

# 12 WEEK DORIAN YATES WORKOUT ROUTINE FOR MASS GAIN

Created by: [Murshid Akram](#)  
Check out [article](#) for more info

## The Dorian Yates Training Strategies

### 1. High-Intensity Training

The HIT training approach helped Dorian build an impressive physique. His training involves performing fewer sets and reps with all effort. He used to perform a single, all-out set for each exercise, near failure to maximize muscle fiber stimulation.

### 2. Warm-Up Sets

Yates accustomed to performing one or two warm-up sets before going for the single all-out set. Warm-up sets help activate and prepare the muscle to lift heavy and minimize the risk of injuries.

### 3. Focused Negative Reps

Dorian Yates prioritizes including the negative reps in his routine. Negative reps involve focusing on the eccentric (lowering) phase of the lift, when the muscles are highly contracted. You can perform negative reps with the help of a spotter who can assist you in lifting the weight until your arms are at the lockout position.

### 4. Partial Range of Motion

Dorian Yates utilized controlled and limited range of motion in his training to maintain constant tension on the muscles throughout the movement. Doing partial

reps will help you lift more, increases the time under tension, and [promote muscular hypertrophy](#).

# The Ultimate Dorian Yates Workout Plan (Blood & Guts)

## SUMMARY

- **Suggested Program Duration:** 12 Weeks
- **Split Type:** Dorian Yates Blood & Guts
- **Sessions/week:** 4 days a week
- **Duration/session:** 60-90 minutes
- **Program Goal:** Promote Strength and Hypertrophy
- **Target Gender:** Men
- **Workout Difficulty:** Intermediate to Advanced

## SCHEDULE

- **Monday:** Delts, Traps, Triceps, and Abs
- **Tuesday:** Back and Rear Delts
- **Wednesday:** Rest
- **Thursday:** Chest and Biceps
- **Friday:** Quads, Hamstrings, and Calves
- **Saturday:** Rest
- **Sunday:** Rest

**Note:** This routine can vary from the one Dorian Yates used to follow.

**Rest between sets:** 1-2 minutes

## Monday – Shoulder, Traps, Triceps, and Abs

### Warm-up:

- 5-minute Treadmill or Biking
- Prone IYT Raises (2 sets of 5 reps)
- Banded Pull Apart (1 sets x 10 reps)
- One-arm DB Upright External Rotation (1 set x 12 reps per arm)
- [Prone Around The World](#) (1 sets x 6-8 reps)

## Main Workout:

Exercise	Reps x Sets
Smith Machine Overhead Press	12-15 x 2 (warm-up) and 8-10 x 1 (working)
Dumbbell Lateral Raises	10-12 x 2 (warm-up) and 8-10 x 1 (working)
1-arm Cable Lateral Raises	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Dumbbell Shrug	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Triceps Pushdown	10-12 x 2 (warm-up) and 8-10 x 1 (working)
Skull Crusher	10-12 x 1 (warm-up) and 6-8 x 1 (working)
One-arm Reverse Pushdown	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Roman Chair Sit-up	20 x 1
Standard Crunch	20 x 1
Reverse Crunch	20 x 1

Dorian Yates workout program

## Tuesday – Back and Posterior Delts

### Warm-up:

- Upper Body Foam Rolling (2-3 minutes)
- Treadmill Jog (3-5) minutes
- [Other Bodyweight Exercises](#) (3-5 minutes)

### Main Workout:

Exercise	Reps x Sets
<a href="#">Machine Pullover</a>	10-12 x 2 (warm-up) and 8-10 x 1 (working)
Hammer Pulldown	10-12 x 2 (warm-up) and 8-10 x 1 (working)
Bent-over Barbell Row	10-12 x 2 (warm-up) and 8-10 x 1 (working)
One-arm Machine Row	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Reverse Pec Deck Fly	10-12 x 2 (warm-up) and 8-10 x 1 (working)
<a href="#">DB Rear Delt Raises</a>	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Hyperextension	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Dorian Deadlift	8-10 x 1 (warm-up) and 6-8 x 1 (working)

### Exercise Replacement:

- **If your gym doesn't have pullover and pulldown machines**, replace the neutral grip lat pulldown with the hammer machine and the [dumbbell pullover](#) with the machine pullover.

## Thursday – Chest and Biceps

### Warm-up:

- 5-minute Low-Intensity Treadmill/Bicycling
- Single-arm Dumbbell Upright External Rotation (1 set x 12 reps per arm)
- [Single-arm DB Lateral External Rotation](#) (1 set x 12 reps per arm)
- Banded Pull apart (10 reps)
- Inverted Row (10 reps)
- Dive Bomber Pushups (10 reps)

### Main Workout:

Exercise	Reps x Sets
Incline Barbell Bench Press	12-15 x 2 (warm-up) and 8-10 x 1 (working)
Seated Machine Chest Press	10-12 x 2 (warm-up) and 8-10 x 1 (working)
<a href="#">Incline Dumbbell Fly</a>	10-12 x 1 (warm-up) and 6-8 x 1 (working)
Decline Cable Chest Fly	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Incline Dumbbell Curl	10-12 x 1 (warm-up) and 6-8 x 1 (working)
EZ Bar Biceps Curl	10-12 x 1 (warm-up) and 6-8 x 1 (working)
One-arm Preacher Curl	10-12 x 1 (warm-up) and 6-8 x 1 (working)

## Friday – Quads, Hamstrings, and Calves

### Warm-up:

- **Stationary Bicycling** (5-minutes low intensity)
- **Lying Hip Twist** (10 reps on each side)
- **Low Lunge** (5 reps on each side, 5-sec hold during each repetition)
- **Isometric Lateral Lunges** (5 reps on each side, 5-sec hold during each repetition)
- **Front and Lateral Leg Swing** (10 reps on each side)
- **Seated Forward Toe Reach** (5 reps with 5-sec hold during each repetition)
- **Lying Crossover Stretch** (5 reps on each side, 5-sec hold during each repetition)
- **Inchworm** (30 seconds)

### Main Workout:

Exercise	Reps x Sets
Leg Extension	12-15 x 2 (warm-up) and 8-10 x 1 (working)
Leg Press	10-12 x 2 (warm-up) and 8-10 x 1 (working)
Hack Squat	10-12 x 1 (warm-up) and 6-8 x 1 (working)
Seated Leg Curl	10-12 x 1 (warm-up) and 8-10 x 1 (working)
Stiff-legged Deadlift	10-12 x 1 (warm-up) and 6-8 x 1 (working)
Calf Press	10-12 x 1 (warm-up) and 6-8 x 1 (working)
Seated Calf Raise	10-12 x 1 (warm-up) and 6-8 x 1 (working)

## Who Can Follow Dorian's HIT Program?

The Dorian Yates high-intensity training program is for everyone who wants to build a thick, muscular, and sizeable physique. However, it requires skill, experience, and strength to follow his program.

So, those who are training for a while and want to challenge their strength and endurance with immensely intense workouts can follow Dorian's Blood & Guts workout plan.

But if you lack core strength, not familiar with the technicality of the exercises mentioned in this program, [want to lose weight](#), or have any health issue, it is best to avoid this routine.

## Recommended Macros for Muscle Building

Diet plays an essential role in repairing and healing muscles and increasing muscle growth.

Your diet must include key nutrients, such as protein (highly important), carbs, fats, and fiber.

For your information, one gram of protein and carb has 4 calories, while 1 gram of fat contains 9 calories.

You should take the following amount of nutrients according to an article published by the National Institute of Health:<sup>2</sup>

- **Protein** – You need to consume sufficient protein 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** You can consume sufficient amounts of carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

# 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)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

## Helpful Resources:

- [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 Biceps and Triceps Workout for Bigger Arms](#)
- [12 Week Back Workout Routine for Maximum Mass](#)

**Help us grow online so we can reach to large audience:**

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)

## Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.

The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. We are not liable for any loss resulting from any action taken or reliance made by you on any of the information or material contained in this file.

If you use, or otherwise rely on, any of the information you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances.

You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Thefitnessphantom.com No intellectual property rights or other rights in, and to, the information and materials on this site are transferred to any person who acquires or may use. Except as permitted under the applicable law in your location.

You may not adapt, reproduce, publish or distribute copies of any materials contained on our website or from our file (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).