

# Steve Cook Inspired Muscle Gain Workout Plan

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Full URL: <https://thefitnessphantom.com/steve-cook-workout-plan-and-pdf>

Sessions/Week	5 (Mon, Tue, Wed, Fri, & Sat)
Duration/Session	60-90 minutes
Workout Plan Goal	Gain Muscle & Strength
Experience Required	Intermediate
Target Gender	Male
Suitable Age Group	16-35 years
Recommended Duration	12 Weeks

# Steve Cook's Muscle Building Exercises

Here is the list of exercises I'll use in this program. You can also save and use them according to your fitness level and goal:

## **PUSH EXERCISES**

- Incline Bench Press
- Flat Bench Press
- Decline Bench Press
- Single-arm Dumbbell Neutral Grip Press
- Decline Cable Fly
- [Landmine Squeeze Press](#)
- Rope Pushdown
- Seated Overhead Barbell Extension
- [Push Press](#)
- Smith Machine Behind the Neck Shoulder Press
- Seated Machine Press
- Dumbbell Lateral Raises
- Dumbbell Front Raises
- Lean Away Lateral Raises
- [Barbell Skull Crusher](#)

## **PULL EXERCISES**

- [Straight Arm Cable Lat Pullover](#)
- Chin-ups
- Pull-ups
- Seated Machine Row (Prone & Neutral Grip)
- Underhand Grip Lat Pulldown
- [Unilateral Pulldown](#)
- Low to High Cable Fly
- Inverted Row
- [Bent-over Barbell Row](#)
- [Single-arm Landmine Row](#)
- Wide Arm Bent Over Row
- TRX Wide Arm Row
- Face Pull
- High Machine Row
- Spider Curls
- [Bayesian Cable Curl](#)
- Cable Concentration Curls
- 45-60 Degree Incline Front Raises
- Incline Prone Dumbbell Rear Delt Row
- Shoulder Shrug
- Upright Row

## **LEGS & ABS EXERCISES**

- Leg Press
- Leg Extension

- [Belt Squat](#)
- Back Squat
- Front Squat
- Hack Squat
- Step Up
- Lunges
- Bulgarian Squat
- Leg Curls
- Romanian Deadlift
- [Single Leg RDL](#)
- Calf Raises
- Hanging Ab Twisting Knee Raises
- Hanging Knee to Chest
- Decline Bench Leg Raise to Hip Lifts
- Seated Oblique Twist
- AB Wheel Rollout
- Cable Crunches

# Steve Cook 5-Day Split for Gaining Mass & Strength

- **Monday:** Chest & Triceps
- **Tuesday:** Back and Biceps
- **Wednesday:** Legs
- **Thursday:** OFF
- **Friday:** Shoulder
- **Saturday:** Abs and Cardio
- **Sunday:** OFF

## Day 1 – Chest & Triceps

**Warm-up:** Perform one set of 12-15 Inverted Rows, 10-12 Behind Neck Empty Barbell Presses, 10-12 Bent-over Rows with an Empty Bar, Plank Shoulder Sliders (5-6 per side), and 8-10 Clap Push-ups).

Exercises	Sets	Reps	Rest
Flat Barbell Bench Press	4	12, 10, 8, 6	2.5 mins
Incline DB Rotational Press	3	15, 12, 10	1.5-2 mins
Hammer Strength Chest Press	3	12-10	1.5 mins
Bent-over Cable Crossover	2	Failure	1.5 mins
Dumbbell French Press	3	10-12	1.5 mins
Single-arm Pushdown	3	10/arm	60-sec

Increase the load after each set.

## Day 2 – Back & Biceps

**Warm-up:** Perform 4 sets of 8-15 bodyweight or assisted pull-ups before lifting weights.

Exercises	Sets	Reps	Rest
1A Close Grip Machine Row	2	10-12	2.5 mins
1B Wide Grip Machine Row	2	10-12	1.5-2 mins
Supine Grip Lat Pulldown	2	12-15	2.5 mins
3A Incline Chest Supported DB Row	2	12-15	30-45 secs
3B Rope Lat Pullover	2	10-12	30-45 secs
Preacher Curls	2	10-15	1.5-2 mins
Bayesian Curls*	1	10+10	1.5-2 mins
EZ Bar Curls*	1	21	–

**Bayesian Curls:** Perform 10 reps then lower the weight to half and aim to perform as many as possible to complete your first set.

**EZ Bar Curls:** It is based on the 21-rep scheme which involves performing 7 partial curls, 7 curls from midway to full contraction, and 7 regular curls.

## Day 3 – Legs

**Warm-up:** Run on the treadmill for a few minutes, 10-12 leg swings per side, 5-6 World's Greatest Stretch per side, and perform standing quad stretches for 15-30 seconds. That's the warm-up.

Exercises	Sets	Reps	Rest
Belt Squats	3	10, 8, 6	1.5 mins
2A Leg Press	3	10, 8, 6	1-2 mins
2B Smith Romanian DL	3	10, 10, 10	1-2 mins
3A Smith Back Squat	2	10-12	1-2 mins
3B Lying Leg Curls	2	10-12	1-2 mins
Standing Calf Raises	2	10-12	1.5 mins
Seated Calf Raises	2	10-12	1.5 mins

## Day 4 – Shoulders

Exercises	Sets	Reps	Rest
1A Strict Shoulder Press	4	12, 10, 8, 6	1-minute
1B TRX Y	4	5	30-second
1C TRX T	4	5	30-second
2A Seated Behind Overhead Press	3	12, 10, 8	2-minute
2B <a href="#">90-degree off-the-knee Shoulder Extension</a>	3	12/arm	1-minute
Barbell Upright Row (Wide Grip)	3	10-12	2-minute
Single-arm Cable Side Raises	3	12/arm	1-minute
5A Seated Bend Over Side Raises	2	7	30-second
5B Three-Way Raises	2	7	30-second
5C Dumbbell Front Raises	2	7	30-second

Perform strict shoulder presses, then move to the TRX cable to do Y and T raises and repeat this four times with 30 to 90 seconds of rest between each exercise.

Superset behind the head shoulder press with shoulder extension.

The last three exercises are a kind of dumbbell complex for shoulders which involves performing 7 rear delt raises, 7 bent arm to rear delt raises, and 7 front raises. All three exercises will be done sitting in the same place with the same dumbbells. After completing 21 reps, take 2 minutes of rest then repeat.

## **Day 5 – Abs and Cardio**

- 400-meter Sprint
- 10 Hanging Toes to Bar
- 400-meter Sprint
- 30 Bicycle Crunches
- 400-meter Sprint
- 25 Reverse Crunches
- 400-meter Sprint
- 1-minute Plank
- 400-meter Sprint
- 50 Leg Lifts
- 400-meter Sprint
- 10 Hanging Toes to Bar
- The End.

# Who Can Follow Steve Cook's Training Plan?

This program is for experienced lifters (preferably males) who have been lifting weights for a while and want to try a well-programmed workout plan to gain muscle mass and strength.

It will be challenging for beginners and can be too much for females, so I don't recommend them.

I also suggest exploring Steve's workout videos to learn why and how he performs certain exercises. This will help you get a better understanding of his training approach.