

Share on PinterestRg Studio/Getty ImagesHow many exercises you should do per muscle group depends on several factors, including your fitness level and goals. Here are healthy tips. We know that strength training is good for you — great, actually. From increased muscle mass and stronger bones to better balance and weight management, incorporating strength training into your exercise routine is a no-brainer. What's infinitely more confusing is figuring out the logistics of it all. Is there a magic number of days per week you should work out? Should you split upper and lower body? How many reps and sets? There's a lot of information available and many ways to approach training. In this article, we'll explore the topic of how many exercises you should do per muscle group. It varies depending on several factors, including your fitness level and goals. For example, research is clear that the more weekly sets you perform, the more muscle hypertrophy — or size increase — you'll see. But what about if you're interested in gaining strength? Or muscular endurance? In general, a range of 1 to 3 sets of an exercise can provide benefits based on your goals, and even just one exercises and concentrate your reps and sets there. If size is your goal, you'll want to vary your exercises more, spreading your reps and sets between them. Should you think about exercises per muscle group in a weekly view, or per workout? To understand this topic better, we should start with addressing training volume. Training volume = reps x sets x weight. The correct training volume for you will depend on several factors, including your fitness level and goals. Training volume is best to approach as a weekly target, as it accounts for how many workouts per week you plan to train a specific muscle group once per week or three times per week, your volume target will stay the same. You'll just adjust your target number of reps and sets per workout. It's also important to think about your workouts in sets versus reps. When thinking about your weekly training volume, the more reps you complete, the fewer reps you complete — most likely at a heavier weight — the more sets you'll need to do. do. Your goals come into play here:Lower rep ranges of 5 and under are best for strength gains. Moderate rep ranges of 13 to 20 are most beneficial for muscular endurance. Once you've identified your goals, you'll know whether your workouts will be set-heavy or rep-heavy. Another important consideration: whether you want to knock out your weekly training volume in one workout or spread it out across several. The frequency of your muscle group training — or the number of sessions per week to hit your training volume will likely provide better results than doing it all at once because of one key factor: recovery. You'll be less fatigued and your muscles will be allowed to rest, allowing for better performance even at the end of your sets. Instead of viewing all of your sets. regions during different workouts, looking at things from a weekly or even monthly perspective. For instance, a very basic split routine would be upper body. Or you could even break it down further with a chest/triceps/abs day, a leg day, and a shoulder day each week. The point of a workout split is to give specific muscle groups time to rest before challenging them again while still hitting the full body every week. Recovery is an important part of seeing results — especially as your training volume increases — so these breaks are key. A full-body split is just that: Your workout will hit all major muscle groups. This approach is especially good for beginners or those who are strapped for time, as the training volume will be more manageable. An example of a full-body split looks like this: Monday: restAllowing your body at least 1 day to recover between each full-body workout is key, so three sessions per week is a good baseline to start with. Within these workouts, you'll choose one exercise for each muscle group — back, chest, shoulders, legs, core — and, as a beginner, aim for 3 sets of 10 to 12 reps. A body-part split workout routine targets major muscle groups individually throughout the week. While this method will surely increase muscle size and strength, it will have you training at least 5 days a week, which is a big commitment. If you do have the time to adopt a body-part split routine, here's a sample schedule: Monday: rest Thursday: backFriday: absSunday: restFor a body-part split — which is best for more advanced skill levels — you'll concentrate on fewer reps and more sets. Choose five exercises per workout and utilize rep ranges of less than 12. In an upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days and 2 lower body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. A 4-day weekly routine lends itself well here, with 2 upper body days. 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Four days per week also works well for a push-pull split, allowing for two push and two pull workouts. A sample schedule could look like this:Monday: pushFriday: restSaturday: pullSunday: restSaturday: pullSunday: restTo start, choose one to two exercises per muscle group, aiming for 3 sets and 10 to 12 reps as a beginner. No matter which routine you adopt, there are a few things you should take between sets. In lower rep ranges, aim for at least 2 minutes between sets. In higher rep ranges, aim for 30 seconds to 1 minute. Low-, moderate-, and high-rep ranges are predicated on the fact that you're challenging yourself to the very last rep. If the last rep isn't hard to get through, you're not lifting enough weight. Recovery doesn't just refer to spacing workouts so you'll have time to rest. Components like nutrition and sleep are important, too. Make sure the whole package is there, including a well-balanced diet and plenty of Zzz's to ensure you're maximizing your results. To build strength, stick in the range of 1 to 5 reps and 4 to 5 sets. Truly challenge yourself with the load. If you feel as though you could continue, add some more weight in the next set. A simple, no-frills approach is the best to build strength. Stick with these foundational exercises over 3 days per week to keep the concentration and effort on your load and form. A sample routine could look like this:Remember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results — especially as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of especial part of seeing results as your training volume increases — so breaks like this are key.squatoverhead pressdeadliftRemember: Recovery is an important part of seeing results as your training volume increases — so breaks like thi part of seeing results — especially as your training volume increases — so breaks like this are key. Analyzing your fitness goals is the first step in figuring out how many exercises you should do per muscle group. It doesn't have to get complicated, however. Research shows that even fewer than 5 sets per exercise per week can grow muscle. So get moving and fine-tune your approach as you go! Nicole Davis is a writer based in Madison, Wisconsin, a personal trainer, and a group fitness instructor whose goal is to help women live stronger, healthier, happier lives. When she's not working out with her husband or chasing around her young daughter, she's watching crime TV shows or making sourdough bread from scratch. Find her on Instagram for fitness tidbits, #momilife, and more.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. "How many sets should I do to build muscle?" The answer depends on two factors: How long you've been training How much time you have to train "Time" is simple enough. If I told you the best way to build muscle is to spend three hours a day in the gym, most of you would say that's out of the question. So even if it was true—which it isn't!—it's not a practical recommendation. "Training" is a bit more nuanced. It's not the same as "working out." It means you're following a program with the goal of making specific adaptations. In this case, you're trying to change the way your body looks and performs by making your muscles bigger and stronger. I divide training experience into three categories: Beginner: less than 12 months of consistent, proper training experience Intermediate: 1 to 4 years of consistent, proper training experience Advanced: more than 4 years of consistent, proper training experience I need to clarify one more term before we get to my recommendations: We count sets based not on the exercise, but on the muscles involved in the movement. So a set of bench presses counts as one set for your chest, one set for your front delts, and one set for your triceps. It's still one set of one exercise, but it applies to three different muscles. Same with a set of lat pulldowns. It counts toward your biceps. Beginner If you're new to training, you don't need to spend a lot of time in the gym. You can build muscle with just 1 to 5 sets per muscle per week. You could do just 1-2 sets per exercises, you could do 2-3 sets per exercises, you could do just 1-2 sets per exercises, you could do 2-3 sets per exercises. though. If you have the time and ambition, you could start with 4 to 8 sets per muscle per week, and work your way up to 8 to 12 sets. Doing those extra sets will likely get you gains a little faster, but not by much. It's up to you if you want to prioritize quick and effective workouts (that get most of the results) or less quick but more optimal workouts. Intermediate Your first year in the weight room is when you get those coveted "newbie gains." Just about anything you do will make progress in your second and third years of training, but you'll have to work harder for it. 4 to 8 sets per muscle per week is now your minimum If that's what you were doing as a beginner, you'll want to aim for 8 to 15 sets per muscle per week. At this point, your weekly volume will be much more manageable if you train three to five days a week, working each muscle at least twice. Advanced You're now a seasoned lifter, which means the easy gains are deep in the rear-view mirror. You can maintain them by continuing what you did as an intermediate, and that's fine. 4 to 8 sets per muscle per week will still be enough to maintain what you've built and you may even keep making gains on that volume if: - You're respond well to low volumes - You start training harder (you weren't pushing quite hard enough in your early years) - You get your nutrition and sleep dialed in better But continued progress usually requires higher training volume at this stage: 12 to 20 sets per muscle per week. You can probably still manage to get it all in with three full body workout per week. But the workouts might feel a lot easier if you train four to six days a week, again hitting each muscle at least twice. Now, if you're serious about maximizing your natural potential, and perhaps even competing as a bodybuilder, you should at least experiment with high training volumes once. Most people do respond well to it, assuming to they still train hard enough. That means 15 to 25 sets per muscle per week. To make sure recovery doesn't become an issue, you may want to increase volume that high for just 1-2 muscles at a time, while keeping others in the usual range. If some body parts aren't as well developed as others, consider increasing the volume even more for those muscles, while reducing volume by a similar amount for your stronger muscle groups. That should ultimately produce a more balanced physique. My back responds better to higher volume than most other muscles You may also find at this stage that certain muscles need more than others. For example, my back does great with 15-25 sets per week but for my chest, that would be overkill. Generally I've found the back, shoulders, glutes and quads tend to do well with higher volumes. If you're in the camp of lifters who want quick workouts, I wrote a program designed to get you the best gains in the least time possible. It's called The Essentials Program and it guarantees each workout will take no longer than 45 minutes. If you're looking for optimal workouts and don't mind if they take a little longer, check out my Pure Bodybuilding Program. This is for serious intermediate-advanced level lifters who want to make their best gains possible. Until next time, Jeff urbazon//Getty ImagesNew evidence has shed light on the optimal amount of sets we need to be getting through in our workouts in order to build muscle. Until this point, various studies have suggested that muscle gain will increase as volume increases, with different muscle groups requiring different amounts of sets for optimal muscle growth. However, it hasn't been studied to the same extent as this particular piece of research. In a YouTube video shared by Dr Mike Israetel, who holds PhD in Sport Physiology, and sport scientist PhD Dr Milo Wolf, the two experts discussed the findings of the study which was published in Medicine & Science in Sports and Exercise. Focusing on the quadriceps and training per week, split evenly over 2 workouts. Group 2 (Medium Volume): 22 sets of quad training, adding 4 sets of weekly quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training, adding 6 sets of weekly quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. Group 3 (High Volume): 22 sets of quad training every 2 weeks, resulting in 52 sets per week on average for the 12-week study. 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Linking this study back to our training, it's suggested that we could increase hypertrophy and strength by completing more than 22 sets a week. This could be achieved by adding 4-6 sets per week. However, that's not as simple as it may seem. The study also mentioned that the limited certainty of the findings warrants caution due to the variation between participants. It's also important to add that in this study, the participants were training extremely hard. What's Considered a Good Bench Press Weight?To put this into context, the high volume group completed 26 sets of quads with 2 minutes rest. The programme contained:9 sets of leg extensionIt's pretty brutal to say the least, not to mention how much time this would take. A 30-minute lunch break workout this ain't. MH says: Not everyone can add more volume to their training, especially to this degree and with every single muscle group. Doing so would likely sacrifice adequate recovery and therefore increase the risk of injury, so of course work within your limitations. To Train to Failure or Not for Muscle GrowthThe key takeaway is that despite this study's findings, you don't have to work to such high levels as 52 sets per week. However, you could focus on increasing weekly volume from where you are now and ensure you are working close to failure at the end of those sets. How Many Sets for Building Muscle? As a rule of those sets. How Many Sets for Building Muscle? A level. How to Use the RPE Scale for Strength and SizeReferring to a more recent systematic review, it found: If you want to absolutely maximise muscle growth: 30-40 sets would be a more realistic goal. This could look like: 3-6 sets close to failure for a particular muscle group per workout, working on the basis that you train 3 times a week. You could start here and increase weekly sets gradually as you get stronger and more acclimatised to the amount of work. The most important variable is to train with intensity on a consistent basis. Using the new research as well as taking an individualised approach to your programming will likely improve your muscle gains, without you needing to skip the stairs. Resistance training is a combination of putting in hard work and programming your routines correctly so you can hit your goals. We can't bring the intensity for you, but we can tell you how to properly set up your workouts so you have the ideal number of exercises, sets, and reps per muscle group and workout, no matter your goal. Research indicates that each major muscle group must be trained twice weekly for best muscle-building results. However, there are several unique variables that can impact this, which we'll cover in this article. We're about to answer the question: How many exercises and sets should I do per week or per muscle group? In addition, we'll provide key programming tips for several different goals, and break down the most effective exercises for each muscle group. Table of Contents: Understanding Sets & Reps Determining Sets & Tailoring Exercises For Your Goals Recommendations For Beginners Optimal Frequency For Training Each Muscle Group Best Exercises For Each Muscle Group Best Exercises For Your Goals Recommendations, or the number of times you do a specific exercise. Sets means the number reps you're completing before taking a rest. For example, if a workout calls for 3 sets of bench press with 12 reps in each set, then you would be expected to do 12 reps three times for a total of 36 repetitions. Determining Sets & Reps When you are figuring out how many sets and reps you should do per muscle group and workout, there are 3 factors to consider. Fitness level (beginner or advanced) Goal (mass building or fat loss) Workout frequency Recommendations The American College of Sports Medicine states that 2-3 sets of 8-12 reps, coming close to failure on the last rep of each set, is ideal for muscular hypertrophy1. Choosing Rep Ranges For Goals The number of reps you do per set should be aligned with your end goals, which will including increasing power and/or strength, building muscle, and increase Power: 1-3 reps of big compound movements at 70-95% of your 1 rep max. Reps to Increase Strength: 4-6 reps of compound movements at 85-90% of 1 rep max. Reps to Build Muscle: 8-15 reps of compound and isolation movements using 65-75% of your 1 rep max. Reps to Increase Endurance: Over 15 reps of smaller compound and isolation movements using program using the correct number of exercises per workout. Guidelines: Total sets per workout (10-20) Examples based on sets per exercises if you're doing two sets of each exercises per workout or 7-12 exercises if you're doing two sets of each exercises per workout or 7-12 exercises if you're doing two sets of each exercises if you group twice a week Aim for each workout to have 15-25 sets total, but with less than 10 sets for a specific muscle group on one day Include 8-10 multi-joint exercises per week Also, don't focus so much on how long your workout should be, but rather, make sure you're hitting all of your muscles with effective exercises. Want to pack on pounds of lean muscle in 90 days? Check out our SFS Hypertrophy Program developed by Garett Reid (NSCA, CSCS, CISSN, M.S.E.S.S). BEST MUSCLE-BUILDING PROGRAM Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... Tailoring Workouts for Fat Loss and Muscle Building Whether your goal is fat loss or muscle building, we've got you covered! Here's how you can personalize your program to hit your goals. Fat Loss Strategies: To lose fat you should be doing a high volume of reps per set while still sticking within the guidelines above. In addition, you must increase the intensity of these exercises. You can reduce rest times between sets for extra calorie burn. You can also try to execute HIIT or EMOM or AMRAP Focus on heavy compound lifts as well (with adequate rest time between sets) Muscle Building Strategies: To build muscle, utilize the concept of Time Under Tension (TUT), which is the amount of time the movement. The phase of the movement we are most concerned with is the stretching phase where you should try for slow eccentric movement. Guidelines: Focus on Time Under Tension (TUT) Incorporate heavy compound lifts Rep ranges of 6-12 reps per set Recommendations For Beginners Those new to fitness should start with full body workouts until their bodies. get accustomed to exercising. In each full body workout, each muscle group should be targeted, completing 2 sets of 10-12 reps. Make sure to give yourself adequate rest and recovery between workout days. Starting Point Guidelines: Full body workouts 2 sets of 10-12 reps for each muscle group optimal Frequency for Training Each Muscle Group Numerous studies have been conducted in this area with the majority agreeing that more volume/sets leads to more growth. This 2010 study saw that people who did 4-6 sets per muscle group had around 80% more muscle group had around findings that the more sets and exercises per muscle group you do the better the results3. There is however a limit to when higher sets/volumes are beneficial and can actually become detrimental to your gains. The same researcher from the aforementioned study, James Krieger, studied the seems to be the upper limit of beneficial outcomes. If you're doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard sets of a particular muscle group in one day you might be doing more than 10 hard set and the type of exercises being performed. For example, a total of 10 hard sets comprised of squats, deadlifts and lunges will be more taxing on your muscles than leg extensions, quad curls and calf raises. Recap of Study Findings: Train each muscle group twice weekly let's and lunges will be more taxing on your muscles than leg extensions, quad curls and calf raises. you workout hard with a high intensity without over-training in one particular workout session More sets per muscle group weekly is best for muscle group weekly is also dependent on your fitness level and training age MAJOR MUSCLE GROUPS There are over 600 muscles in the human body! We will briefly touch on some of the best exercises for certain muscle groups. The following 12 major muscle groups. The following 12 major muscle groups that should be targeted in your exercises for certain muscle groups. exercises you can do for each muscle group. Best exercises to build traps The following big lifts help to build strength and size in the traps: Deadlifts Snatches Cleans The best exercise to build your trap are different shrug variations. The more targeted trap exercises include: Military Press/Overhead Press Farmer's Walk Shrugs Lateral/Side Raises Face Pulls Upright Rows Check out the Best Trap Exercises for even more ideas! Best shoulder exercises to build muscle The king of shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best shoulder exercises are the: Military press Might be the best should be the b muscles are also engaged in other exercises such as incline bench press and deadlifts. Some exercises to build shoulder strength are: Arnold Press Handstand/Wall Push Ups Front/Side/Rear Raises Upright Rows Best chest exercises to build muscle You often hear people talking about how much they can bench as a sign of strength but when was the last time you heard someone saying how many weighted dips they could do? The best exercises to build a strong chest are bench press and dips but there are a number of exercises that assist in developing the chest muscles, including: Dips Incline/Decline Press Push Ups (wide/close grip/weighted/elevated) Flys Pullovers Cable Crossovers There is an endless assortment of exercises, Best Inner Chest Exercises, and Best Outer Chest Exercises, and you'll never run out of workout ideas! Best back exercises can usually be separated into two areas: exercises to increase the depth of the back and exercises for back is necessary are we age to help fend off back pain or other injuries. The best exercises for back include: Deadlifts Pull Ups/Chin Ups Rows Pulldowns Back Extensions Best ab exercises to build muscle The best ab exercises you can do are actually not really considered "ab" exercises you will force your abs to be engaged which will help to build strength. However, if you do want to target your core more specifically there are a number of exercises that will do the trick. Always remember, we all have abs, they are just hiding underneath that belly fat. The old saying goes, "Abs aren't built in the gym but in the kitchen" which is half true but if you want strong well defined abs you have to put in the hard work. You will also need low body fat to get a glimpse of those abs. Some of the best isolated ab exercises, Best Collique Exercises, and Best Transverse Abdominis Exercises, Best Lower Ab Exercises, Best triceps exercises are found in compound movements such as: Pushups Overhead press Close/reverse grip bench press Pullovers Dips There are multiple isolation exercises for the triceps that can help with improving the definition of the Best Barbell Triceps Exercises and Best Dumbbell Triceps Exercises. Best bicep exercises to build muscle Once again some of the best exercises you can do to build strength in your biceps are compound movements such as: Rows Pull ups Close grip chin ups You can add some isolation exercises into the mix if you want to improve those beach muscles. Do these exercises for a massive pump: Crossbody Curl Preacher Curl Incline Curls Alternating Dumbbell Curls Best forearms will come into play by holding and gripping the weight or bar. The best compound lifts for your forearms will come into play by holding and gripping the weight or bar. the big lifts you can improve your forearm strength with: Reverse Wrist Curls Pinwheel Curls Wrist Curls Check out the Best Forearm Exercises for building your glute specific workout the Best Forearm Exercises for building your glute specific workout the Best Forearm Exercises for building your glute specific workout the Best Forearm Exercises for building your glute specific workout the Best Forearm Exercises for building your glute specific workout the Best equipment amongst their lineup as the trend of bigger behinds continues. There are also glute specific exercises to build muscle The best exercises for quadriceps are large compound movements such as: There are numerous variations of both squat and lunges so you should never get bored of working out these muscles. There are also isolation exercises such as leg extensions or terminal knee extensions or terminal knee extensions (TKE) if you want to specifically target the quads or are rehabbing an injury. Lunge Sumo Squat Ready for more ideas? Head to the Best Quad Exercises and the Best Dumbbell Quad Exercises to build muscles are different types of deadlifts where your legs stay straight and get a massive stretch like stiff legged deadlift. Most gyms also have machines like the quad curl to isolate the effort of the hamstrings. The overall best exercises for hamstring Exercises to find your favorite moves. Best calf exercises to find your favorite moves. Best calf exercises to build muscle While some people are born with the genetics to have strong thick calves, others have to work extra hard to add mass to these muscles. If you're one of the unlucky ones then you might have to put some extra effort into building up your calves. Whatever the case, don't be the one walking around with a massive upper body and chicken legs. Try some of the best exercises & Sets Per Muscle Group & Workout: Final Takeaways There isn't a magical equation to find how many exercises, sets, and reps you should do for each muscle growth. Fitness is a personal journey where you have to do the hard work to see what works best for you. There are plenty of fitness gurus on the web that preach a certain number of sets/reps is the best but that's probably because it's what worked best for them. The only way to determine what sets, reps and exercises are right for you is to get out there and get after it. If you need help getting started, follow a structured program that includes an exercise, set, and rep range that aligns with the goals we discussed above. Then, if you need more or less volume than the program includes, you can tweak it based on your needs. Workout Program Recommendations: Push/Pull Split: The push pull aplit will have you doing push exercises the next day; think rows, deadlifts, pull ups. Upper Body/Lower Body: The upper-lower split will have 2 days of upper body workouts and 2 days of lower body workouts weekly. 5 x 5: In the 5x5 program you will be doing 5 sets of 5 reps for the big compound lifts such as deadlifts, squats, rows, overhead press etc. usually 2-3 days per week. Full Body: As the name implies you will targeting all major muscle groups during each workout with a full body workout plan. The rep range should be 6-12 reps. BEST MUSCLE-BUILDING PROGRAM Prepare to maximize your gains with our exclusive 12-week hypertrophy training split and gain 2-12 pounds of muscle over 90 days... For additional programming and frequency information, check out our article on Why You Should Train Each Muscle Twice a Week. References: Selecting and Effectively Using Free Weights: Two Types of Free Weights: Two Types of Free Weights: Two Types of Free Weights. Krieger JW. Single vs. Multiple Sets of Resistance Exercise for Muscle Hypertrophy: A Meta-Analysis. Journal of Strength and Conditioning Research. 2010;24(4):1150-1159. doi: Schoenfeld BJ, Ogborn D, Krieger JW. Dose-response relationship between weekly resistance training volume and increases in muscle group, per week. But how many sets is it best to do in a single workout? Key points: 1. In natural bodybuilders, muscle growth potential and recovery capacity are limited. As a result, you can only do a limited amount of productive and recovery capacity are limited. As a result, you can only do a limited amount of productive and recovery capacity are limited. 5 sets you may have already realized most of the potential muscle group. The growth stimulus stagnates around 10 sets. 3. Therefore, increase your training frequency as soon as you reach the threshold of 8-10 sets per muscle group to grow intermediates around 15 and advanced around 20. All this at an average training intensity of 1-3 RIR. 5. Do a maximum of 20-30 sets per workout, which equates to a maximum of 20 or 3 times a week is optimal. Advanced users with high volume needs may benefit from even higher training frequencies, such as 5 times a week. THE IMPORTANCE OF SETS Muscles are especially stimulated by the exhausting repetitions in a set, also known as 'effective (or stimulating) reps'. In order to grow, they need to trained with enough of those reps each week. And since a set, if trained to (near) muscle failure, provides on average no more than five stimulating repetitions, you have to do several sets for each muscle group per week. The number of sets per muscle group per week is also known as the training volume. The degree to which is trained to muscle failure is called effort or relative intensity. You create a growth stimulus by doing enough sets and by making sufficient effort per set, so by training until (near) muscle failure. In summary: By doing several sets per muscle group, you increase the number of effective reps and thus the growth stimulus. CRITERIA OF A SET To count sets as training volume, they must be challenging and thus he growth stimulus. enough effective reps. Warm-up sets are not counted for that reason. It therefore concerns the so-called 'tough sets', which, according to a meta-study, meet two criteria: they contain enough repetitions, preferably between 6 and 20; they are trained with sufficient effort, namely at least RPE 7 (ie you train to or near muscle failure, and keep a maximum of 3 reps in the tank)\*. \* Although you have to make sufficient effort per set, it is better not to train to complete muscle failure. That hardly results in extra muscle growth, while it does cause a lot of extra fatigue. As a result, you can do less volume and therefore on balance less effective repetitions. Therefore, keep 1-3 Reps In Reserve (RIR) for most sets. COUNTING SETS When calculating training volume, we always include indirect work. That means we count fractional sets for muscles that help in large compound exercises. 3 sets bench press, for example, yields 3 sets chest, 2 sets (front) shoulders and 1.5 sets triceps. In our opinion, this way you get the most accurate calculation. However, in training volume recommendations, most coaches only use direct sets. As a result, the recommended volumes for arms, shoulders and trapezius are lower. After all, these are muscle groups that are trained with medium to heavy weights and with sufficient effort (1-3 RIR). VOLUME REQUIREMENT How much training volume you need to keep growing depends in part on your training status. The more advanced you are, the more volume you need to keep growing depends in part on your training status. can achieve optimal results with about 10 sets per muscle group per week. After one to one and a half years of training you can call yourself intermediate and you will probably no longer have enough of those 10 sets. Instead, aim for 15 sets per muscle group per week. Advanced users may need as many as 20 a week. Roughly speaking, the volume requirement evolves during a training career as follows: beginners: ~10 sets per muscle group per week intermediates: 10-15 sets per muscle group per week. As you get more advanced, the volume requirement grows to about 15-20 sets per muscle group per week. VOLUME PRODUCTIVITY If you look at the scientific literature, the above recommendations are not obvious. Scientific author Chris Beardsley collected and analyzed six relevant, high-quality studies on the effect of training volume on muscle growth (see article). He noticed that the results of these studies differences be explained? Quite simple actually: through the training frequency. In studies in which high training volumes led to (much) extra muscle growth, it was found that high training frequencies were used. In other words, the weekly amount of sets was spread over total weekly volume. How can the latter be possible? Also quite simple: you can only do a limited amount of productive volume per workout. Logical, because your daily muscle growth potential and recovery capacity are limited (if you are a natural, that is). After all, otherwise you could have marathon training sessions every day and grow kind of endlessly Coach Christian Thibaudeau says about this: The whole purpose of training to build muscle is to trigger protein synthesis. Once it's been triggered, there is no added benefit in continuing to punish a muscle - it will not grow more. In fact, it might even lose size! The study by Barbalho ea from June 2019 shows this in particular. In it, 37 moderately trained men followed a 24-week training program in which they did 5, 10, 15 or 20 sets per week for each muscle group. At the end of the day, the men who did only 5 sets per week had achieved the most muscle group. At the end of the day, the men who did only 5 sets per week had achieved the most muscle group. At the end of the day, the men who did only 5 sets per week had achieved the most muscle group. At the end of the day, the men who did only 5 sets per week had achieved the most muscle group. suggests that there is a growth ceiling of around 5 sets per training), you will only cause unnecessary fatigue, which can be at the expense of muscle growth. Since, in principle, muscle failure was trained throughout the study, that ceiling will probably be a bit higher if you keep a few repetitions in the barrel. Update 11-9-2020: imperfections have been found in the design of this and other Barbelho studies. Its results are therefore called into question. CONCLUSION Beardsley concludes from the studies studied that you can do a maximum of 5 sets per muscle group of productive volume per training, if you train all sets to muscle failure. If you stay slightly away from muscle failure (1-3 RIR) you can probably do a little more productive volume, generating more stimulating reps on balance. But even then, the growth stimulus during a training therefore approximately follows the curve below. The first set normally produces the most muscle gains, perhaps 60 percent of the total muscle gains, perhaps 60 percent of the total muscle group). After that, the growth stimulus already diminishes: the principle of diminishing returns), for which direct evidence has been provided in a rat study. After about 5 sets, the efficiency starts to decrease sharply, to stagnate around 10 sets. JUNK VOLUME Also according to hypertrophy expert Brad Schoenfeld, it makes no sense to do more than 5-10 sets for a muscle group during one workout. Even if you could stimulate a little bit of muscle group during one workout. fatigue, and tension on tendons and joints caused by this. In that case you are doing unnecessarily taxing volume (wasted sets, or junk volume). Junk volume). Junk volume is the order of the day in the gym: how many people do five or six exercises for one and the same muscle group in one workout? How many people still use the old bro spli (chest day, back day, ...), where they train each muscle group completely once a week? Besides the fact that junk volume is not productive and unnecessarily taxing, it often concerns sets of lower quality, both due to the increasing local fatigue (in the muscle) and central fatigue. not alone in their assumption that the productive volume per session is rather limited. By far the most reputable bodybuilding coaches today recommend doing a maximum of 3 to10 sets per muscle group per workout. Among them: Eric Helms (source), Jeff Cavaliere (source), J (source), Christian Thibaudeau (source) and James Krieger (source). Menno Henselmans summarizes it as follows: There is mounting evidence that you can only perform 5-10 productive sets for a muscle per workout. Beyond this point, signaling for muscle protein synthesis might be overshadowed by increased protein breakdown from muscle damage and recovery time may become an issue. In summary: You can only achieve a limited amount of muscle group during a training is not linear: it already decreases after one set. Around 5 sets you may have already realized most of the potential muscle group. The growth stimulus stagnates around 10 sets. Most experts therefore recommend doing a maximum of 3 to 10 sets per muscle group per session sounds like it's not worth doing just one or two sets per workout for a muscle group. That is not necessarily so. Since the first set provides by far the greatest growth stimulus, you can even suffice with one or a few sets per muscle group per training. You will have to train that muscle group almost daily to do enough sets on a weekly basis. If you are advanced and you need, for example, 20 sets per week for a muscle group to grow, you will certainly have to do 3 sets per training. In addition, it offers specific advantages to do several sets. In summary: It seems to be good advice to do at least 3 sets per workout for a muscle group, even though theoretically you could already achieve significant muscle growth with just one set. WHAT IS THE MAXIMUM RECOVERABLE VOLUME PER SESSION? Not only your muscle growth with just one set. maximum productive volume, there is also maximum recoverable volume. We call this the Maximum Recoverable Volume (MRV). It is difficult to put a number on that, but after 60 to 90 minutes of training, you're usually finished, as you will automatically notice from your fatigue. group(s) you train and the type of exercises you do. In summary: Do a maximum of 10 sets per muscle group per session, and a maximum of 20-30 sets per session, and a maximum of 20-30 sets per session, and a maximum of 20-30 sets per session in total. workout per muscle group. We also know approximately how many sets you should do on a weekly basis, depending on your training status. In addition, we know how long you usually have to wait before you can train a muscle group again: 24 hours as an advanced, 24-48 hours as an advanced, 24-48 hours as an intermediate and 48-72 hours as a beginner. A beginner who about 10 sets per muscle group per week to grow may want to do all those sets in one workout, as long as the total session volume stays below his MRV. If you need to do more than 10 sets to grow, which is usually the case with intermediate and advanced bodybuilders, it is best to spread your volume over at least two workouts per week. For example, if you cram 15 sets into one session, you would certainly do 5 sets more or less for nothing (the previously mentioned wasted sets, or junk volume). Plus you get long workouts, which doesn't benefit the quality of the sets. Advanced bodybuilders, who are still struggling to achieve muscle growth (even at high volumes) should probably spread their weekly volume over as many sessions as possible. For example, if you do 3 sets (5×3) 5x a week, that will, in theory, yield more muscle growth stimulus per set. After all, you always 'skip' the wasted sets. Scientist and author Greg Nuckols sums it up like this: Having higher frequencies to a point is going to allow you to do more high quality volume per muscle group. Translating this into concrete advice (especially for intermediate and advanced bodybuilders): Spread your weekly volume over as many sessions as possible, provided you recover sufficiently from each session. FINDING THE RIGHT TRAINING SPLIT Average bodybuilders, who need between 10 and 20 sets per muscle group per week, can choose from a variety of training splits, such as full body three or four times a week, an upper/lower body split, a push/pull/legs split. In principle, one split is not better than the other. The choice is mainly a matter of agenda and persona preference. As an intermediate or advanced bodybuilder, however, you should leave the bro split for good. That is the classic split where you train each muscle group once a week, if necessary with a load of exercises. Only beginners can get away with 'chest day', 'arms day' and 'back day' (provided they do a maximum of 10 sets per training), although higher training frequencies seem to be more optimal for them too. PUSH/PULL SPLIT One of our personal favorites is a push/pull split where we do just 5 or 6 sets for each muscle group, without sacrificing the productivity and quality of the sets. Example of this protocol for the chest (all sets 1-2 RIR\*): Monday dumbbell chest press (3 sets) low-to-high-flyes (2-3 sets\*\*) Whether you're a seasoned pro looking to switch up your workout routine, you need to go into the gym with a plan. This includes nailing down just how many exercises you should do per workout. After all, you want to build muscle, improve your self-confidence or log faster miles. The one thing you don't want to build muscle, improve your self-confidence or log faster miles. time you have, and whether you're doing a full-body workout or working a single muscle group. Read on to get the breakdown on how many exercises should I do per workout? Like so much about fitness, there isn't a one-size-fits-all answer to how many exercises you should do per workout. It will depend on your goals, how much time you have and whether you're working one muscle or if you're doing a full-body workout. If you're looking for a short and sweet workout that targets your full body and gets your full body workout. four exercises put pack a major punch. You can also do workouts that contain more exercises, for example a series of eight moves, but have fewer circuits. If you're training one body part, you'll want to limit the number of exercises you do to avoid overtraining. A good place to start is with a four to five move circuit (like this lower-body workout). Another factor? What muscle you're training. You will be able to do more exercises with a larger muscle group that fatigues less easily, such as the legs, than you would be able to do with a smaller muscle, such as the legs, than you would be able to do with a smaller muscle group that fatigues less easily, such as the legs, than you would be able to do with a smaller muscle group that fatigues less easily, such as the legs, then you would be able to do with a smaller muscle group that fatigues less easily, such as the legs, then you would be able to do with a smaller muscle group that fatigues less easily. when it can push a bit more, and when it's time for a break. Once again, this depends on your goals. Looking to build muscle? You'll want to complete more sets, and also increase the weight you're using. If your goals. Looking to build muscle? You'll want to complete more sets, and also increase the weight you're using. and the weight you use within sets will help ensure a solid workout. At a minimum, you can try performing at least three exercises of three sets of five or more exercises per body part. How many exercises should be done for each body part? How many exercises you should do for each body part will depend on how many muscles you plan on working that day, how much time you have and your fitness goals. If you're planning to work different body parts over the course of the week, such as lower-body one day, arms another, and one day of chest and back, you may be able to do two to four exercises per body part Leighanne Stephens, CPT, tells Lively. For example, if you do a leg workout one day, it won't matter if you're sore the next day if you plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do arms, so you may be able to fit in a few more reps or another exercise. But, if you only plan to do a few HIIT workouts per week, you'll need a different approach. How many exercises is too many for one workout? "If you are trying to do a full-body workout then you may want to stick to one or two exercises per body part," Stephens says. Otherwise, you'll likely spend way over an hour for a workout if you add too many moves per body part. Plus, you'll tire out and be unable to complete good repetitions of each exercise, which can lead to an ineffective workout or even injury. [EMBED RELATED ARTICLES] How many exercises should you do a day? "Exercising each day is not recommended by most," Stephens says. "Unless you're a top athlete with a very specific training, recovery and nutrition plan then you should definitely be taking rest days multiple times a week." While your body is at rest your muscles repair the micro-tears in the muscle fibers and allows your muscles to cope better at the same level of strain in the future. If you feel the need to move each day, it's totally fine to stretch, go for a walk or try some gentle yoga poses. "If you're trying to tone up or become stronger you will lift heavier and limit your workouts to two sets of each exercises. There really isn't a set number, your goal is to either do 8 to 10 reps for size or 12 to 15 reps for size or 1 House Fitness tells Lively. If you don't feel like that's doing the trick or you want to mix up your workouts, you could level up to six to eight exercises (performed safely) before you risk repeated wear and tear injuries. But, you'll want to take your goals into consideration when planning for chest day. For example, if you're looking to strengthen the chest muscles without dramatically increasing muscle mass, you'll want to do a limited number of exercises, but to build a bigger chest, you'll want to add more moves (and more weight) into your routine. The bottom line: The amount of exercises you do per workout depends on your current fitness levels and personal goals. It's best to work with a certified trainer or health professional to come up with a workout plan that's right for you. Vital note: This article has been made available for informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. 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