



HALLS OF STRENGTH

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Iron Forge: 12-Week Strength & Muscle Building Program

Overview

Iron Forge is a 12-week, high-intensity strength and muscle-building program designed to push your limits and ignite new growth. Combining heavy compound lifts with targeted isolation exercises, this program ensures that every major muscle group is worked thoroughly multiple times per week. As the program progresses, reps and sets are adjusted to progressively challenge your muscles, leading to consistent gains in both strength and size.

The workouts are structured to keep you focused and efficient, targeting the chest, legs, shoulders, back, and arms in a balanced rotation. Whether you're a seasoned lifter or looking to break through plateaus, Iron Forge will help you build muscle and forge a stronger physique.

Phases Overview

- **Weeks 1-3:** Higher volume, moderate weight (9-11 reps)
 - **Weeks 4-6:** Moderate volume, heavier weight (6-8 reps)
 - **Weeks 7-9:** Low volume, maximum weight (2-5 reps)
 - **Weeks 10-12:** Repeat Weeks 1-6 progression for continued gains.
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Workout Structure

- **Day 1:** Chest, Triceps, Abs (Multi-Joint)
 - **Day 2:** Shoulders, Legs, Calves (Multi-Joint)
 - **Day 3:** Back, Traps, Biceps (Multi-Joint)
 - **Day 4:** Chest, Triceps, Abs (Single-Joint)
 - **Day 5:** Shoulders, Legs, Calves (Single-Joint)
 - **Day 6:** Back, Traps, Biceps (Single-Joint)
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Weeks 1-3: Higher Volume

Reps: 9-11 for Multi-Joint Exercises | 12-15 for Single-Joint Exercises

Sets: Varies by exercise

Day 1: Chest, Triceps, Abs (Multi-Joint)

- Bench Press: 4 sets of 9-11 reps
- Incline Dumbbell Press: 3 sets of 9-11 reps
- Decline Smith Machine Press: 3 sets of 9-11 reps
- Dips: 4 sets of 9-11 reps
- Close-Grip Bench Press: 4 sets of 9-11 reps
- Cable Crunch: 3 sets of 9-11 reps
- Smith Machine Hip Thrust: 3 sets of 9-11 reps

Day 2: Shoulders, Legs, Calves (Multi-Joint)

- Barbell Shoulder Press: 4 sets of 9-11 reps
- Alternating Dumbbell Shoulder Press (Standing): 3 sets of 9-11 reps
- Smith Machine One-Arm Upright Row: 3 sets of 9-11 reps
- Squat: 4 sets of 9-11 reps
- Deadlift: 3 sets of 9-11 reps
- Walking Lunge: 3 sets of 9-11 reps
- Standing Calf Raise: 3 sets of 9-11 reps
- Seated Calf Raise: 3 sets of 9-11 reps

Day 3: Back, Traps, Biceps (Multi-Joint)

- Barbell Bent-Over Row: 4 sets of 9-11 reps
- Dumbbell Bent-Over Row: 3 sets of 9-11 reps
- Seated Cable Row: 3 sets of 9-11 reps
- Barbell Shrug: 4 sets of 9-11 reps
- Barbell Curl: 3 sets of 9-11 reps
- Barbell or EZ-Bar Preacher Curl: 3 sets of 9-11 reps
- Reverse-Grip Barbell Curl: 3 sets of 9-11 reps
- Barbell Wrist Curl: 3 sets of 9-11 reps

Day 4: Chest, Triceps, Abs (Single-Joint)

- Incline Dumbbell Flye: 3 sets of 12-15 reps
- Dumbbell Flye: 3 sets of 12-15 reps
- Cable Crossover: 3 sets of 12-15 reps
- Triceps Pressdown: 3 sets of 12-15 reps
- Overhead Dumbbell Extension: 3 sets of 12-15 reps

- Cable Lying Triceps Extension: 3 sets of 12-15 reps
- Crunch: 3 sets of 12-15 reps
- Standing Oblique Cable Crunch: 3 sets of 12-15 reps

Day 5: Shoulders, Legs, Calves (Single-Joint)

- Dumbbell Lateral Raise: 3 sets of 12-15 reps
- Barbell Front Raise: 3 sets of 12-15 reps
- Dumbbell Bent-Over Lateral Raise: 3 sets of 12-15 reps
- Leg Extension: 4 sets of 12-15 reps
- Leg Curl: 4 sets of 12-15 reps
- Seated Calf Raise: 3 sets of 12-15 reps
- Donkey or Leg Press Calf Raise: 3 sets of 12-15 reps

Day 6: Back, Traps, Biceps (Single-Joint)

- Lat Pulldown: 3 sets of 12-15 reps
- Reverse-Grip Pulldown: 3 sets of 12-15 reps
- Straight-Arm Pulldown: 3 sets of 12-15 reps
- Smith Machine Behind-the-Back Shrug: 4 sets of 12-15 reps
- Incline Dumbbell Curl: 3 sets of 12-15 reps
- High Cable Curl: 3 sets of 12-15 reps
- Rope Cable Curl: 3 sets of 12-15 reps
- Dumbbell Reverse Wrist Curl: 3 sets of 12-15 reps

Weeks 4-6: Moderate Volume

Reps: 6-8 for Multi-Joint Exercises | 12-15 for Single-Joint Exercises

Sets: Same exercises as Weeks 1-3

Reduce the reps for multi-joint movements to 6-8, while single-joint movements remain at 12-15 reps.

Weeks 7-9: Low Volume

Reps: 2-5 for Multi-Joint Exercises | 16-20 for Single-Joint Exercises

Sets: Same exercises as Weeks 1-3

Push for maximum weight with reps reduced to 2-5 for multi-joint movements, while single-joint exercises increase to 16-20 reps.

Weeks 10-12: Repeat of Weeks 1-3

Reps: 9-11 for Multi-Joint Exercises | 12-15 for Single-Joint Exercises

Sets: Same exercises as Weeks 1-3

Repeat the original volume and intensity progression from Weeks 1-3.

This 12-week plan ensures consistent progression, recovery, and muscle growth, helping you build both strength and muscle mass over the long term.