

# Mass Building Workout Program Ft. Seth Feroce

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Full URL: <https://thefitnessphantom.com/seth-feroce-inspired-workout-routine-with-pdf>

Workout Inspired By	Seth Feroce
Split Type	Bro Splits & PPL
Sessions/Week	5-6
Duration/Session	90 Minutes
Workout Goal	Building Jacked Body
Workout Difficulty	Intermediate to Advanced
Exercise Type	Resistance Training
Target Gender	Male
Target Age Group	20s & 30s
Alternate Program	<a href="#">7-Day Davis Diley Split</a>

I've designed Seth Feroce's two workout training splits (Bro and PPL) after watching plenty of his training videos on his official [YouTube Channel](#), where he constantly publishes workout, nutrition, and lifestyle blogs.

[Seth Feroce](#) is an IFBB Pro bodybuilder, YouTuber, and fitness influencer. He is known for his determination, intense training styles, and jacked and proportional physique. He has been lifting weights for more than two decades and tried various training splits throughout the journey.

If you're his fan and want to emulate his workout, I recommend checking the below training program.

# Seth Feroce's Muscle Building Bro Split

It involves training one body part a day and you'll do at least 30 sets for each body part. It will be a high-volume workout, requiring you to work hard each day to build bigger muscles.

You'll train five to six times weekly during this split, starting with the chest, followed by the back, legs, and shoulders, and ending with the arms.

You can either take one or two days off in a week, depending on how quickly you recover from previous workouts.

If you take only one day of rest, then you have to push your shoulders and arms on day 4 & day 5, and on day 6, you can focus on your lagging body parts or abs.

## **Seth Force's Bro Split Schedule:**

- **Day 1:** Chest
- **Day 2:** Back
- **Day 3:** Legs

- **Day 4:** Shoulders/Off
- **Day 5:** Arms/Shoulders
- **Day 6:** Underdeveloped Body Parts/Off
- **Day 7:** Off

# Monday – Chest

Exercises	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Incline DB Press (Drop set)	1	8/16
Plate Loaded Chest Press	4	10, 10, 8, 8
Dumbbell Pullover	3	12, 10, 10
Plate Loaded Incline Fly	3	12, 10, 10
Cable Crossovers	3	15, 12, 10
DB Lateral Raises (Optional)	3	Failure

## Instructions:

- Grab as heavy dumbbells as possible during the drop set and perform 8 controlled reps. Then, switch to the light dumbbells and perform about 16 reps.
- Perform lateral raises to bring the blood around your chest. However, this is optional.

# Tuesday – Back

Exercises	Sets	Reps
Pull-up (warm-up, self or assisted)	5	6-12
Bent Over Barbell Rows (Reverse Grip)	4	10, 10, 8, 8
Chest Assisted T-Bar Rows (Prone Grip)	4	12, 10, 8, 8
One Arm Dumbbell Rows (warm-up)	1	10-12/side
Single Arm Dumbbell Rows	3	10, 8, failure
Rack Pulls	4	8, 8, 6, 6
Wide Grip Pull Downs + Hyperextensions	3	10-15 & 15

## Instructions:

- Start your workout with bodyweight pull-ups (self-assisted) and do five sets of 6-12 reps. This will activate your back muscles and prepare you for big lifts.
- Go for as many reps as possible in the final working set of one-arm dumbbell rows.
- Alternate wider grip pulldown and bodyweight hyperextension exercises (superset) and perform three sets.

# Wednesday – Legs

Exercises	Sets	Reps
Leg Extension (warm-up)	3	15-20
Leg Warm-up (warm-up)	3	15-20
Leg Presses	5	12, 12, 10, 10, Failure
Back Squats	4	10, 10, 8, 8
DB Stiff Leg Deadlifts or RDL's	4	10, 10, 8/failure x 2
Linear Hack Squats	3	12, 10, 10/failure
Leg Extension + Lying Leg Curl	3	12

## Instructions:

- Start your workout with leg extensions and leg curls to increase blood flow and temperature around your legs.
- Then, move to the leg press, your first main workout, and perform five sets, including the failure set in the last. Increase weight after each set.
- Now, go to the Smith Machine or rack and perform back squats with moderate to heavy weight.
- Compound movements for quads are done, now do the stiff leg deadlift 2 sets of 10 reps, then superset the two last sets with leg curls. Perform RDL 2 sets of 8 reps with lying leg curls till failure.
- Superset leg extension with leg curls to finish your leg day.

# Friday – Shoulder

Exercises	Sets	Reps
Side Lateral Raises	3	12, 10, 8
Lateral Raises (Drop set)	1	6, 8, 10
Front Raises	4	12, 12, 10, 10
Barbell Upright Rows	4	10 (heavy)
Rope Cable Face Pulls	4	15
Heavy Dumbbell Shrugs	5	Failure

## Instructions

- Increase 10 lbs after each set during the lateral raises and perform the last set using the drop set approach. Start by lifting heavy, then reduce weight twice and complete three sub-sets within one drop set.
- Perform barbell upright rows with as heavy a weight as possible but keep your elbows below your shoulder's level to avoid injuries.

# Saturday – Arms (Superset)

Exercises	Sets	Reps
1A Hammer Curls	3	10, 10, 6/12/Failure
1B V Bar Pressdowns	3	12, 12, 10/20
2A Alternating DB Curls	3	10, 10, 8/16
2B Overhead DB Extension	3	12, 10, 8
3A Cable Preacher Curls	3	12, 10, 10
3B Dip Machine	3	12, 10, 10
4A Concentration Curls	2	Failure
4B One-arm Cable Pressdowns	2	Failure

## Instructions:

- **Hammer Curl:** After completing two sets, perform double drop sets in the final sets, meaning perform 6 reps with heavier dumbbells in the first sub-set, 12 reps with moderate weight dumbbells in the second sub-set, and finally grab even lighter dumbbells and go for as many reps as possible in the final sub-set.
- **V Bar Pressdowns and Alternating Curls:** Perform two sub-sets one with heavy weights and one with light weights in your third and final set.
- Perform concentration curls and one-handed press down as many times as possible till your muscles are completely pumped.

# Seth Feroce's Push Pull Legs (PPL) Split

Seth Feroce's PPL split involves exercising five times weekly, with two sessions each for push and pull workouts and one for leg.

- **Day 1:** Push Workout A (Chest, Shoulder, & Triceps)
- **Day 2:** Pull Workout A (Back and Biceps)
- **Day 3:** Legs Workout (Quads and Hamstrings)
- **Day 4:** OFF
- **Day 5:** Push Workout B (Shoulder, Chest, & Triceps)
- **Day 6:** Pull Workout B (Back and Biceps)
- **Day 7:** OFF

This is how Seth Feroce trained during the PPL split. However, he also suggests restructuring your split based on what works for you.

For example, here's another PPL split for those who like to train their legs twice per week:

- **Day 1:** Push Workout
- **Day 2:** Pull Workout
- **Day 3:** Legs Workout
- **Day 4:** OFF
- **Repeat**



# Push Day 1

Exercises	Sets	Reps
Standing DB Side Raises	4	12, 10, 8, failure (4 drop sets)
Smith Machine Shoulder Press	3	12, 10, 8
Up Right Rows	3	12
Incline Machine Chest Press	3	3 x 12, 10, 8
Flat DB Fly	3	10, 8, 8
Cable Press-downs (Cambered Bar)	3	3 x 12
Dumbbell French Press	4	12, 10, 8, 8
Rope Press Downs	3	12, 10, 8/16

## Instructions:

- **Standing Dumbbell Side Raises:** Perform [triple drop sets](#) in the final set with each sub-set till failure. For example, start with 8 reps, then drop weight three consecutive times and try to reach failure in each.
- **Rope Press Downs:** Perform 8 reps with heavy weight followed by 16 reps with light weight (drop-set) in the final set of press down.

# Pull Day 1

Exercises	Sets	Reps
Pull-ups (supported/self)	NA	50 total
1A Reverse Grip Barbell Rows	4	12, 10, 8, 8
1B Wide Grip Pulldowns	4	12
One Arm Dumbbell Rows	3	15, 12, 10, Failure
Wide Grip Seated Cable Rows	3	15, 12, 12
Reverse Grip Barbell Curls	3	12, 10, 6-8-10
Incline Curls	4	12, 10, 8, 8
Spider Curls	3	12

## Instructions:

- Perform as many pull-ups as possible before lifting weights. Seth recommends 50 reps.
- Superset reverse grip rows with wide grip pulldowns and perform listed sets and reps.
- Go for as heavy and as many reps as possible in the final set of [unilateral rows](#).

# Leg Day 1

Exercises	Sets	Reps
Treadmill (warm-up)	1	10 minutes
Stretch & Foam Roll (warm-up)	–	5-6 minutes
Bodyweight Walking Lunges	3	15/leg
Leg Presses	8	15
Back Squats	8	8-10
Lunges (no weight) + Stiff Legged DL	4 & 8	15 & 8-12

## Instructions:

- Walk for 10 minutes on the inclined treadmill at a slow to medium pace.
- Superset lunges with stiff-legged deadlifts (SLD) and performs 8 sets. Perform 15 lunges on your right side, then do SLD 8-10 reps, then 15 lunges on your left side, then again 8-10 SLDs. Repeat for the said times.

# Push Day 2

Exercises	Sets	Reps
Incline Dumbbell Chest Fly	4	12, 10, 8, 8
2A Dumbbell Side Raises	4	12-15
2B Alternating Front Raises	4	12-15
Incline Chest Press	3	12, 10, 8
Pec Deck Fly	4	10-15
Plate Loaded Dip Machine	4	10-12
Rope Tricep Extensions	4	12-15

## Instructions:

- Superset dumbbell side raises with alternating front raises and perform 4 sets of 12-15 reps.
- You can replace the dip machine with parallel bar dips to work on your chest and triceps simultaneously.

# Pull Day 2

Exercises	Sets	Reps
Pull-ups (supported/self)	5	6-12
Bent Over Barbell Rows	3	12, 10, 8
<a href="#">Pendulum Row</a>	1	Failure
Close Grip Pulldowns	3	12, 10, 10
T-Bar Rows	3	12, 10, 8
<a href="#">DY Row Machine</a>	3	12, 10, 8
Alternating DB Curls	3	12, 10, 8/16
Straight Bar Cable Curls	4	12, 10, 8, 8
Dumbbell Spyder Curls	3	12, 10, 10

## Instructions:

- Perform 8 reps with heavyweight followed by 16 reps with moderate to light dumbbells in the last set of alternating curls.
- You can replace some exercises with the ones that work better for you.

# Legs Day 2

Exercises	Sets	Reps
Leg Extensions (warm-up)	5	20
Leg Curls (warm-up)	5	20
Adductor (warm-up)	5	10
Abductor (warm-up)	5	10
Leg Presses	6-8	15-20
Reverse Hack Squat	5	15, 15, 15, 12, 10
Smith Machine Lunges	2	10-12/leg
SDL + Leg Curls (superset)	5	10-12
Front Squats	6	12, 10, 10, 10, 8, 8

## Instructions:

1. The number of sets and reps is overwhelming in this session, so I suggest cutting it down to the level that suits you.
2. You can also lower the number of warm-up sets.
3. Try to keep the weight light during the warm-up sessions so that you can lift effectively during working sets.
4. Superset straight-leg deadlift with lying leg curls and perform 5 sets of 10-12 reps.

# Who Can Follow Seth Feroce's Training Plan?

Seth Feroce is an IFBB Pro bodybuilder who has been training for more than two decades. He understands how much his body can handle and what food and supplements are needed to recover muscles. So, only experienced lifters who understand bodybuilding science can follow Seth Feroce's inspired workout routine.

These programs are not for beginners, amateurs, or weight watchers, and whoever follows any of the above routines should consult with a professional trainer before starting the program.

These training programs are inspired by Seth Feroce and this is what works for him but it's you who have to make some adjustments based on your lifestyle, fitness level, and workout goal. You should stick to what works for you instead of what is generally recommended.

## Related Programs:

1. [6 Day Upper Lower Split for an Aesthetic Body](#)
2. [2x Olympia Physique Winner Ryan Terry Workout Routine w/ PDF](#)
3. [David Laid Workout Plan for Strength & Mass \(PDF Included\)](#)

## 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](#)