**4 WEEK MESOMORPHIC PROGRAM**

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| **Week 1 Day 1: Chest/Calves** | **Sets** | **Reps** |
| **Leverage Incline Chest Press** | **3** | **10** |
| **Flat Bench Press** | **3** | **10** |
| **Dumbbell Flyes** | **3** | **10** |
| **Dips** | **3** | **10** |
| **Dumbbell Straight-Arm Pull-Over** | **3** | **10** |
| **Standing Calf Raise** | **3** | **10** |
| **Seated Calf Raise** | **3** | **10** |

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| **Week 1 Day 2: Arms** | **Sets** | **Reps** |
| **Rope Push-Down** | **3** | **10** |
| **Dips** | **3** | **10** |
| **French Press** | **3** | **10** |
| **Close-Grip Bench Press** | **3** | **10** |
| **Straight-Bar Push-Down** | **3** | **10** |
| **Barbell Curl** | **3** | **10** |
| **Preacher Curl** | **3** | **10** |
| **Dumbbell Curl** | **3** | **10** |
| **Hammer Curl** | **3** | **10** |
| **Reverse Curl** | **3** | **10** |

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| **Week 1 Day 3: Rest** |

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| **Week 1 Day 4: Back** | **Sets** | **Reps** |
| **Reverse-Grip Pull-Down** | **4** | **10** |
| **One-Arm Dumbbell Row** | **4** | **10** |
| **T-Bar Row** | **4** | **10** |
| **Bent-Over Barbell Row** | **3** | **10** |
| **Seated Cable Row** | **3** | **10** |
| **Deadlift** | **4** | **10** |
| **Back Extensions** | **3** | **10** |

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| **Week 1 Day 5: Shoulders** | **Sets** | **Reps** |
| **Seated Side Dumbbell Lateral** | **6** | **10** |
| **Dumbbell Press** | **4** | **10** |
| **Barbell Front Raise** | **3** | **10** |
| **Cable Lateral Raise** | **3** | **10** |
| **Rear Dumbbell Lateral** | **3** | **10** |
| **Rear Cable Lateral** | **3** | **10** |
| **Dumbbell Shrug** | **6** | **10** |

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| **Week 1 Day 6: Legs** | **Sets** | **Reps** |
| **Lying Leg Curl** | **4** | **10** |
| **Seated Leg Curl** | **3** | **10** |
| **Single-Leg Curl** | **3** | **10** |
| **Stiff-Legged Deadlift** | **3** | **10** |
| **Leg Extension** | **2** | **10** |
| **Leg Press** | **4** | **10** |
| **Hack Squat** | **4** | **10** |
| **Front Squat** | **4** | **10** |
| **Lunge** | **3** | **10** |
| **Leg Extension** | **4** | **10** |

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| **Week 1 Day 7: Rest** |

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| **Week 2 Day 8: Chest** | **Sets** | **Reps** |
| **Incline Dumbbell Press** | **4** | **8** |
| **Incline Dumbbell Flyes** | **6** | **10** |
| **Smith Machine Bench Press** | **3** | **10** |
| **Cable Crossover** | **7** | **10** |

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| **Week 2 Day 9: Arms** | **Sets** | **Reps** |
| **Tricep Pushdown** | **3** | **12** |
| **Close-Grip Barbell Bench Press** | **3** | **10** |
| **Dip Machine** | **3** | **12** |
| **Tricep Pushdown** | **3** | **12** |
| **Lying Triceps Press** | **7** | **10** |
| **EZ-Bar Curl** | **4** | **12** |
| **Dumbbell Alternate Bicep Curl** | **3** | **12** |
| **Dumbbell Spider Curl** | **3** | **10** |
| **One Arm Dumbbell Preacher Curl** | **3** | **12** |
| **Reverse Barbell Curl** | **3** | **12** |

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| **Week 2 Day 10: Rest** |

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| **Week 2 Day 11: Back** | **Sets** | **Reps** |
| **Wide-Grip Lat Pulldown** | **4** | **10** |
| **Barbell Deadlift** | **4** | **8** |
| **One-Arm Dumbbell Row** | **3** | **10** |
| **Bent Over Barbell Row** | **3** | **8** |
| **Lying T-Bar Row** | **3** | **10** |
| **Seated Cable Rows** | **4** | **10** |
| **Hyperextensions** | **4** | **10** |
| **Rope Straight-Arm Pulldown** | **4** | **10** |

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| **Week 2 Day 12: Shoulders** | **Sets** | **Reps** |
| **Leverage Shoulder Press** | **4** | **8** |
| **Side Lateral Raise** | **4** | **10** |
| **Standing Front Barbell Raise** | **3** | **10** |
| **Seated Bent-Over Rear Delt Raise** | **4** | **10** |
| **Cable Rope Rear-Delt Rows** | **4** | **10** |
| **Cable Seated Lateral Raise** | **7** | **10** |
| **Smith Machine Shrug** | **5** | **12** |

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| **Week 2 Day 13: Legs** | **Sets** | **Reps** |
| **Leg Extensions** | **5** | **12** |
| **Leg Press** | **4** | **15** |
| **Hack Squat** | **3** | **10** |
| **Smith Machine Squat** | **5** | **8** |
| **Stationary Barbell Lunge** | **4** | **8** |
| **Lying Leg Curls** | **3** | **12** |
| **Seated Leg Curl** | **3** | **12** |
| **Standing Leg Curl** | **3** | **10** |
| **Stiff-Legged Barbell Deadlift** | **3** | **8** |
| **Standing Calf Raises** | **3** | **12** |
| **Seated Calf Raise** | **3** | **12** |

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| **Week 2 Day 14: Rest** |

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| **Week 3 Day 15: Shoulders/Triceps** | **Sets** | **Reps** |
| **Dumbbell Side Lateral** | **3** | **12** |
| **Dumbbell Shoulder Press** | **3** | **10** |
| **Standing Low-Pulley Deltoid Raise** | **3** | **12** |
| **Standing Front Barbell Raise Over Head with Olympic Bar** | **2** | **10** |
| **Bent-Over Dumbbell Laterals** | **3** | **10** |
| **Triceps Overhead Extension with Rope** | **4** | **15** |
| **Dumbbell One-Arm Triceps Extension** | **3** | **15** |
| **Close-Grip Bench Press** | **3** | **8** |
| **French Press** | **3** | **8** |
| **Dumbbell Kickbacks** | **3** | **12** |
| **Dips** | **3** | **15** |
| **Barbell Shrugs** | **4** | **12** |

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| **Week 3 Day 16: Back** | **Sets** | **Reps** |
| **Wide-Grip Pull-Down** | **3** | **10** |
| **One-Arm Dumbbell Row** | **3** | **10** |
| **Bent-Over Barbell Row** | **4** | **10** |
| **Deadlift** | **3** | **12** |
| **Close-Grip T-Bar Row** | **3** | **10** |
| **Behind the Neck Pull-Down** | **3** | **10** |
| **Seated Rows** | **3** | **10** |
| **Back Extension** | **3** | **10** |

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| **Week 3 Day 17: Rest** |

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| **Week 3 Day 18: Chest/Biceps/Forearms** | **Sets** | **Reps** |
| **Incline Barbell Press** | **5** | **10** |
| **Flat Dumbbell Press** | **3** | **10** |
| **Incline Dumbbell Flys** | **3** | **10** |
| **Cable Cross-Over** | **3** | **12** |
| **Decline Bench Press** | **3** | **8** |
| **Straight-Bar Curl** | **5** | **15** |
| **Dumbbell Alternate Bicep Curl** | **3** | **12** |
| **Single-Arm Preacher Curl** | **3** | **10** |
| **Hammer Curl** | **2** | **12** |
| **Reverse Curl** | **6** | **15** |

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| **Week 3 Day 19: Quads** | **Sets** | **Reps** |
| **Leg Extensions** | **3** | **20** |
| **Leg Press** | **4** | **12** |
| **Squat** | **4** | **10** |
| **Lunge** | **6** | **8** |
| **Leg Extension** | **4** | **10** |

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| **Week 3 Day 20: Hamstring/Calves** | **Sets** | **Reps** |
| **Lying Leg Curl** | **6** | **12** |
| **Deadlift** | **3** | **10** |
| **Standing Leg Curl** | **3** | **12** |
| **Leg Press** | **3** | **12** |
| **Standing Calf Raise** | **4** | **10** |
| **Seated Calf Raise** | **2** | **10** |

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| **Week 3 Day 21: Rest** |

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| **Week 4 Day 22: Back** | **Sets** | **Reps** |
| **Front Chin-Up** | **4** | **10** |
| **Underhand Cable Pulldowns** | **3** | **10** |
| **Reverse Grip Bent-Over Rows** | **2** | **10** |
| **One-Arm Dumbbell Row** | **3** | **10** |
| **Leverage Iso Row** | **3** | **8** |

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| **Week 4 Day 23: Chest** | **Sets** | **Reps** |
| **Incline Dumbbell Flyes** | **4** | **12** |
| **Dumbbell Bench Press** | **3** | **12** |
| **Leverage Incline Chest Press** | **3** | **10** |
| **Cable Crossover** | **7** | **15** |
| **Dips** | **3** | **10** |

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| **Week 4 Day 24: Rest** |

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| **Week 4 Day 25: Legs** | **Sets** | **Reps** |
| **Lying Leg Curls** | **6** | **12** |
| **Deadlift** | **3** | **10** |
| **Seated Leg Curl** | **3** | **12** |
| **High Stance Leg Press** | **3** | **12** |
| **Leg Extensions** | **4** | **20** |

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| **Week 4 Day 26: Shoulders and Triceps** | **Sets** | **Reps** |
| **Leverage Shoulder Press** | **4** | **10** |
| **Side Lateral Raise** | **4** | **10** |
| **Front Dumbbell Raise** | **3** | **10** |
| **Triceps Pushdown** | **5** | **15** |
| **Cable Rope Overhead Triceps Extension** | **3** | **15** |
| **Close-Grip Barbell Bench Press** | **3** | **15** |

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| **Week 4 Day 27: Rest** |

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| **Week 4 Day 28: Chest** | **Sets** | **Reps** |
| **Incline Dumbbell Flyes** | **4** | **12** |
| **Dumbbell Bench Press** | **5** | **12** |
| **Leverage Incline Chest Press** | **3** | **12** |
| **Cable Crossover** | **7** | **15** |
| **Pushups** | **5** | **30** |