

12-WEEK MUSCLE-BUILDING WORKOUT PLAN INSPIRED BY GREG KOVACS

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Greg Kovacs was one of the biggest bodybuilders ever to compete in IFBB competitions. Unfortunately, he couldn't win prestigious titles like **Mr Olympia** or Arnold Classic; still, many people search for his workout programs.

Being a professional bodybuilder, Greg may have followed multiple workout routines throughout his career, which is why it's not possible to share them all or the exact one because they are rarely available on the web.

I've collected his workouts from numerous sources, including YouTube and Google, and made a workout a simple, easy-to-follow, and effective workout routine that can help you **build strength, size, and aesthetic physique**.

Pairing this workout routine with a healthy diet program will surely help you improve your shape over time.

Whether you're a beginner or intermediate, explore this program, make some changes based on your needs, and follow it for a few months to see the results.

About Program

- **Routine Type:** Combined Body-Part Split
- **Workouts/Week:** 4
- **Duration/Session:** one hour approx.
- **Program Goal:** Develop strength, muscle, and shape.
- **Difficulty Level:** Beginner to Intermediate

Weekly Schedule

- **Monday:** Chest and Biceps
- **Tuesday:** Quads and Calves
- **Wednesday:** OFF
- **Thursday:** Shoulders and Triceps
- **Friday:** OFF
- **Saturday:** Back and Hamstrings
- **Sunday:** OFF

Workout Instructions

- **Warm up Your Body:** You can use light cardio and weight training to elevate your body temperature and prepare your muscles before going heavy. For example, you can bench press with an empty bar or light weight before starting your chest training and leg extension or bodyweight squat before hammering your quads.
- **The number of sets and reps:** Perform 2-4 sets per exercise. Perform a few reps when you lift heavy and higher reps when lifting moderate weights.
- **Stay hydrated:** It's important to keep yourself hydrated during the workout to enhance performance and avoid muscle cramps.

Note: I've collected his workout from multiple sources and designed a routine inspired by Greg Kovacs. Please note that this is not his actual training program because those are hardly available online or offline.

12-Week Muscle-Building Workout Plan Inspired by Greg Kovacs

Monday – Chest and Biceps

Exercise	Sets	Reps	Rest
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Barbell Incline Press	3	15, 12, 10	2-min
Barbell Bench Press	3	10, 8, 6	2.5 min
Dumbbell Flyes	3	12, 10, 8	2-min
Cable Crossover	3	12, 10, 8	2-min
Preacher Curls	3	15, 12, 10	90-sec
Barbell Curl	3	10, 8, 6	90-sec
Alternating DB Curl	3	10, 8, 6	1-min

Tuesday – Quads and Calves

Exercise	Sets	Reps	Rest
Leg Extension	3	15, 12, 10	90-sec
Smith Machine Squats	4	12, 10, 8, 6	2-3 min
Hack Squats	4	12, 10, 8, 6	2-3 min
Leg Presses	4	12, 10, 8, 6	2-3 min
Donkey Calf Raises	3	15-20	90-sec
Seated Calf Raises	3	15-20	90-sec
Standing Calf Raises	3	15-20	90-sec

Thursday – Shoulders and Triceps

Exercise	Sets	Reps	Rest
Military Presses	3	15, 12, 10	2-min
Lateral Dumbbell Raises	3	12, 10, 8	90-sec
Cable Lateral Raises	3	12, 10, 8	90-sec
Shoulder Shrug	3	12, 10, 8	2-min
Close Grip Bench Press	3	12, 10, 8	2-min
Skull Crushers	3	12, 10, 8	90-sec
Triceps Pushdown	3	12, 10, 8	90-sec

Saturday – Back and Hamstrings

Exercise	Sets	Reps	Rest
Machine Pullovers	4	15, 12, 10, 8	2-min
Close Grip Pull Down	4	12, 10, 8, 6	90-sec
Bent-Over Barbell Rows	4	12, 10, 8, 6	2-min
One-arm Dumbbell Row	3	12, 10, 8	1-min
Stiff Leg Deadlift	4	10, 8, 6, 4	2-min
Lying Leg Curls	4	15, 12, 10, 8	90-sec

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. [Amazon](#) (Supplement)

2. [Multivitamin](#) (Amazon)
3. [Bulk Extreme](#) (Supplement)
4. [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](#)

A Well-Crafted Workout Program for Muscle Development

[The Ultimate 12-Week Workout Program to Build Strength and Hypertrophy](#)

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](#)

- [12-Week Workout Routine Inspired by Frank Zane](#)
- [12 Week Dexter Jackson Training Routine with PDF](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
- [12-Week Jay Cutler Training Program with Free PDF](#)

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