

# The 8 Week Muscle Building Workout Plan Summary

A background image of a man in a gym performing a push-up. He is shirtless, wearing blue shorts, and is in a low, athletic stance with his hands on the floor. The gym environment is dimly lit with various pieces of equipment visible in the background.

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

# Strength Muscle Building Program

**Annelies Wilder-Smith**



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