

# 12-Week Muscle Gain Workout Routine Inspired by Regan Grimes

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I've designed an ultimate 12-week muscle-building workout program inspired by Regan Grimes, a professional bodybuilder from Ontario, Canada.

Grimes has won many professional trophies, including the New York Pro, Romania Muscle Fest Pro, and Cairo Pro.

He also achieved ninth position during the **2023 My Olympia championship** and is preparing for the number one rank.

Regan's jacked, muscular, and defined physique inspires countless fitness enthusiasts to follow his workout plans and achieve a physique like him.

Building a physique like his isn't easy, as it requires hard work, proper diet, and professional help. You can still try this program to improve your shape.

A proper Regan Grimes workout plan isn't available online, but I've used [his YouTube videos](#) to design a mass-building workout regime.

# 12-Week Muscle Gain Workout Routine Inspired by Regan Grimes

This program is divided into three parts, each four weeks long. The first phase involves a [push-pull-leg \(PPL\) split](#), the second phase comprises a [combined body part split](#), and the last phase includes a [muscle-group split](#).

- Week 1 to 4 – Push Pull Legs Split
- Week 5 to 8 – Combined Body Part Split
- Week 9 to 12 – Muscle Group Split

A combination of these split types will help you build a sizable physique and get you in shape over time.

**Warm-up:** Start your workout with warm-up sets on each training day. For example, on your chest day, perform two to three sets of pec deck fly, and on your back day, start your training with pull-ups, etc.

## Week 1 to 4 – Push Pull Legs Split

The PPL split helps you train your entire body in three days. The week starts with a push day, followed by a pull and leg day.

If you want to do high-volume training, repeat push, pull, and leg exercises over a [six-day split](#).

## Push Day

Exercise	Sets	Reps
Seated Pec Deck Fly (Warm-up)	4-5	12-15
Incline Chest Press	4-5	8-12
<a href="#">Decline Hammer Strength Press</a>	3-4	8-12
Machine Lateral Raises	3-4	10-12
Seated Overhead Press	3-4	10-12
Single-arm Triceps Press Down	3-4	12-15
Overhead Triceps Extension	3-4	12-15

## Pull Day

Exercise	Sets	Reps
Front Lat Pull Down	3-4	8-12
Seated Cable Rowing	3-4	8-12
Standing Lat Pullover	3-4	8-12
Single-arm Seated Machine Row	2-3	8-12
Dual Row Seated Machine Row	3-4	8-12
<a href="#">Machine Lat Pullover</a>	2-3	10-12
Preacher Curl	3-4	10-12
<a href="#">Concentration Curl</a>	3-4	10-12

## Leg Day

Exercise	Sets	Reps
Seated Hip Abduction	2-3	15-20
Single leg Standing Leg Curl	2-3	10-12
Hip Thrust	3-4	10-12
Romanian Deadlift	3-4	8-10
Lying Leg Curl	3-4	10-12

Seated Leg Extension	4-5	12-15
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## Week 5 to 8 – Combined Body Part Split

- Monday – Chest, Biceps, and Calves
- Tuesday – Quads, Hamstrings, and Abs
- Wednesday – Back and Shoulder
- Thursday – Chest, Biceps, and Calves
- Friday – Quads, Hamstrings, and Abs
- Saturday – Back and Shoulder
- Sunday – OFF

### Monday – Chest, Biceps, and Calves

Exercise	Sets	Reps
Seated Machine Press	2-3	15-20
Seated Pec Deck Fly	2-3	10-12
Incline Chest Press	3-4	10-12
Hammer Machine Chest Press	3-4	8-10
High to Low Cable Flyes	3-4	10-12
1-arm Preacher Curl + Seated Calf Raises	3-4	10-20
1-arm Crossbody Curl + Standing Calf Raise	3-4	10-20

### Tuesday – Quads, Hamstrings, and Abs

Exercise	Sets	Reps
Seated Leg Extension	3-4	15-20
Lying Leg Curl	4-5	10-15
Hack Squat	4-5	10-12
Romanian Deadlift	4-5	8-10
Unilateral Horizontal Leg Press	2-3	10-12

Machine Crunches	3-4	20-25
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## Wednesday – Back and Shoulder

Exercise	Sets	Reps
Pull-up	3-4	6-12
Seated Machine Row	2-3	10-12
Close Grip Pull Down	3-4	10-12
Wide Grip Seated Cable Row	3-4	10-12
Seated Overhead Press	3-4	10-12
Front Raises	3-4	8-12
Lateral Raises	3-4	8-12

## Thursday – Chest, Triceps, and Calves

Exercise	Sets	Reps
Seated Pec Deck Fly	2-3	15-20
Incline Chest Press	3-4	10-12
Hammer Machine Incline Chest Press	3-4	10-12
Machine Decline Chest Press	3-4	8-10
Skull Crushers + Donkey Calf Raises	3-4	10-20
Machine Dips + Standing Calf Raises	3-4	10-20

## Friday – Quads, Hamstrings, and Abs

Exercise	Sets	Reps
Seated Leg Curl	3-4	15-20
Dumbbell Front Squat	4-5	10-15
Machine Leg Press	4-5	10-12
Walking Lunges	4-5	8-10
Lying Leg Curl	2-3	10-12
Back Supported Leg Raises	3-4	15-20

## Saturday – Back, Shoulder, and Glutes

Exercise	Sets	Reps
Pull-up	3-4	6-12
Cable Lat Pullover	3-4	10-12
Single-arm Machine Row	3-4	10-12
Machine Lat Pullover	3-4	10-12
High Cable Rear Delt Fly	3-4	8-12
Chest Supported Rear Delt Raise	3-4	8-12
Dumbbell Shrug	3-4	8-12

## Week 9 to 12 – Muscle Group Split

- **Monday** – Chest
- **Tuesday** – Legs
- **Wednesday** – Back
- **Thursday** – OFF
- **Friday** – Shoulder
- **Saturday** – Arms

### Monday – Chest

Exercise	Sets	Reps
Seated Pec Deck Fly	2-3	15, 12, 10
High to Low Cable Fly	2-3	12, 10, 8
Decline Dumbbell Bench Press	3-4	10, 8, 6, 5
Smith Machine Incline Press	3-4	10, 8, 6, 5
Cable Crossover	2-3	10, 8, 6
Flat Dumbbell Fly	2-3	12, 10, 8
Seated Chest Press	2-3	10, 8, 6

Dumbbell Deficit Push-up	2-3	8-12
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## Tuesday – Legs

Exercise	Sets	Reps
Seated Leg Extension (warm-up)	2-3	15-20
Romanian Deadlift (warm-up)	2-3	10-12
Lying Leg Curl	3-4	10-12
Seated Leg Extension	3-4	10-15
Hack Squat + BW Walking Lunge + Leg Press	4-5	10-12
Vertical Leg Press (Finisher)	2-3	8-12

## Wednesday – Back

Exercise	Sets	Reps
Standing Lat Pullover	3	15, 12, 10
One-arm Hammer Lat Pull Down	4	15, 12, 10, 8
Chest Supported Row	4	12, 10, 8, 6
Seated Low Cable Row	3	10, 8, 6
Seated High Cable Row	3	10, 8, 6
Close Neutral Grip Pull Down	3	12, 10, 8

## Thursday – OFF

## Friday – Shoulder

Exercise	Sets	Reps
Seated Overhead Press + Leaning Forward Lateral Raises	4	8-12
Seated Lateral Raises + Leaning Forward Front Raises	4	8-12
Seated Multi-directional Raises	3	6-8

High Cable Rear Delt Fly	3	10-12
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## Saturday – Arms

Exercise	Sets	Reps
One-arm Triceps Pushdown	3	15-20/arm
One-arm Forward Triceps Extension	3	15-20/arm
Barbell Skull Crusher	3	12-15
Machine Dips	3	15-20
Single-arm Biceps Curl	3	12-15/arm
Alternating Dumbbell Curl	3	10-12/arm
Preacher Curl	3	12-15

# 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.

## **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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