

# Mon/Wed/Fri Workout: 3-Day Hardcore Plan to Get Huge

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Check out [article](#) for more info

This workout plan involves training three times weekly – chest and shoulder on Monday, back and core on Wednesday, and legs and arms on Friday, ensuring your every muscle gets decent work over a three-day period.

It will suit intermediates who have been working out for a while and want to put on mass.

Pairing this workout routine with a good diet program will help you shape your physique over time.

Once you get bored or don't see results, I suggest shuffling muscle groups or [increasing the frequency](#) to stimulate your muscle growth.

# Mon/Wed/Fri Workout Routine to Gain Mass

- **Monday – Chest and Shoulder**
- Tuesday – Rest
- **Wednesday – Back and Core**
- Thursday – Rest
- **Friday – Legs and Arms**
- Saturday – Rest
- Sunday – Rest

## Monday – Chest and Shoulder

### Exercise #1 – Seated Pec Deck Fly (3 sets)

- Warm-up set with light weight: 1 x 15 reps
- Working sets with moderate weight: 2 x 10-12 reps

### Exercise #2 – Incline Bench Press (4 sets)

- Warm-up set: 1 x 15 reps
- Working set with Moderate weight: 1 x 10-12 reps
- Working sets with heavy weight: 2 x 6-8 reps

### Exercise #3 – High to Low Cable Fly (3 sets)

- Working sets with moderate to heavy weight: 3 x 10-12 reps

#### **Exercise #4 – Smith Machine Overhead Press (3 sets)**

- Warm-up set: 1 x 15 reps
- Working set with Moderate weight: 1 x 10-12 reps
- Heavyweight set: 1 set of 6-8 reps

#### **Exercise #5 – Seated Lateral Raises (4 sets)**

- Warm-up set: 1 x 15 reps
- Working sets with Moderate weight: 3 x 8-10 reps.

#### **Exercise #6 – High Cable Reverse Fly (3 sets)**

- Warm-up set: 1 x 20 reps
- Working sets with Moderate weight: 2 x 10-12 reps

# Wednesday – Back and Core

## **Exercise #1 – Front Lat Pulldown (4 sets)**

- Warm-up set: 1 x 20 reps
- Working sets with moderate weight: 2 x 8-10 reps
- Heavy loaded set: 1 x 6-8 reps

## **Exercise #2 – Bent-over Barbell Row (4 sets)**

- Warm-up set: 1 x 20 reps
- Working sets with moderate weight: 2 x 8-10 reps
- Heavy loaded set: 1 x 6-8 reps

## **Exercise #3 – Seated Cable/Machine Row (4 sets)**

- Working sets with moderate weight: 2 x 8-10 reps
- Heavy loaded sets: 2 x 6-8 reps

## **Exercise #4 – Single-arm Dumbbell Row/Landmine Close Grip Row (3 sets)**

- Moderate to heavy weight sets: 3 x 6–8 reps

## **Exercise #5 – Hanging Knee/Leg Raises (4 sets)**

- Bodyweight Knee Raises: 2 sets x 20 reps
- Weighted Knee Raises: 2 sets x 10 reps

## **Exercise #6 – Kneeling Cable Crunches (4 sets)**

- Moderate weight sets: 4 x 20 reps

# **Friday – Leg and Arms**

## **Exercise #1 – Leg Extension (2 sets)**

- Warm-up sets with light weight: 2 x 20 reps

## **Exercise #2 – Leg Press (3 sets)**

- Warm-up set: 1 x 20 reps
- Working set with moderate weight: 1 x 12-15 reps
- Heavy loaded set: 1 x 8-10 reps

## **Exercise #3 – Smith Machine Back Squat (4 sets)**

- Warm-up set: 1 x 20 reps
- Working sets with moderate weight: 2 x 12-15 reps
- Heavy loaded sets: 1 x 8-10 reps

## **Exercise #4 – Leg Extension (2 sets)**

- Working sets with moderate weight: 2 x 12 reps

## **Exercise #5 – Leg Curl (4 sets)**

- Warm-up set: 1 x 20 reps

- Working sets with moderate weight: 3 x 12-15 reps

### **Exercise #6 – Dumbbell Romanian Deadlift (3 sets)**

- Working sets with moderate weight: 3 x 8-10 reps

### **Exercise #7 and #8 Superset – Bar/Machine Dips and Straight Barbell Curl (3 sets)**

- Perform three sets of 10-15 reps with no rest between them.

### **Exercise #9 and #10 Superset – Bar Pushdown and Alternating Dumbbell Curl (3 sets)**

- Perform three sets of 10-15 reps for each exercise, rest for 1 minute, then repeat.

### **Related Programs:**

- **3 Day Upper Lower Split for Strength & Mass**
- **3 Day Superset Workout to Build Muscles**
- **3 Day Combined Body Part Split to Stimulate Muscle Growth**
- **Push Pull Legs 3 Day Split Routine**