

David Laid Workout Plan for Strength & Mass

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/david-laid-workout-plan-and-pdf>

David Laid is an inspiring fitness professional known for his impressive body transformation and strong and symmetrical physique.

He follows a hybrid training program that combines [powerlifting](#), bodybuilding, and endurance exercises. This style of training helped him develop impressive strength and aesthetic physique over time.

I've watched various videos on David's YouTube channel to create workout plans for people who want to try his way of training.

With the help of his videos, I've designed two workout routines: Push/Pull/Legs (PPL) and Upper/Lower Splits.

These programs are highly inspired by David Laid's workout style.

David Laid Inspired Push/Pull/Legs (PPL) Split Workout

This David Laid-inspired [PPL split](#) involves performing all three major powerlifting lifts (Bench, Deadlift, and Squat) along with single-joint musclebuilding exercises, like press-down, pulldown, and single-arm row.

This program starts with push exercises, followed by pull and leg workouts.

- Day 1 – Push Workout
- Day 2 – Pull Workout
- Day 3 – Leg Workout
- OFF
- Repeat

Push Day Workout

Exercises	Sets	Reps	Target Muscle
Flat Bench Press (Machine/Barbell)	4	8-12	Chest
Seated Dumbbell Overhead Press	4	10-12	Shoulder
Behind The Neck Press/Lateral Raises	4	8-12	Shoulder
Parallel Bar Dips	4	Failure	Pecs & Triceps
Cable Pressdown	4	10-15	Triceps
Any exercise for your weak muscle	3	Failure	Your Weakest

Pull Day Workout

Exercises	Sets	Reps	Target Muscle
Sumo Deadlift	7	2	Legs & Back
Pull-ups	4	Failure	Back
Bent-over Barbell Row	4	8-12	Back
Close Grip Lat Pulldown	4	8-12	Back

Leg Day Workout

Exercises	Sets	Reps	Target Muscle
Back Squat	4	10	Legs
Standing Static Hold	3	45-60 sec	Full Body
Leg Press	3	20	Legs
Leg Extension	3	20	Quads
Leg Curl	3	20	Hamstrings
Calf Raises	4	20	Calves

David Laid Upper/Lower Split Routine

This second David Laid workout routine involves [alternating between upper-body and lower-body](#) workouts.

It is an efficient way to put equal focus on both parts of the body while ensuring a decent recovery time between sessions.

- Day 1 – Upper Body
- Day 2 – Lower Body
- Day 3 – Upper Body
- Day 4 – Lower Body
- OFF
- Repeat...

Day 1: Upper Body Workout – Back and Biceps

Exercises	Sets	Reps
Lat Pulldown	4	10-12
Single-arm DB Row	3	10/side
Neutral Grip T-Bar Rows	4	12-15
Straight arm Cable Pullover	4	10-12
Single-arm Cable Rowing	3	10/side
DB/Barbell Biceps Curl	4	10/arm

Day 2: Lower Body Workout – Thighs and Glutes

Exercises	Sets	Reps
Back Squat	5	10-12
Leg Press	5	15-20
Lying Leg Curl	5	15-20
Hip Thrust	5	10-12

Day 3: Upper Body – Chest, Shoulder, and Triceps

Exercises	Sets	Reps
Incline Bench Press	4	10-12
75-degree Incline Dumbbell Press	4	10-12
Hammer Strength Low Chest Press + Bend Over Lateral DB Raises (Superset)	3	10-12
Standard Side Delt DB Raises + Triceps Press down (Superset)	3	10-12
Cable Forward Triceps Extension	3	10-12

Day 4: Lower Body Workout

Exercises	Sets	Reps
Back Squat	4	6-10
Leg Press	4	10-12
Leg Curls	4	15-20
Leg Extensions	4	15-20
Calf Raises	4	15-20

David Laid's Techniques for Strength and Muscle Development

- **Combination of Strength and Isolation Exercises:** David's many training splits involve a blend of powerlifting and isolation exercises. He frequently performs back squats, bench presses, and deadlifts to build strength and isolation exercises to bring out the best shape and build definition.
- **Progressive Overload:** David consistently challenges his muscles to work harder through progressive overload. He always strives to increase the amount of weight lifted to ensure that he pushes his muscles to grow.
- **Diet:** Physique transformation isn't possible without proper nutrition. David Laid emphasizes a high-protein diet and balanced macronutrients to fuel his workouts and aid in recovery.
- **Make Required Changes:** David doesn't stick to a rigid routine. He switches exercises based on how he feels and to keep things interesting, while still hitting all major muscle groups each week. It's an important one because there's nothing fixed in bodybuilding, a plan that works for one doesn't necessarily work for others. So, you must keep checking what's working for you and what's not.

I highly suggest including [abs exercises](#) in your program whenever is convenient for you. Strong abs help you lift heavier, improve your six-pack appearance, and help prevent multiple injuries.

Like David Laid, I've also created [training plans](#) that are inspired by various professional bodybuilders, including [Chris Bumstead](#), Arnold Schwarzenegger, Dorian Yates, Jay Cutler, and [Roman Dino Pro](#). I think you can also explore them.