

12-WEEK LOU FERRIGNO WORKOUT PROGRAM FOR ULTIMATE GROWTH

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Training Program Overview

Summary

- **Suggested Program Duration:** 12 Weeks
- **Routine Type:** Upper/Lower and Muscle Group
- **Sessions/week:** 6 days a week
- **Duration/session:** 60-90 minutes
- **Program Goal:** Build Maximum Strength and Mass
- **Target Gender:** Primarily for Men
- **Workout Difficulty:** Intermediate to Advanced

Schedule

I've handed out two workout routines of [Lou Ferrigno](#) in this article. One is a simple split that involves performing one muscle group each day and the other includes training the upper body four times and the lower body twice a week.

You can follow one of them for twelve months or divide them into two parts, six weeks each.

Here's how Lou Ferrigno's weekly routines look:

Day	Split A	Split B
Monday	Chest	Chest and Back
Tuesday	Back	Delts, Triceps, and Biceps
Wednesday	Legs	Quads and Hamstrings
Thursday	Shoulder	Chest and Back
Friday	Arms	Delts, Triceps, and Biceps
Saturday	Abs	Quads and Hamstrings
Sunday	OFF	OFF

Workout Instructions

- **Warm-up before lifting:** It is always best to start your workout with 10-15 minutes of warm-up. You can jog on the treadmill, do some dynamic cardio, and perform light sets before going heavy. Warm-up helps increase body temperature and oxygen flow and prepare your muscles for intense training.
- **Rest time between sets:** You can keep the rest time around 1 to 3 minutes between sets, depending on the type of exercise and your fitness level. For example, take 1-2 minutes of break between **isolation exercises** and 2-3 minutes of break between **compound lifts**.
- **How heavy should you lift?** You can lift as heavy as you like as long as you perform each rep without compromising the form.

Note: This routine can vary from the ones Lou Ferrigno used to follow.

Workout Schedule for Ultimate Growth

- **Week 1 to 6:** One Muscle Group Per Day
- **Week 7 to 12:** Two Upper and One Lower Day x 2

From week one to six, you'll train one muscle group per day. It will build your foundation for the next phase, which involves training **every muscle twice a week**.

Week 1 to 6 – One Muscle Group Per Day

- Monday – Chest
- Tuesday – Back

- Wednesday – Legs
- Thursday – Shoulder
- Friday – Arms
- Saturday – Abs
- Sunday – OFF

Monday – Chest

Exercise	Sets	Reps
Flat Bench Press	5	8-12
Incline Bench Press	5	8-12
Decline Bench Press	4	8-12
Flat or Incline Fly	4	10-12
Dumbbell Pullover	3	15
Cable Crossover	3	12-15

Tuesday – Back

Exercise	Sets	Reps
Chin-Up/Pull-up	5	6-8
T-Bar Rows	5	6-8
Deadlift	5	6-8
Bent-Over Barbell Row	5	6-8
Lat Pulldown	5	6-8

Wednesday – Legs

Exercise	Sets	Reps
Leg Curl	5	10-15
Leg Extension	5	10-15
Leg Press	5	10-15
Back Squat	5	10-15
Hack Squat	5	10-15
Calf Raises	10	6-10

Thursday – Shoulder

Exercise	Sets	Reps
Behind The Neck Press	5	10-12

Front Overhead Press	5	10-12
DB Lateral Raise	5	10-12
DB Front Raise	5	10-12
Bent-Over Rear Delt Fly	5	10-12
Cable Upright Row	5	10-12

Friday – Arms

Exercise	Sets	Reps
Barbell Biceps Curl	2	15-20
Incline Dumbbell Curl	3	10-12
Preacher Curl	4	8-10
Cable Triceps Pushdown	4	8-10
EZ Bar Skull Crusher	4	8-10
Standing French Press	4	8-10
Barbell Wrist Curl	4	10-15

Saturday – Abs

Exercise	Sets	Reps
Hanging Leg Raise	3-4	15-20
Roman Chair Sit-up	3-4	50
Bench Leg Raise	3-4	30-40
Side Bend Crunches	3-4	30-40

Week 5 to 8 – Upper Lower Split

- Day 1 – Chest and Back
- Day 2 – Delts, Triceps, and Biceps
- Day 3 – Quads and Hamstrings
- Day 4 – Chest and Back
- Day 5 – Delts, Triceps, and Biceps
- Day 6 – Quads and Hamstrings
- Day 7 – OFF

Day 1 – Chest and Back

Exercise	Target Muscle	Sets	Reps
Flat Dumbbell Bench Press	Chest	5	6-8
Incline Barbell Bench Press	Chest	5	6-8

Dumbbell Pullover	Chest, Lats	5	6-8
Cable Chest Flies	Chest	5	6-8
T-Bar Row	Back	5	6-8
Parallel Bar Dips	Chest, Triceps	5	6-8
Conventional Deadlift	Back and Legs	5	6-8
Bent Over Barbell Row	Back	5	6-8
Chin-ups	Biceps and Back	5	6-8
Pull-ups	Back and Biceps	5	6-8

Day 2 – Delts, Triceps, and Biceps

Exercise	Target Muscle	Sets	Reps
Barbell Overhead Press	Shoulder	4	8-10
Dumbbell Overhead Press	Shoulder	4	8-10
Front Dumbbell Raises	Shoulder	4	8-10
Lateral Dumbbell Raises	Shoulder	4	8-10
Barbell Biceps Curls	Biceps	4	8-10
Scott Press	Shoulder	4	8-10
Alternating Dumbbell Curl	Biceps	4	8-10
Concentration Curl	Biceps	4	8-10
Cable Pushdowns	Triceps	4	8-10
Incline Dumbbell Curls	Biceps	4	8-10
Standing French Press	Triceps	4	8-10
Lying French Press	Triceps	4	8-10
Barbell Wrist Curls	Forearms	5	15-25

Day 3 – Quads and Hamstrings

Exercise	Target Muscle	Sets	Reps
Leg Curl	Hamstrings	5	10
Leg Extension	Quadriceps	5	10
Leg Press	Quadriceps	5	10
Back Squat	Quadriceps	5	10
Hack Squat	Ham & Quad	5	10

Day 4 – Chest and Back

Exercise	Target Muscle	Sets	Reps
Cable Chest Fly	Chest	5	6-8

T-Bar Row	Chest	5	6-8
Parallel Bar Dip	Chest, Lats	5	6-8
Conventional Deadlift	Back and Legs	5	6-8
Chin-ups	Biceps and Back	5	6-8
Pull-ups	Back and Biceps	5	6-8

Day 5 – Delts, Triceps, and Biceps

Exercise	Target Muscle	Sets	Reps
Barbell Biceps Curl	Biceps	4	8-10
Scott Press	Shoulder	4	8-10
Alternating DB Curl	Biceps	4	8-10
Cable Press down	Triceps	4	8-10
Incline Dumbbell Curl	Biceps	4	8-10
Standing French Press	Triceps	4	8-10
Concentration Curl	Biceps	4	8-10
Barbell Wrist Extension	Forearms	5	15-25

Day 6 – Quads and Hamstrings

Exercise	Target Muscle	Sets	Reps
Leg Curl	Hamstrings	5	10
Back Squat	Quadriceps	5	10
Leg Extension	Quadriceps	5	10
Hack Squat	Quad & Ham	5	10
Leg Press	Quadriceps	5	10

Who Can Follow Lou Ferrigno Workout Plan?

Lou Ferrigno used to follow a high-volume training program during his competitive days. His training involves performing plenty of sets and reps that take more than an hour to complete.

Lou's workout routine is suitable for those who have been working out for a while, have knowledge about exercise and nutrition, and want to beef up strength and size.

However, it is best to avoid this routine if you are new to lifting, not familiar with the technicality of the exercises mentioned in this program, want to lose fat, or have any health issues.

Lou Ferrigno Workout Tips for Achieving Optimal Results

1. **Constant Changes:** Lou Ferrigno used to frequently change his exercises, their order, weight, intensity, and the number of reps and sets to add variety to his workouts.
2. **Forced Reps:** Ferrigno often uses **forced reps** at the end of each exercise to achieve optimal muscle fiber recruitment.
3. **Avoid failure sets at the start:** You may have heard that doing sets till failure can promote muscle growth. It may be true, but Lou suggests that you shouldn't follow this technique during the first few sets of each exercise.
4. **Muscle Recovery:** Lou Ferrigno encourages you to get at least eight hours of quality sleep each night and try to find ways to relax both your body and your mind outside of the gym.
5. **Fuel your workout with a clean diet:** Muscles grow when you feed them the required nutrients. You can work out as hard as you can but if you don't consume an ample amount of protein and other nutrients, you won't see progress in the long run.

Recommended Macros for Muscle Gaining

Besides workouts, Lou Ferrigno fueled his body with a clean and strict diet. Consuming a high protein, clean diet helps recover muscle damage and **promote muscular hypertrophy**.

Sir Lou Ferrigno used to follow different diet programs depending on his goal. So, instead of exactly following his program, you should create a personalized diet regime for yourself based on your budget and fitness goal.

Here's a brief information about recommended macros that can help you design your meal plan:

Make sure your diet has a significant amount of lean protein followed by carbs, fats, and fiber.

- **Protein** – 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 meals, including pre- and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** Eat enough carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.
- **Micronutrients:** Include some colorful fruits and veggies in your meals to fulfill your vitamins and other micronutrient needs.

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.

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. 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](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)

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