

# Dwayne “The Rock” Johnson Workout Routine to Gain Mass

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/dwayne-johnson-workout-routine>

This program will have five sessions per week, focusing on every body part specifically. For example, Chest on Day 1, Back on Day 2, Legs on Day 3, Shoulders on Day 4, and Arms on Day 5.

I'll also put out The Rock's workout plan PDF at the end. You can download and use it offline.

## The Rock's Training Plan Summary

Split Type	Muscle Group Split (One body part a day)
Workout Type	Weight Training
Sessions/week	5 (Mon, Tue, Wed, Fri, & Sat)
Duration/Session	90 minutes
Workout Goal	Increase Strength & Hypertrophy
Program Difficulty	Moderate to High
Experienced Needed	Intermediate
Target Gender	Male
Suitable Age Group	20s & 30s
Program Duration	12 Weeks

- **Monday:** Chest
- **Tuesday:** Back
- **Wednesday:** Legs
- **Thursday:** OFF
- **Friday:** Shoulder

- **Saturday:** Arms
- **Sunday:** OFF

This schedule allows you to focus on every muscle group specifically and helps you build a strong, jacked, and symmetrical body.

### **INSTRUCTIONS:**

- **Warm up before lifting heavy weights** to increase blood flow and reduce muscle stiffness. You can do [resistance band exercises](#), [dynamic stretching](#), and light resistance training (one set of each exercise with lightweight before lifting heavy) to have an effective warm-up session.
- **Rest for 1-2 minutes between sets.** Shorter rest time during single-joint exercises (like biceps curls, leg extension, triceps extension, and leg curls) and longer rest periods during multi-joint exercises (such as bench press, overhead press, squats, and deadlifts).
- **Pre-Workout:** It is a high-volume workout plan, and you need the energy to do well. That's why I suggest taking some pre-workout meals or supplements to enhance your performance. Meals examples: Oatmeal, Protein Smoothie, Protein Bars, Banana, and Whole Wheat Bread.
- **Post Workout:** After completing intense training, you have to consume a high-protein meal to help recover your muscles quicker. For example, you can take whey protein, boiled eggs, chicken kebab or breast, and oatmeal.

Let's uncover the workout routine.

# Monday – Chest Workout

Exercises	Sets	Reps
Incline Barbell Bench Press	4	12, 10, 8, 6
Flat Bench Dumbbell Press	4	12
<a href="#">Hammer Strength Press</a>	4	12
<a href="#">Flat Bench Dumbbell Fly</a>	3	12
5A <a href="#">Cable Crossovers</a>	3	15
5B Bar Dips	3	Failure

# Tuesday – Leg Workout

Exercises	Sets	Reps
Leg Extensions	4	25
Leg Press	4	25
Walking Lunges	4	20/leg
Machine Hack Squat	4	20
<a href="#">Romanian Deadlift</a>	4	12
Lying Leg Curls	4	12
Standing Calf raise	5	25
Seated Calf Raise	5	25

# Wednesday – Back Workout

Exercises	Sets	Reps
Pull Ups	4	AMRAP
<a href="#">Hammer Strength Row</a>	4	12
<a href="#">Close Grip Pulldown</a>	3	12
* <a href="#">Seated Cable Row</a>	3	See below
<a href="#">Straight-arm Pullovers</a>	4	12
<a href="#">One Arm Dumbbell Row</a>	4	10/side
* <a href="#">Dumbbell Shrugs</a>	4	15

**\*Seated Cable Row (dropset):** Perform 4-6 reps, lower the weight by 10-20% and do 4-6 reps, drop the weight again, and perform till failure. That's one drop set. Repeat three times.

**\*Dumbbell Shrugs:** Hold for 15 seconds at the top in the last rep of each set.

## Friday – Shoulder Workout

Exercises	Sets	Reps
<a href="#">Hammer Strength Shoulder Press</a>	4	12, 10, 10, 8
<a href="#">Seated Dumbbell Overhead Press</a>	3	10
<b>*<a href="#">Standing Side Delt Raises</a></b>	4	See below
<a href="#">Single-arm Cable Lateral Raises</a>	3	10
Rear Delt Machine Fly	4	12
Bent-over Lateral Raises	4	12

**\*Standing Side Delt Raises:** Perform drop sets. Grab dumbbells and perform 6 reps, lower the weight and do 6-8 reps, and drop weight again and aim for as many as possible.

## Saturday – Arm Workout

Exercises	Sets	Reps
EZ Bar Preacher Curls	4	12
Standing Barbell Curls	4	12
Alternating 1-arm DB Curl	4	12
Triceps Pushdowns	4	12
Overhead Extensions	4	12
Bar Dips	4	12

# Who Can Follow The Rock's Workout Plan?

This Dwayne Johnson exercise plan is only for experienced lifters who have been exercising for a while and want to increase strength and mass.

Beginners and people with injuries should avoid it and instead, they can try this [minimalist workout plan](#).

## Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)
6. [20 Best Dynamic Warm-Up Exercises](#)
7. [The Ultimate List of Functional Exercises](#)