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# 3-MONTH HIGH VOLUME WORKOUT PLAN FOR STRENGTH & MASS GAIN

Full URL: <https://thefitnessphantom.com/3-month-high-volume-workout-plan-with-pdf>

## Program Description

Sessions/Week	6 Days weekly
Program Goal	Build Strength & Size
Duration per Session	90-120 minutes
Target Gender	Males
Difficulty Level	Intermediate Level
Program Duration	3 months
Volume Density	High (25-40 sets per session)

This high-volume workout routine is inspired by the popular bodybuilders, including eight-time Mr. Olympia [Lee Haney](#) and [Ronnie Coleman](#) seven-time Mr. Olympia [Arnold Schwarzenegger](#) and [Phil Heath](#).

It involves exercising six times a week (Monday to Saturday), focusing on 2-3 muscles per day.

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You'll hit every body part twice a week (first time with heavier weight and second time with moderate weight). The heavy-medium load combination will build strength and promote hypertrophy.

Each session will have 25 to 40 sets and will take at least 90 minutes (excluding warm-up) to complete all of them.

To perform all reps and sets effectively, you need to have experience and knowledge about the correct form and posture of each exercise.

This program requires special attention to diet, as your muscles need high-protein foods to recover, rebuild, and grow.

**Before you start, remember to follow these instructions for optimal results:**

- **Warm-up:** Start your session with 5-10 minutes of quick warm-up. Perform shoulder pass-throughs, arm swings, pull-apart, inverted rows, and pull-ups before upper body workouts and leg swings, deep squats, reverse lunges to front kick, and hamstring stretch on leg days. Warm-up reduces stiffness in the muscles and prepares your body for lifting exercises.
- **Overload between sets:** Increase 5-10% load after each set and train till failure to stimulate muscle growth. Ensure the last few reps of each set feel challenging.
- **Advanced Strategy:** I also recommend including advanced training strategies, such as [supersets](#) and [dropsets](#), to maximize the muscle pump.

# MONTH 1

- **Day 1:** Chest, Arms, Calves, and Abs (A)
- **Day 2:** Quads & Hamstrings (A)
- **Day 3:** Back, Shoulders, Calves, and Abs (A)
- **Day 4:** Chest, Arms, Calves, and Abs (B)
- **Day 5:** Quads & Hamstrings (B)
- **Day 6:** Back, Shoulders, Calves, and Abs (B)
- **Day 7:** OFF
- Repeat 4 times. Rest for 2-3 days before starting the second month's workout.

## Day 1: Chest, Arms, Calves, and Abs (A)

Exercise	Target Muscle	Sets	Reps
Flat Barbell/DB Bench Press	Chest	4	8-10
Incline Barbell/DB Bench Press	Chest	4	8-10
Dumbbell Flyes	Chest	4	10-12
<a href="#">Skull Crusher</a> /Overhead Extensions	Triceps	3	12-15
Barbell/DB Biceps Curl	Biceps	4	8-10
Incline/ <a href="#">Preacher Curl</a>	Biceps	4	8-10
Standing Toe Raises	Calves	5	15-20
<a href="#">Seated Knee Tuck</a>	Abdominal	4	Failure
<a href="#">Inclined Sit-ups</a>	Abdominal	4	15-20

## Day 2: Quads and Hamstrings (A)

Exercise	Target Muscle	Sets	Reps
Leg Extensions	Quadriceps	4	15-20
Machine Leg Press	Quadriceps	4	12-15

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Back Squats	Quad and Glutes	4	8-10
<a href="#">Stiff-legged Deadlift</a>	Hamstrings	4	10-12
Leg Curls	Hamstrings	4	15-20

### Day 3: Back, Shoulders, Calves, and Abs (A)

Exercise	Target Muscle	Sets	Reps
Front Lat Pull Down	Back	4	10-12
One-arm DB Row	Back	3	10/side
Seated Cable Row	Back	4	8-12
T-Bar Row	Back	3	8-10
<a href="#">Military/DB Press</a>	Front Delt	3-4	8-10
Lateral Raise	Side Delt	3-4	10-12
<a href="#">Upright Rows</a>	Upper Trap	3-4	8-10
Standing Calf Raises	Gastrocnemius	4-5	15-20
<a href="#">Vertical Leg Raises</a>	Lower Ab	3-4	15-20
Seated Knee Tucks	Lower Ab	3-4	20-25

### Day 4: Chest, Arms, Calves, and Abs (B)

Flat Barbell/DB Bench Press	Chest	4	8-10
<a href="#">Hammer Strength Chest Press</a>	Chest	4	10-12
Parallel Bar Dips	Chest	4	10-20
<a href="#">High to Low Cable Flyes</a>	Chest	4	12-15
Press down	Triceps	4	12-15
Machine Preacher Curl	Biceps	4	8-10
<a href="#">Bayesian Cable Curl</a>	Biceps	3	10-12
Standing Toe Raises	Calves	5	15-20
<a href="#">Lying Leg Raises</a>	Abdominal	4	Failure
Incline Sit-ups	Abdominal	4	15-20

### Day 5: Quads and Hamstrings (B)

Exercise	Target Muscle	Sets	Reps
Leg Extensions	Quadriceps	3-4	15-20
Hack Squats	Quadriceps	3-4	12-15
Front Lunges/ <a href="#">Bulgarian Split Squats</a>	Thighs & Glutes	3-4	10/leg

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Leg Curls	Hamstrings	3-4	12-20
Romanian Deadlift	Hamstrings	3-4	8-10

## Day 6: Back, Shoulders, Calves, and Abs (B)

Exercise	Target Muscle	Sets	Reps
Front Lat Pull Down	Back	4	10-12
Weighted Pull-ups	Back	4	8-10
Seated Cable Row (Neutral Grip)	Back	4	8-10
Chest Supported Row (Overhand Grip)	Back	4	8-10
Behind The Neck Press	Shoulder	4	8-10
Lateral Delt Raise	Shoulder	4	10-12
Bent-over Rear Delt Raise	Shoulder	4	10-12
Standing Calf Raises	Calves	4	15-20
Vertical Leg Raises	Lower Ab	4	15-20
Seated Knee Tucks	Lower Ab	4	20-25

## MONTH 2

- **Day 1:** Chest and Back
- **Day 2:** Shoulders and Arms
- **Day 3:** Legs & Abs
- **Day 4:** Chest and Back
- **Day 5:** Shoulders and Arms
- **Day 6:** Legs & Abs
- **Day 7: OFF**
- Rest for 2-3 days before starting the third month's workout.

### Day 1: Chest and Back (Heavy)

Exercise	Target Muscle	Sets	Reps
Flat Bench Press	Chest	4	6-10
Incline Bench Press	Chest	4	6-10
Weighted Dips	Chest	4	8-10
Bent-Over Barbell Row	Back	4	8-10
Lat Pulldown (Prone Grip)	Back	4	8-10
Single-arm DB Row	Back	4	6-8/side
Crunches	Abdominals	4	20-25

### Day 2: Shoulders and Arms (Heavy)

Exercise	Target Muscles	Sets	Reps
<a href="#">Barbell Push Press</a>	Shoulders	4	6-10
DB Lateral Raise	Shoulders	4	8-12
Barbell Shrug	Shoulders	4	8-10
Face Pull	Shoulders	3	8-10
Standing Barbell Curl	Biceps	3	8-10
Alternating DB Curl	Biceps	3	6/arm
Triceps Pushdowns	Triceps	3	8-12
Overhead Triceps Extension	Triceps	3	8-12

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Wrist Curls	Forearms	3	8-12
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### Day 3: Legs & Abs (Heavy)

Exercise	Target Muscles	Sets	Reps
Back Squat	Quads & Glutes	6	6-10
Reverse Lunges	Thighs & Glutes	4	6-8/leg
Seated Leg Curl	Hamstrings	4	10-12
Hip Thrusts	Ham & Glutes	4	8-10
Standing Calf Raise	Calves	4	10-12
Cable Crunches	Abdominals	4	10-15
High to Low Chop	Obliques	3	10/side

### Day 4: Chest and Back (Hypertrophy)

Exercise	Target Muscle	Sets	Reps
Incline DB Bench Press	Chest	4	12-14
High to Low Cable Flyes	Chest	4	12-14
Seated Pec Deck Flyes	Chest	4	12-14
Lat Pulldown (Neutral Grip)	Back	4	12-14
Seated Row (Machine/Cable)	Back	4	12-14
Close-Grip T-Bar Row	Back	4	10-14
Lying Leg Raises	Abs	4	15-20

### Day 5: Shoulders and Arms (Hypertrophy)

Exercise	Target Muscles	Sets	Reps
Overhead DB Press	Shoulders	4	10-12
DB Lateral Raise	Shoulders	4	12-16
Rear Delt Flyes	Shoulders	4	12-16
Upright Rows	Shoulders	3	10-12
<a href="#">EZ Bar Biceps Curl</a>	Biceps	3	12-16
Incline/Preacher Curls	Biceps	3	12-16
Triceps Pushdowns	Triceps	3	12-16
Overhead Triceps Extension	Triceps	3	12-16
Wrist Curls	Forearms	3	12-16

## Day 6: Legs & Abs (Hypertrophy)

Exercise	Target Muscles	Sets	Reps
Leg Extensions	Quadriceps	4	15-20
Leg Press	Quads & Glutes	4	12-16
Hamstrings Leg Curl	Hamstrings	4	15-20
Bulgarian Split Squats	Thighs & Glutes	4	10/leg
Seated Calf Raises	Calves	4	15-20
<a href="#">Decline Cable Crunches</a>	Abdominals	–	50-100
High to Low Chop	Obliques	3	15/side

## MONTH 3

- **Day 1:** Chest and Back
- **Day 2:** Shoulders and Arms
- **Day 3:** Thighs, Calves, & Abs
- **Day 4:** Chest and Back
- **Day 5:** Shoulders and Arms
- **Day 6:** Thighs, Calves, & Abs
- **Day 7: OFF**
- Rest for 2-3 days before starting the third month's workout.

### Day 1: Chest and Back (Strength)

Exercise	Target Muscle	Sets	Reps
Flat Dumbbell Bench Press	Chest	4	6-10
Incline Barbell Bench Press	Chest	4	6-10
Dumbbell Pullover	Chest, Lats	4	8-10
Cable Chest Flyes	Chest	4	8-10
Close-Grip Pulldown	Back	4	8-10
Conventional Deadlift	Back and Legs	4	6-10
Seated Row	Back	4	8-10

### Day 2: Delts, Triceps, and Biceps (Strength)

Exercise	Target Muscle	Sets	Reps
Standing Barbell Overhead Press	Shoulder	4	6-10
Dumbbell Overhead Press	Shoulder	4	6-10
Lateral Dumbbell Raises	Shoulder	4	8-10
Cable Face Pull	Shoulder	3	8-10
Barbell Biceps Curls	Biceps	3	8-10
Alternating Dumbbell Curl	Biceps	3	8-10
Preacher Curls	Biceps	3	8-10
Cable Pushdowns	Triceps	3	8-10

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Lying French Press	Triceps	3	8-10
Overhead Triceps Extension	Triceps	3	8-10

### Day 3: Thighs, Calves, & Abs (Strength)

Exercise	Target Muscles	Sets	Reps
Back Squat	Quads & Glutes	6	6-10
Leg Press	Thighs & Glutes	4	8-10
Seated Leg Curl	Hamstrings	4	10-12
Hip Thrusts	Ham & Glutes	4	8-10
Standing Calf Raise	Calves	4	10-12
Cable Crunches	Abdominals	4	10-15
High to Low Chop	Obliques	3	10/side

### Day 4: Chest and Back (Hypertrophy)

Exercise	Target Muscle	Sets	Reps
Incline DB Bench Press	Chest	4	12-14
High to Low Cable Flyes	Chest	4	12-14
Seated Pec Deck Flyes	Chest	4	12-14
Lat Pulldown (Neutral Grip)	Back	4	12-14
Seated Row (Machine/Cable)	Back	4	12-14
Close-Grip T-Bar Row	Back	4	10-14
Lying Leg Raises	Abs	4	15-20

### Day 5: Delts, Triceps, and Biceps (Hypertrophy)

Exercise	Target Muscles	Sets	Reps
DB Lateral Raise	Shoulders	4	12-16
Rear Delt Flyes	Shoulders	4	12-16
Front Raises	Shoulders	1	12-18
Upright Rows	Shoulders	3	10-12
EZ Bar Biceps Curl	Biceps	3	12-16
Incline/Preacher Curls	Biceps	3	12-16
Triceps Pushdowns	Triceps	3	12-16
Overhead Triceps Extension	Triceps	3	12-16
Wrist Curls	Forearms	3	12-16

## Day 6: Thighs, Calves, & Abs (Hypertrophy)

<b>Exercise</b>	<b>Target Muscles</b>	<b>Sets</b>	<b>Reps</b>
Leg Extensions	Quadriceps	4	15-20
Hack Squats	Quads & Glutes	4	12-16
Hamstrings Leg Curl	Hamstrings	4	15-20
Bulgarian Split Squats	Thighs & Glutes	4	10/leg
Seated Calf Raises	Calves	4	15-20
Decline Cable Crunches	Abdominals	–	50-100
High to Low Chop	Obliques	3	15/side

# Frequently Asked Questions (FAQs)

## Is this high-volume training plan safe to follow?

This program is for experienced lifters whose muscles are used to intense training. I understand it's too many sets and reps, but this is safe as long as you eat, rest, and sleep well. Take an extra rest day or reduce volume if you feel sore.

## When should I deload?

You can keep the 3rd or 4th week as a deload week or whenever you feel overly fatigued or fail to lift heavy.

## What should I do after 3 months?

Take a week off so your muscles can fully recover. After that, you can keep up with this program or switch to a high-volume & low-volume mixed plan.

## What meal plan should I follow with this workout?

You have to equally focus on diet to improve recovery and muscle growth. For a balanced diet, include protein 35%, carbs 30-40%, and the rest fat. I've designed a meal plan for both [muscle gain](#) and [weight loss](#). You can explore that and make some changes if necessary.

## Should I take supplements with this program?

Not all supplements are essential, but I highly recommend taking whey protein and creatine monohydrate if you follow a high-volume bodybuilding plan.

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## **How long does it take to see results?**

You'll start seeing some improvement in strength and size results after 6-8 weeks. If you do not, don't worry, complete the entire routine. And if you don't see any gains even after 3 months, stop this workout plan and make some adjustments in your diet, workout, and lifestyle.

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