

12 WEEK DEREK LUNSFORD WORKOUT ROUTINE FOR STRENGTH AND SIZE

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Brief Summary

- **Split Type:** Upper and Lower Split
- **Sessions/Week:** Six (4 sessions for the upper body and 2 for the lower body)
- **Duration/Session:** 75-90 minutes
- **Workout Goal:** Increase Strength and Mass and Improve Aesthetics
- **Training Level:** Intermediate
- **Target Gender:** Male

Derek Lunsford Workout Split and Weekly Schedule

- **Monday:** Chest and Abs
- **Tuesday:** Back
- **Wednesday:** Quads and Calves
- **Thursday:** Shoulders and Abs
- **Friday:** Biceps and Triceps
- **Saturday:** Hamstrings, Glutes, and Calves
- **Sunday:** OFF
- You can do 15-20 minutes of light cardio post workout to enhance your endurance and cardiovascular fitness.

Workout Instructions

- **Warm up Sets:** Derek used to perform a few warmups sets with light weights to prepare his muscles for intense, high-volume, and heavy working sets. For

example, he performs leg extensions to warm-up his quads on leg day, chest flies on chest day, and lateral raises before hitting shoulders.

- **Rest between sets:** 1-2 minutes during isolation exercises and 2-4 minutes during heavy compound lifts
- **Stay hydrated:** It's crucial to keep yourself hydrated during the training sessions to enhance performance and avoid muscle cramps.

Derek Lunsford Workout Routine for Getting Huge

In this program, Derek emphasis training one muscle group at a time. It allows him to train every muscle group from all angles with various exercises. His workouts are usually high volume and involve performing multiple sets for every muscle group.

Monday – Chest and Abs

Exercise	Sets	Reps
Parallel Cable Chest Fly	2	10-15
Incline Dumbbell Chest Press	4	12, 10, 8, 6
Seated Machine Chest Press	4	12, 10, 8, 6
Flat Cable Chest Fly	3	12, 10, 8
High to Low Cable Chest Fly	4	12, 10, 8
Seated Abdominal Machine Crunch	4	40-50
Hanging Knee Raises	4	10-10

Tuesday – Back

Exercise	Sets	Reps
Close Grip Lat Pulldown	3	15, 12, 10
Medium Grip Lat Pulldown	3	15, 12, 10
Bent-over Barbell Row	4	12, 10, 8, 6
Neutral Grip T-Row	4	12, 10, 8, 6

Seated Machine Row	4	15, 12, 10, 8
Pulldown w/ D Handles	2	12-15
Partial Deadlifts (Lat Focused)	3	6-10

Wednesday – Quads and Calves

Exercise	Sets	Reps
Leg Extensions	4	20, 15, 12, 10
Hack Squat	4	15, 12, 10, 8
Leg Press	4	12, 10, 8, 8
Front Lunges	3	10/leg
Seated Hip Abductors	2	15-20
Seated Hip Adductors	2	15-20
Hack Machine Calf Raises	3	15-20
Seated Calf Raises	3	15-20

Thursday – Shoulders and Abs

Exercise	Sets	Reps
Machine Lateral Raise (warm-up)	2	15
Seated Dumbbell Overhead Press	3	8-10
SM Front Overhead Press	3	6-8
Dumbbell Lateral Raise	4	8-10
Smith Machine Upright Row	3	10-12
Neutral Grip DB Front Raise	2	10-12
Seated DB Lateral Raise	3	8-12
Reverse Rear Delt Fly	3	10-12
Cable Crunches	4	20-25
Lying Leg Raises	4	15-20

Friday – Biceps and Triceps

Exercise	Sets	Reps
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Triceps Pushdown	5	10-12
Close Grip Bench Press	5	8-10
Machine/Bar Dips	5	10-12
Concentration Curl	3	10/arm
Alternating DB Curl	3	10/arm
Alternating Hammer Curl	3	10/arm
Single-arm Preacher Curl	3	10/arm
EZ Bar Cable Curl	3	10-12

Saturday – Hamstrings, Glutes, and Calves

Exercise	Sets	Reps
Lying Leg Curl	4	10-15
Seated Leg Curl	4	10-15
Romanian Deadlift	4	8-10
Machine Hip Abduction	3	12-15
Bulgarian Split Squat	3	8/leg
Machine/Barbell Hip Thrust	4	10-12
Seated Calf Raises	3	15-20
Hack Squat Machine Calf Raise	3	15-20

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 Resouces:

- [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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