

12 WEEK HADI CHOOPAN WORKOUT ROUTINE FOR STRENGTH AND SIZE

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This program involves a 14-day split that will be performed for twelve weeks. The Persian Wolf may have followed various routines, but I've simplified his workout and made it easy and effective for all fitness enthusiasts who want to put on mass and increase strength.

About Program

- **Split Type:** Body Part Split
- **Sessions/Week:** Five
- **Duration/Session:** 75-90 Minutes
- **Training Goal:** Build Muscle and Improve Physique
- **Difficulty Level:** Beginner to Intermediate
- **Target Gender:** Men
- **Suggested Duration:** Three Months
- **Rest b/w sets:** 1-3 minutes.

The Persian Wolf Weekly Split

- **Day 1 – Chest**
- **Day 2 – Back**
- **Day 3 – Legs**

- **Day 4 – OFF**
- **Day 5- Shoulders**
- **Day 6 – Arms**
- **Day 7 – OFF**

Perform some **dynamic movements** and light lifting to increase blood flow and reduce muscle stiffness before starting resistance training.

Day 1 – Chest Workout

- **Band Pull Apart (warm-up):** 3 sets x 15 reps
- **Flat Machine Chest Press:** 3 sets x 10-12 reps
- **Incline Machine Chest Press:** 3 sets x 10 reps
- **Incline Barbell Bench Press:** 3 sets x 12 reps
- **Seated Hammer Chest Press:** 3 sets x 12 reps
- **Incline DB Bench Press:** 3 sets x 10 reps
- **Pec Deck/Cable Chest Fly:** 4 sets x 12 reps

Day 2 – Back Workout

- **Seated Cable Row:** 3 sets x 15 reps
- **Narrow Grip Lat Pulldown:** 3 sets x 12 reps
- **Croc Row:** 3 sets x 10 reps
- **Low Machine Row:** 3 sets x 15 reps
- **Leverage Machine Row:** 3 sets x 12 reps
- **Seated Machine Pullover:** 3 sets x 12 reps
- **Barbell Partial Deadlift:** 3 sets x 10 reps
- **Medium Grip Pull-up:** 3 sets x 10 reps

Day 3 – Leg Workout

- **Dumbbell Front Lunges:** 3 sets of 10 reps on each side
- **Bulgarian Split Squat:** 3 sets of 10 reps per leg
- **Back Squat:** 5 sets of 15, 12, 10, 8, and 6 reps
- **Leg Curl:** 4 sets x 10-15 reps
- **Smith Machine Reverse Lunges:** 2 sets of 10 reps for each leg
- **Hack Squat:** 4 sets x 10-12 reps

Day 4 – OFF

Enjoy a complete break from lifting weights. You can perform low-intense cardio if you like.

Day 5 – Shoulder and Upper Traps

- **Cable Front Raises:** 3 sets x 10-12 reps
- **Seated Dumbbell Overhead Press:** 5 sets x 8-12 reps
- **Single-arm Cable Front Raises (underhand grip):** 3 sets of 10 reps on each side
- **Hammer Grip DB Front Raises:** 3 sets x 10 reps per arm
- **Cable/DB/Machine Lateral Raises:** 4 sets x 10-15 reps
- **Shoulder Shrugs:** 4 sets x 10-12 reps

Day 6 – Arms

- **Single-arm Triceps Extension:** 3 sets of 10 reps on each side.
- **Cross Cable Triceps Extension:** 3 sets x 10-12 reps

- **Triceps Rope Press down:** 3 sets x 10-15 reps
- **Single-arm Overhead Triceps Extension:** 3 sets of 10 reps/arm.
- **Single-arm Preacher Curl:** 4 sets of 10 reps on each side.
- **Barbell Dual Arm Preacher Curl:** 3 sets x 10-15 reps
- **Standing Barbell Curl:** 3 sets x 10-15 reps

Day 7 – OFF

Take a full day's rest so your muscles can recover well.

Day 8 – Chest Training

- **Close Grip Bench Press:** 3 sets x 15 reps
- **Incline Bench Press:** 4 sets x 10-12 reps
- **Seated Landmine Chest Fly:** 4 sets x 10-12 reps
- **Seated Landmine Press:** 3 sets x 10-12 reps
- **High-to-Low Cable Chest Fly:** 4 sets x 10-12 reps
- **Dumbbell Squeeze Press:** 3 sets x 10-15 reps

Day 9 – Back Training

- **Lat Pullover:** 3 sets x 10-15 reps
- **D Handles Lat Pulldown:** 4 sets x 10-15 reps
- **Cross Cable Pulldown:** 4 sets x 10-12 reps
- **Croc Row:** 3 sets x 10 reps/side
- **Seated Machine Row:** 4 sets x 10-15 reps
- **Partial Lat Deadlift:** 3 sets x 10-12 reps

Day 10 – Lower Body Workout

- **Seated Leg Press:** 4 sets of 20, 15, 12, and 10 reps
- **Sumo Deadlift:** 4 sets x 8-10 reps
- **Seated Leg Extension:** 4 sets x 15-20 reps
- **Machine Leg Curl:** 4 sets x 15-20 reps
- **Seated Machine Hip Abduction:** 3 sets x 15 reps
- **Calf Raises:** 5 sets x 20 reps

Day 11 – OFF

Let your muscles recover and prepare for intense training.

Day 12 – Shoulder and Upper Traps

- **Machine/Cable Lateral Raises:** 4 sets x 15 reps
- **Cable Front Raises:** 3 sets x 15 reps
- **Front Barbell Overhead Press:** 4 sets x 10-12 reps
- **Barbell Upright Row:** 4 sets x 10 reps
- **Barbell/Dumbbell Underhand Front Raises:** 3 sets x 10 reps

Day 13 – Biceps and Triceps

- **Straight Bar Cable Curl:** 3 sets x 12 reps
- **Close Grip Barbell Curl:** 3 sets x 12 reps
- **Hammer Curl:** 3 sets x 15 reps
- **Close-Grip Bench Press:** 4 sets x 15 reps
- **Rope Press down:** 4 sets x 15 reps

- **Machine/Bar Dips:** 4 sets x 15 reps
- **Reverse Barbell Curls:** 3 sets x 15 reps

Day 14 – OFF

Take a complete day off and restart the split from the next day.

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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