

The 8 Week Muscle Building Workout Plan Summary

A background image of a man in a gym performing a push-up. He is shirtless and wearing blue shorts. The gym has a dark floor and various pieces of equipment visible in the background.

Split Type	Compound/Hybrid
Workout Frequency	5 days a week
One Session Duration	60-75 Minutes
Workout Goal	Strength and Hypertrophy
Target Gender	Male
Workout Level	Beginner to Intermediate
Program PDF	At The Bottom

Strength Muscle Building Program

Ian Pickup



Strength Muscle Building Program:

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