Weekly Workout Schedule

HYPERTROPHY/Lean Bulk

* SLOW ON WAY DOWN/…. 3-5 seconds
* FAST ON WAY UP/….. 1-2 seconds

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2 days on 1 day off

Workout Days 1 and 2 for next 6 MONTHS…

Chest/Back/Bis

Legs/Shoulders/Tris

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**Workout Day 1**

Chest-Back-Biceps

Watch hand placement… FEET ON SEAT

Cable seated incline chest press

Chest: Day TYPE 1: HEAVY

BB bench press (either or)

-4x set of 185lbs

-1 rep 225lbs then 10 reps 135lbs – back to 2 plates and back to 1 plate

*Progressively up the weight*

DB incline chest press

Cable seated incline chest press (feet on seat)

DB incline close grip chest press

Cable flys lower chest

BB Decline bench press

4x 12/10/8/6 normal weight

5x 5/5/5/5/5 heavy weight

Chest: Day TYPE 2: NORMAL

BB bench press

DB chest press

Cable seated incline chest press

Cable flys upper chest

50 pushups – tricep grip – diamond grip – wide grip

4x 12/10/8/6 weight you can up incrementally

Back:

Weighted Pullups (use dumbbells at feet)

T bar rows

Shrugs (seated one day; standing one day)

Lat pull downs cable – wide grip (drive pull through elbows)

Lat pull downs cable – close grip

Cable rows – close grip inner back

4x 12/10/8/6

Biceps:

Hammer curls

Preacher curls

Twisting curls

4x 10

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**Workout Day 2**

Legs-Shoulders-Triceps

No Backsquats, Dealifts, Frontsquats, Double Leg hack squat !!!

-Remember all about the long run, no short term gratification of pushing

 heavy weight and “looking strong”. YOURE RISKING INJURY = MONTHS OUT

STRETCH!!!!!!! Slow down, fast up…

-Opposite hand Bulgarians (1 DB only)

-One leg hack squat (drive through heel, other leg similar to Bulgarians)

-Squats using EZ bar into lunges using platform

-RDL - hamstring raises hitting glutes

-Hip Abductors - outer and inner

-Single Leg Hip Thrust 1 DB on lap

-RDL 2 DB each hand and squeeze glutes

-RDL Bar on back, keep chest out bend over 90 degrees

Legs: Day 1: NORMAL

One leg hack squat (drive through heel, other leg similar to Bulgarians)

Opposite hand Bulgarians (1 DB only)

Single Leg Hip Thrust 1 DB on lap

Hip Abductors - outer and inner

RDL 2 DB each hand and squeeze glutes

5x 5/5/5/5/5

Legs: Day 2: HEAVY 5x 5 or 4x 12/10/8/6

Leg Press

Leg extensions (quads)

Squats using EZ bar into lunges using platform

Hamstring Curls

Calf raises (seated one day; standing one day)

4x 12/10/8/6

Shoulders:

DB Shoulder Press

BB Smith Machine!! shoulder press

DB Posterior Delt (Back Shoulder Head) Raises (seated)

Anterior (Front Shoulder Head) Delt Raises (45lb plate)

DB Lateral Raises

Cable Shoulder Press

4x 12/10/8/6

Triceps:

Pushdowns (rope)

DB extensions - behind head

Cable pushdowns – no piece to use. Just the cable and superset

Skull crushers

Dips

Seated dips

4x 10

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New split

Sun -  LEGS

Mon - CHEST/BACK/BIS

Tues - SHOULDERS/TRIS

Wed - REST DAY

Thur - LEGS

Fri - CHEST/BACK/BIS

Sat - SHOULDERS/TRIS

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Extra abs workout

3x 30

* Ab Crunches
* Russian Twists
* Oblique Raises