

12-WEEK FRANCO COLUMBU TRAINING PROGRAM FOR ULTIMATE GROWTH

Created by: [Murshid Akram](#)
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Workout Split/Schedule

Franco Columbu used to follow a unique workout split that involves a 14-week cycle. He trained twice daily, one session in the morning and the other in the evening.

Day	Morning	Evening
Day 1	Chest & Delts	Arms and Abs
Day 2	Back	Legs
Day 3	Abs	Chest & Delts
Day 4	OFF	Arms
Day 5	Legs and Abs	Back
Day 6	Abs and Oblique	Chest & Delts
Day 7	Rest	Rest
Day 8	Arms	Legs
Day 9	Abs and Oblique	Back
Day 10	Chest & Delts	Biceps & Triceps
Day 11	Back and Abs	Legs
Day 12	Abs	Chest & Shoulders
Day 13	OFF	Arms
Day 14	Rest	Rest

This Franco Columbu's routine involves training the shoulder, pecs, and arms five times, abs seven times, and back and legs four times in a 2-week cycle.

Franco dedicated an entire session to his back and leg day to hit them hard.

His routine also comprises **supersets**. Superset involves performing one or multiple sets of two exercises with no rest between them. It will be challenging and require decent muscular endurance.

Follow this schedule for at least twelve months to see the results. You can also increase the duration if you see noticeable changes.

Franco Columbu Training Program for Muscle Building

Before you move on to Franco Columbu’s workout schedule, read the following instructions:

- Perform one warm-up set of 20 reps before each exercise to prepare your muscles for intense and heavy training.
- Increase weight when you decrease the number of repetitions.
- Decrease the number of repetitions or skip any exercises depending on your need.

Day 1 – Chest, Shoulders, Arms, and Abs

Morning – Chest and Delts

Superset Chest Workout	Set 1	Set 2	Set 3
Bench Press and Cable Crossover	15 and 20	10 and 20	4 and 20
Dumbbell Fly and Cable Crossover	20 each	15 and 20	6 and 20
Incline Bench Press and Pullover	15 and 25	15 and 25	15 and 25
Dips and Cable Crossover	20 each	15 each	10 each
Shoulder Exercise	Sets	Reps	
Dumbbell Lateral Raise	4	10	
Bent-Over Lateral Raise	6	10	
Behind-the-Neck Press	4	10	
Alternating DB Front Raises	3	8/arm	
Cable Lateral Raise	3	10	

Evening – Arms and Abs

Superset	Sets	Reps
Cable Pushdowns + Dumbbell Curl	4	8

Skull Crusher + Preacher Curl	4	8
Barbell OH Extension + Incline Curl	4	8
Roman Chair Sit-up	4	20
Crunches	4	15
Hanging Leg Raises	4	10

Day 2 – Back and Legs

Morning – Back

Exercise	Sets	Reps
Wide-Grip Pull-ups	5	10
Seated Cable Rows	5	8
T-Bar Rows	5	8
Bent-over Barbell Row	5	8
Conventional Deadlifts	5	6-4

Evening – Legs

Exercise	Sets	Reps
Back Squat	5	10
Leg Press	5	8
Leg Extension	5	8
Barbell Lunge	5	8
Romanian Deadlift	5	6-4

Day 3 – Abs, Chest, and Shoulders

Morning – Abs

Exercise	Sets	Reps
Roman Chair Sit-up	5	20-30
Decline Crunches	5	10-20
Hanging Knee Raises	5	10-20
Unilateral Side Bend	5	10/side
Reverse Crunches	5	20-30

Evening – Pecs and Delts

Exercise	Sets	Reps
Barbell Bench Press	5-6	4-6
Incline DB Press	4	10-6
Dumbbell Fly	3	10-12
Bar Dip	3	10-15
Seated Overhead Press	4	6-8

DB Lateral Raise	4	8-12
Bent-Over Rear Delt Fly	4	8-12
Shrug	4	8-10

Day 4 – Arms

Morning – OFF

You can also train your biceps and triceps in the AM instead of the PM.

Evening – Arms

Superset	Sets	Reps
Incline Curl + Press down	5	8
Semi Cheat Curls + Skull Crusher	5	6
Preacher Curl + Close Grip Bench	5	10
Dips + Chin-ups	–	100/50

Day 5 – Legs, Abs, and Back

Morning – Legs and Abs

Exercise	Sets	Reps
Leg Extension	2	20
Machine Leg Curl	3	15
Back Squat	5	10
Front Squat	2	10
Hack Squat	3	10
Calf Raises	8	20

Evening – Back

Exercise	Sets	Reps
Wide-Grip Pull-ups	6	10
T-Bar Rows	4	10
Seated Cable Row	4	10
One-arm Row + Hammer Pull-up	3	10

Day 6 – Abs, Chest, and Shoulders

Morning – Abs and Oblique

Exercise	Sets	Reps
Roman Chair Sit-up	5	20-30
Crunches	5	10-20
Hanging Leg Raises	5	8-12
Lying Side Leg Raises	5	10/side
Seated Knee Tucks	5	20-30

Evening – Chest and Shoulders

Exercise	Sets	Reps
Bar Dips	4	15-20
Barbell Pullover	4	15
Dumbbell Pullover	3	20
Incline Barbell Press	5	8
Flat Dumbbell Flyes	4	10
Flat Bench Press	3	6, 4, 2
Front Overhead Press	4	8-12
Lateral Delt Raises	4	8-12
Bent-Over Rear Delt Fly	4	8-12
Barbell Shrug	4	8-12

Day 8 – Arms and Legs

Morning – Biceps and Triceps

Superset	Sets	Reps
Incline Curl + Pressdown	5	8
Barbell Curls + Skull Crusher	5	6
Preacher Curl + Close Grip Bench	5	10
1-arm OH Extension + Hammer Curl	3	10/arm

Evening – Legs

Exercise	Sets	Reps
Back Squat	5	10
Leg Press	5	8
Barbell Lunge	5	8
Romanian Deadlift	5	6-4
Donkey Calf Raises	5	20
Good Morning	3	15

Day 9 – Abs and Back

Morning – Core

Exercise	Sets	Reps
Roman Chair Sit-up	5	20-30
Decline Crunches	5	10-20
Hanging Knee Raises	5	8-12
Lying Leg Raises	5	10-20
Side Bend	5	10/side

Evening – Back

Exercise	Sets	Reps
Behind The Neck Pull-ups	6	10
Bent-over Barbell Row	4	10
Seated Cable Row	4	10
T-Bar Row	4	10
One-arm Dumbbell Row	3	10

Day 10 – Chest, Shoulders, and Arms

Morning – Chest and Shoulders

Superset Chest Workout	Set 1	Set 2	Set 3
Bench Press and Cable Crossover	15 and 20	10 and 20	4 and 20
Dumbbell Fly and Cable Crossover	20 each	15 and 20	6 and 20

Incline Bench Press and Pullover	15 and 25	15 and 25	15 and 25
Dips and Cable Crossover	20 each	15 each	10 each
Shoulder Exercise	Sets	Reps	
Dumbbell Lateral Raise	4	10	
Bent-Over Lateral Raise	6	10	
Behind-the-Neck Press	4	10	
Alternating DB Front Raises	3	8/arm	
Cable Lateral Raise	3	10	

Evening – Arms

Superset	Sets	Reps
Incline Curl + Pressdown	5	8
Semi Cheat Curls + Skull Crusher	5	6
Preacher Curl + Close Grip Bench	5	10
Dips + Chin-ups	–	100/50

Day 11 – Back, Abs, and Legs

Morning – Back and Abs

Exercise	Sets	Reps
Bent-Over Barbell Row	6	10
Conventional Deadlift	6	8-4
Seated Cable Row	6	10
One-arm Row	3	10
Hammer Pull-up	4	Failure

Evening – Legs

Exercise	Sets	Reps
Back Squat	5	10
Leg Press	5	8
Leg Extension	5	8
Barbell Lunge	5	8
Romanian Deadlift	5	6-4

Day 12 – Abs, Chest, and Shoulders

Morning – Abs

Exercise	Sets	Reps
Roman Chair Sit-up	5	20-30
Crunches	5	10-20
Hanging Leg Raises	5	8-12
Lying Side Leg Raises	5	10/side
Seated Knee Tucks	5	20-30

Evening – Chest and Shoulders

Exercise	Sets	Reps
Bar Dips	4	15-20
Barbell Pullover	4	15
Dumbbell Pullover	3	20
Incline Barbell Press	5	8
Flat Dumbbell Flyes	4	10
Flat Bench Press	3	6, 4, 2
Front Overhead Press	4	8-12
Lateral Delt Raises	4	8-12
Bent-Over Rear Delt Fly	4	8-12
Barbell Shrug	4	8-12

Day 13 – Arms

Morning – OFF

Evening – Arms

Superset	Sets	Reps
Incline Curl + Pressdown	5	8
Barbell Curls + Skull Crusher	5	6
Preacher Curl + Close Grip Bench	5	10
1-arm OH Extension + Hammer Curl	3	10/arm

Who Can Follow Franco Columbu Workout Plan?

Anyone who wants to build a jacked, solid, and defined physique can follow Franco Columbu's training program.

However, his routine involves performing various exercises and multiple reps-sets that require decent muscular strength and endurance.

You also need to have knowledge about exercise science and nutrition so you can use Franco's workout routine effectively and achieve your desired physique without hurting yourself.

His program isn't for normal gym-goers, beginners, or people with health issues.

Note 1: I've collected Franco Columbu's workout from various sources, including his one of the books, and made a workout program. So, it may or may not match the actual training program of Sardinian Samson (Franco nickname). I've also included a few different exercises that I think are suitable.

Note 2: You can adjust this program based on your fitness level and goal. For example, reduce the number of exercises, reps, or sets or replace those exercises which are difficult to perform.

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.

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](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

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

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