min
Incline DB Bench Press	3	12-15	2-min
High to Low Cable Fly	3	12-15	2-min

### Thursday

Exercise	Sets	Reps	Rest
Flat Bench Press	4	10-12	2-min
Pec Deck Fly	3	10-12	2-min
Pullover	3	10-12	2-min
Standing Lat Pulldown	3	12-15	2-min
One-arm Dumbbell Row	2	10/side	1-min
Inverted Row + Bar Dips (Superset)	3	8-10	15-sec

## Week 2 – Drop Set

Drop sets involve performing multiple sub-sets within a set. In a drop set workout, you perform a certain number of reps till failure, then decrease weight and again perform some reps, and continue until you can't.

It's an intense method of training that requires decent muscular strength and endurance.

If you can do the drop set, follow the below workout or perform the week 3 workouts.

### **Here's how you can perform reps and sets in drop-set training.**

- Sets per exercise: 3
- Subsets per set: 3
- Rest between sets: 3 minutes

### **The intensity of lift during subset:**

- Subset 1: Lift at 75% of maximum strength (1RM) and perform as many reps as possible.
- Subset 2: Lift at 50% of your 1RM and do as many reps as possible.
- Subset 3: Lift at 30% of your 1RM and do as many reps as possible.
- For example, if you maximally lift 50kg in one rep, then start with 37-38 kg and perform the next subsets accordingly.

Here are the chest and back exercises for the drop set training.

## **Monday**

- V-Grip Lat Pulldown
- Seated Cable Rowing
- Incline Hammer/Smith Machine Chest Press
- Bent-over Cable Fly

## Thursday

- Flat Barbell Bench Press
- Seated Pec Deck Machine Fly
- Wide-Grip Lat Pulldown
- Bent-over Barbell Row

## Week 3 – Standard Rep Set

### Monday

Exercise	Sets	Reps	Rest
Pull-ups + Pushups (Superset)	3	6-10	15-sec
Conventional Deadlift	3	6-8	2-min
Medium-Grip Lat Pulldown	3	10-12	2-min
Seated Cable Row	3	10-12	2-min
Decline Bench Press	3	12-15	2-min
Low to High Cable Fly	3	12-15	2-min

### Thursday

Exercise	Sets	Reps	Rest
<a href="#">Incline Barbell Bench Press</a>	4	10-12	2-min
Pec Deck Machine Fly	3	10-12	2-min
Dumbbell Pullover	3	10-12	2-min
<a href="#">Standing Lat Pulldown</a>	3	12-15	2-min
One-arm Dumbbell Row	3	10-12	1-min
Inverted Row + Bar Dips (Superset)	3	8-10	15-sec

## Week 4 – Superset

Superset is a popular training method that involves training a pair of muscles together, typically [agonist and antagonist muscles](#) (like the back and chest).

It is a time-efficient workout where you perform multiple sets of different exercises with little or no rest between them.

Supersetting is an excellent way to utilize your workout time. However, it is an advanced method of training. And following a [superset workout routine](#) requires a great deal of muscular endurance.

Here's the superset workout routine for back and chest you can do during the fourth week of the 8-week program:

## Monday

Supersets	Sets	Reps
Pull-ups + Pushups (Bodyweight)	3	6-10
Lat Pulldown + Flat DB Bench Press	3	8-12
Cable Row + Bent-over Cable Fly	3	8-12
Bent-over Row + Low-to-High Cable Fly	3	8-12

## Thursday

Supersets	Sets	Reps
Standing Lat Pulldown + Incline DB/Machine Bench Press	3	10-12
Bent-over Barbell Row + Pec Deck Fly	3	10-12
One-arm DB Row + Pullover	2	10-12
Inverted Row + Bar Dips	3	8-12

## Week 5 - Standard Rep Set

### Monday

Exercise	Sets	Reps	Rest
Pull-ups + Pushups (Superset)	3	6-10	15-sec
Conventional Deadlift	4	10, 8, 6, 4	2-3 min
Seated Cable Row	3	10-12	2-min
Incline DB Bench Press	3	12-15	2-min

High to Low Cable Fly	3	12-15	2-min
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## Thursday

Exercise	Sets	Reps	Rest
Flat Bench Press	4	10-12	2-min
Pec Deck Machine Fly	3	10-12	2-min
Dumbbell Pullover	3	10-12	2-min
V-grip Lat Pulldown	3	12-15	2-min
<a href="#">Pendlay Row</a>	3	10-12	1-min
Inverted Row + Bar Dips (Superset)	3	8-10	15-sec

## Week 6 – Isolation Sets

The [isolation exercises](#) target specific muscle groups and helps [improve muscle definition and strength imbalance](#).

Dedicating a workout week that only includes isolation exercises will help you improve the appearance of your torso.

Here's the workout:

## Monday

Exercise	Sets	Reps	Rest
<a href="#">One-arm Lat Pulldown</a>	3	10/side	1-min
Seated Cable Row	3	10-12	1-min
Unilateral Dumbbell Row	2	10/side	1-min
Flat DB Bench Press	3	12-15	1-min
Pec Deck Machine Fly	3	12-15	1-min
Decline Cable Fly	2	10/side	1-min

## Thursday

Exercise	Sets	Reps	Rest
<a href="#">Behind the Neck Pulldown</a>	3	10/side	2-min
<a href="#">Rope Lat Pulldown</a>	3	10-12	2-min
<a href="#">Incline Dumbbell Prone Row</a>	3	10/side	2-min
Incline DB Bench Press	3	12-15	2-min
Dumbbell Pullover	3	12-15	2-min
Upward Cable Fly	3	10/side	2-min

## Week 7 – Standard Rep Set

### Monday

Exercise	Sets	Reps	Rest
Pull-ups + Pushups (Superset)	3	6-10	15-sec
Conventional Deadlift	3	6-8	2-min
Medium-Grip Lat Pulldown	3	10-12	2-min
Seated Cable Row	3	10-12	2-min
Decline Bench Press	3	12-15	2-min
Low to High Cable Fly	3	12-15	2-min

### Thursday

Exercise	Sets	Reps	Rest
<a href="#">Incline Barbell Bench Press</a>	4	10-12	2-min
Pec Deck Machine Fly	3	10-12	2-min
Dumbbell Pullover	3	10-12	2-min
Standing Lat Pulldown	3	12-15	2-min
Low-Back Extension	3	10-12	1-min
Inverted Row + Bar Dips (Superset)	3	8-10	15-sec

## Week 8 – Pyramid Rep Set

The pyramid set workout is another excellent way of training muscles for bodybuilding. Like the drop sets, it also involves performing multiple sub-sets within a set. However, during the pyramid sets, the number of reps will increase after each subset.

**Here's how you can do the back and chest pyramid set workout.**

- Sets per exercise: 3
- Subsets per set: 3
- Rest between sets: 3 minutes

**The intensity of lift during subset:**

- Subset 1: Lift at 75% of maximum strength (1RM) and perform three reps.
- Subset 2: Lift at 50% of your 1RM and do six reps.
- Subset 3: Lift at 25% of your 1RM and perform nine reps.
- You can also reverse it by increasing weight and decreasing the number of reps. It is up to you how you do it.

## **Monday**

- V-Grip Lat Pulldown
- Seated Cable Rowing
- Incline Hammer/Smith Machine Chest Press
- Bent-over Cable Fly

## **Thursday**

- Flat Barbell Bench Press
- Seated Pec Deck Machine Fly
- Wide-Grip Lat Pulldown
- Bent-over Barbell Row

# **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)

## **Helpful Resouces:**

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)

- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)

### Related Workout Programs:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12-Week Shoulder Workout Program for Defined Delts](#)
- [12-Week Body Transformation Workout Plan](#)

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