

12-WEEK WORKOUT PLAN INSPIRED BY SADIK HADZOVIC

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Full URL: <https://thefitnessphantom.com/workout-plan-inspired-by-sadik-hadzovic>

Program Summary

Featured Personality	Sadik Hadzovic
Split Type	1-2 Muscle Group Splits
Sessions/Week	6x weekly
Duration/Session	90 Minutes
Workout Goal	Build Strength, Size, & Symmetry
Workout Difficulty	Intermediate to Advanced
Exercise Type	Weight Training
Suitable Training Time	Between 4 to 8 PM
Target Gender	Male
Target Age Group	20s & 30s
Program Duration	12 weeks
Alternate Program	Ryan Terry Workout Routine

About Sadik Hadzovic

[Sadik Hadzovic](#) (37 as on published date) is a popular figure in the fitness industry. He is a [IFBB](#) Classic Physique competitor, fitness model, and influencer.

He won various bodybuilding physique competitions, including 2015 Arnold Sports Festival Pro Men's Physique and 2022 Pittsburgh Pro.

He was also the runner-up of the 2014 & 2015 Mr. Olympia Men's Physique championship.

Sadik's chiseled, symmetrical physique, broad shoulders, tight waist, and defined muscles inspire people to follow his workout routines.

That's why I've designed an ultimate workout routine inspired by his training styles.

If you want to build muscle and improve your aesthetic through Sadik's exercise plan, keep reading.

Sadik Hadzovic's Inspired 12-Week Muscle Building Workout Plan

This program is divided into two phases. The first phase involves training six times weekly, focusing on 1-2 muscle groups a day and the second phase includes a [7-day split](#) that concentrates on training only one muscle group in each session.

These training splits focus on every muscle equally and will help you build strength, mass, and symmetry over time.

INSTRUCTIONS:

- **Warm-Ups:** 1-2 light sets (15-20 reps) before heavy working sets.
- **Rest:** 60-90 seconds for upper body, 90-120 seconds for legs. Shorter rest (60 sec) for isolation moves and longer rest (2-4 minutes) for [heavy compound lifts](#).
- **RPE:** 6-8 for most exercises, pushing to 8-9 on legs for intensity, balanced with recovery.
- **Progression:** Increase weight or reps weekly for [progressive overload](#).
- **Intensity:** Heavy weights (70-85% of 1RM) with controlled form and full range of motion.

Week 1-6: Modified Bro Split

- **Day 1:** Chest and Triceps
- **Day 2:** Back and Biceps

- **Day 3:** Legs
- **Day 4:** Shoulders
- **Day 5:** Arms
- **Day 6:** Abs
- **Day 7:** Rest

You can also do [low-impact cardio](#) in the morning to build endurance and stay in shape.

Day 1: Chest and Triceps

Exercises	Sets	Reps
Bench Press	5	8-10
Incline Dumbbell Press	4	8-12
Chest Fly (Dumbbell or Cable)	4	10-12
Skull Crushers	4	10-12
Triceps Pushdowns	4	12-15
Dips (Tricep Focus)	3-4	failure

Day 2: Back and Biceps

Exercises	Sets	Reps
Deadlifts	4-5	8-10
Pull-Ups	4	failure
Bent-Over Rows	4	8-12
Barbell Curls	4	10-12
Hammer Curls	4	12-15
Concentration Curls	3-4	12-15

Day 3: Legs

Exercises	Sets	Reps
Squats	5	8-10
Leg Press	4-5	10-12
Lunges	4	10-12/leg

Leg Extensions	4	12-15
Hamstring Curls	4	12-15
Calf Raises	4-5	15-20

Day 4: Shoulders

Exercises	Sets	Reps
Overhead Press	4	8-10
Lateral Raises	4	12-15
Front Raises	4	12-15
Rear Delt Flies	4	12-15
Shrugs	4	10-12

Day 5: Arms

Exercises	Sets	Reps
Barbell Curls	4	10-12
Preacher Curls	4	12-15
Hammer Curls	4	12-15
Skull Crushers	4	10-12
Triceps Pushdowns	4	12-15
Overhead Triceps Extensions	4	10-12

Day 6: Abs

Exercises	Sets	Reps
Cable Crunches	4	15-20
Lying Alternating Leg Raises	4	10/side
Mountain Climber	4	30-sec
Medicine Ball Half Kneeling Chop	3	10/side
Alternating Toe Touches	4	10/side
Hanging Leg Raises	1	Max

Week 7-12: Muscle Group Split

- **Monday:** Back
- **Tuesday:** Chest
- **Wednesday:** Cardio
- **Thursday:** Shoulders
- **Friday:** Arms
- **Saturday:** Legs
- **Sunday:** Abs

This split allows you to train each body part individually and helps you build a muscular body.

Monday: Back

Exercises	Sets	Reps
Deadlifts	4	8-10
Pull-Ups	4	failure
Bent-Over Rows	4	8-12
Lat Pulldowns	4	10-12
Seated Cable Rows	4	10-12

Tuesday: Chest

Exercises	Sets	Reps
Bench Press	5	8-10
Incline Dumbbell Press	4	8-12
Chest Flies (DB or Cable)	4	10-12
Push-Ups	3	failure
Cable Crossovers	4	12-15

Wednesday: Cardio

Exercises	Reps/Duration	Notes
HIIT (Sprints)	30 sec on, 1 min off (8-10 rounds)	Treadmill or outdoor, max effort
Treadmill Intervals	20-30 min total	Alternating high/low intensity

Thursday: Shoulders

Exercises	Sets	Reps
Military Press	4	8-10
Lateral Raises	4	12-15
Front Raises	4	12-15
Rear Delt Flyes	4	12-15
Shrugs	4	10-12

Friday: Arms

Exercises	Sets	Reps
Barbell Curls	4	10-12
Triceps Dips	4	Max
Hammer Curls	4	12-15
Skull Crushers	4	10-12
Preacher Curls	4	12-15

Saturday: Legs

Exercises	Sets	Reps
Squats	5	8-10
Leg Press	4	10-12
Lunges	4	10/leg
Leg Extensions	4	12-15
Hamstring Curls	4	12-15
Calf Raises	4	15-20

Sunday: Abs

Exercises	Sets	Reps
Hanging Leg Raises	4	15-20
Cable Crunches	4	15-20
Planks	3	60-90 sec
Russian Twists	4	20/side

Sadik Hadzovic Training Philosophies

1. Heavy Weight

Sadik believes in lifting heavy weights combined with a higher rep range to stimulate muscle and strength growth. This combination helped him build dense muscle mass while maintaining definition.

2. High Volume Session

Sadik's training involves performing plenty of sets and reps in each session. He usually targets every muscle group with multiple exercises and sets to maximize blood flow and muscle pump. This approach helps him achieve the size and aesthetics he desires, avoiding a flat or skinny look.

3. Focus on Form and Intensity

Intensity is a cornerstone of Sadik's training. He advocates lifting weights that push beyond one's comfort zone, ensuring that each set challenges the muscles effectively.

He also stresses the importance of proper form over simply moving heavy weight, advising against just “counting reps.” Instead, he encourages lifters to focus on controlled movements and full range of motion to engage the target muscles fully and reduce injury risk.

4. Athletic and Functional Training

Sadik trains like an athlete to look like one. He incorporates functional movements such as pull-ups, push-ups, and chin-ups (often performed to failure) to enhance strength, agility, and core stability. His goal is to create a physique that’s not just visually impressive but also capable of performing athletic feats, aligning with his superhero-inspired vision.

5. Compound Movements First

He often starts his workouts with heavy compound lifts (e.g., deadlifts, bench presses, or overhead presses) to build strength and engage multiple muscle groups early in the session. For instance, he begins back days with trap bar deadlifts to prioritize strength before moving to isolation exercises like rows or pulldowns. This strategy maximizes energy for the most demanding lifts.

6. High-Intensity Interval Training (HIIT) for Cardio

Sadik prefers [HIIT](#) over traditional steady-state cardio, especially given his ectomorphic body type, which tends to lose muscle easily. HIIT such as sprint-rest intervals on a treadmill or StairMaster helps him burn fat while preserving muscle mass, contributing to his shredded, muscular look. He often performs [fasted HIIT](#) in the morning during contest prep to maintain low body fat.

7. Adaptation and Variety

While he sticks to core principles, Sadik adapts his routines based on his goals (e.g., competition prep vs. off-season) and incorporates variety to shock his muscles. For example, he might use resistance bands for chest training to increase pump or tweak rep ranges and rest periods, reducing rest from 45 seconds to 25 seconds as a show nears, to enhance conditioning.

8. Mind-Muscle Connection

Sadik emphasizes the importance of mentally connecting with the muscle being worked. For instance, during chest-supported rows, he advises visualizing hands as hooks and driving elbows back to fully engage the lats. This focus enhances muscle activation and growth.

Who Can Follow Sadik's Workout Plan?

This workout plan involves performing various sets and reps and compound to isolation exercises for 6 days weekly. So, if you have been exercising for a while and want to follow a high-volume workout routine that can build strong and symmetrical physique, save this program.

If you are a beginner and still you want to follow this program, then consider lowering the number of sets and reps and keeping a rest day after two consecutive sessions.

I've also designed a complete [12-week muscle-building program](#) based on experience that you can check out if you want to train in an organized way and build strength and muscle mass.

Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

Related Program:

1. [7-Day **Davis** Diley Workout Plan \(Full Guide w/ PDF\)](#)
2. [6-Day Ramon Dino Workout Routine for Muscle & Strength](#)
3. [David Laid Workout Plan for Strength & Mass](#)