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Bodybuilding

Block 1: Introduction to Lifting

Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	T-Bar Row	4	8	120	Medium	
	One Arm DB Row	3	10	45	Medium	
	Wide Grip Lat Pulldown	3	12	60	Medium	
	Bar Cable Row (under arm)	3	10	60	Medium	
	Machine Row	3	15	45	Medium	
	Rack Deadlift (above the knee)	4	15	90	Medium	

Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Seated Incline Cable Flies	5	12	45	Medium	
	Flat Bench Press	4	10	60	Medium	
	Flat DB Press	4	10	60	Medium	
	Incline Bench Press	4	10	60	Medium	
	Dips	4	10	60	Medium	

Bodybuilding

Quads:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Leg Extensions	5	12	45	Medium	
	Thigh Abductors	5	12	45	Medium	
	Thigh Adductors	5	12	45	Medium	
	Squats	4	10	90	Medium	
	Narrow Hack Squat	4	10	90	Medium	
	Leg Press (wide stance)	5	10	90	Medium	
	Walking Lunges	4	10	90	Medium	

Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	V-Bar Triceps Pushdown	2	10	45	Medium	
	Dip Machine	5	10	45	Medium	
	One Arm Triceps Kick Back	3	10	45	Medium	
	Reverse Cable Curl	5	12	45	Medium	
	Alternate Incline DB Curl	4	10	45	Medium	
	Close Grip EZ Bar Curl	3	10	45	Medium	
	Alternate Hammer Curl	3	10	45	Medium	

Bodybuilding

Delts / Traps:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Shoulder Press Machine	4	10	60	Medium	
	Side Lateral Machine	4	10	60	Medium	
	DB Lateral Raise	4	10	60	Medium	
	DB Rear Delt Raise	4	10	60	Medium	
	Smith Machine Military Press	5	12	60	Medium	
	Upright Row	5	12	60	Medium	
	Reverse BB Shrug	5	12	60	Medium	
	BB Shrug	3	10	60	Medium	

Hamstrings:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Standing One Leg Curl	4	10	90	Medium	
	Lying Leg Curl	4	10	90	Medium	
	BB Stiff Leg Deadlift	4	10	90	Medium	
	Glute Kickback	4	12	90	Medium	
	Thigh Adductor	4	12	90	Medium	

Bodybuilding

Post Work Out:
Incline Treadmill, 30 minutes.

Bodybuilding

Block 2: Strength

Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Leg Extension / Lying Leg Curl	5	10	90	Medium	
	Leg press (wide)	5	8	180	Medium	
	Back Squat	3	6	180	Medium	
	Front Squat	5	8	180	Medium	
	DB Lunges	3	10 – 10	180	Medium	
	BB Stiff Leg Deadlift	5	8	180	Medium	

Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Pec Deck	5	12	60	Medium	
	Incline Bench Press	5	8	180	Medium	
	Incline DB Press	4	8	180	Medium	
	Flat DB Press	5	6	180	Medium	
	Flat Machine Chest Press	4	6	180	Medium	
	Wide Grip Decline Bench Press	5	8	180	Medium	

Bodybuilding

Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raises	3	25	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Pull Ups	4	10	60	Medium	
	T-Bar Rows	5	6	180	Medium	
	Bent Over BB Row	5	8	180	Medium	
	Rack Pulls	4	6	180	Medium	
	Cable Row (wide grip)	3	8	180	Medium	
	Underhand Lat-Pulldown	4	8	180	Medium	
	DB Pullover	2	12	60	Medium	

Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Rope Triceps Pushdown	4	10	60	Medium	
	Triceps Dip Machine	4	10	60	Medium	
	DB French Press	4	10	60	Medium	
	BB Curl	4	10	60	Medium	
	Alternate Incline DB Curl	4	10	60	Medium	
	Alternate Incline DB Curl	4	10	60	Medium	

Bodybuilding

Delts:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Reverse Peck Deck	4	8	180	Medium	
	Bent Over DB Side Raises	4	8	180	Medium	
	Standing Military Press	5	6	180	Medium	
	Alternate Seated DB Hammer Front Raise	4	6	180	Medium	
	Lateral Raises Cable	4	8	180	Medium	
	Upright Row	3	6	180	Medium	
	BB Shrug	4	6	180	Medium	
	DB Shrug	4	8	180	Medium	

Block 3: Volume

Legs:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	10	45	Medium	
Work Out	Leg Extensions	4	12	45	Medium	
	Leg Press (wide)	3	8	180	Medium	
	Squat	3	6	180	Medium	
	Front Squat	3	12	90	Medium	
	DB Lunges	3	10 - 10	180	Medium	
	Lying Leg Curl	3	12	45	Medium	
	BB Stiff Leg Deadlift	3	8	90	Medium	

Bodybuilding

Chest / Delts / Tris:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Face Pull	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Cable Cross Over	3	12	90	Medium	
	Smith Machine Behind the Neck Shoulder Press	3	10	90	Medium	
	Incline Bench Press	3	8	90	Medium	
	Side DB Lateral Raises	3	12	90	Medium	
	Wide Grip Decline Bench Press	3	8	90	Medium	
	Bar Rope Triceps Pushdown	4	10	90	Medium	
	DB Kickback	4	10	90	Medium	

Bodybuilding

Back / Bis/ Traps:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	20	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	DB Pull Over	3	12	180	Medium	
	Bent Over BB Row	3	8	180	Medium	
	T-Bar Row	3	8	180	Medium	
	One Arm Rope Row	3	12	180	Medium	
	BB Curl	3	10	180	Medium	
	Alternate Hammer Curl	4	10	180	Medium	
	Reverse Shrug	5	10	180	Medium	

Block 4: Fixing Imbalances

Back / Rear Delts:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raises	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Pull Ups	4	8	90	Medium	
	Cable Rows	3	10	60	Medium	
	T-Bar Rows	3	8	90	Medium	
	One-Arm DB Row	3	10	60	Medium	
	Bent Over BB Row	3	8	90	Medium	
	DB Pull-Over	3	10	60	Medium	
	DB Shrug	4	8	90	Medium	
	Reverse Peck Deck	4	10	60	Medium	
	Cable Rear Delt Fly	4	10	60	Medium	

Bodybuilding

Chest / Delts:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Peck Deck	5	10	45	Medium	
	DB Incline Bench Press	4	8	90	Medium	
	Incline DB Fly's	3	12	45	Medium	
	Incline Machine Chest Press	4	10	45	Medium	
	Decline DB Fly's	3	12	45	Medium	
	Side DB Raise	4	10	45	Medium	
	Standing One Arm Lateral Raise	4	10	45	Medium	

Bodybuilding

Quads / Hams:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Lying Leg Curl	4	10	45	Medium	
	Leg Extension	4	10	45	Medium	
	Thigh Adductor	3	15	45	Medium	
	Thigh Abductor	3	15	45	Medium	
	DB Lunges	3	10 – 10	180	Medium	
	Leg Press (narrow feet)	4	8	180	Medium	
	Squat	3	8	180	Medium	
	BB Stiff Leg Deadlift	3	8	180	Medium	

Bodybuilding

Arms / Delts:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	DB Lateral Raises	3	10	45	Medium	
Work Out	Alternate Hammer Curl	3	10	90	Medium	
	DB Bicep Curl	3	8	90	Medium	
	EZ Bar Curl	3	8	90	Medium	
	Straight Bar Triceps Pushdown	3	8	90	Medium	
	BB Lying Skull Crushers	3	10	90	Medium	
	Triceps Dip Machine	3	8	90	Medium	
	BB Front Raises	3	10	90	Medium	
	Upright Row	4	12	90	Medium	
	Smith Machine Shrugs	4	10	90	Medium	

Block 5: Volume Phase 2

Chest / Tris:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Cable Cross Over	3	12	90	Medium	
	Flat Bench Press	4	8	120	Medium	
	Incline Bench Press	4	8	120	Medium	
	Hammer Grip Incline Bench Press	2	12	90	Medium	
	Wide Grip Decline Bench Press	4	8	120	Medium	
	Decline DB Fly's	2	12	120	Medium	
	Reverse Grip Triceps Pushdown	3	12	90	Medium	
	DB Kickback	3	10	90	Medium	

Bodybuilding

[Back / Bis:](#)

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	1	45	Medium	
Work Out	Wide-Grip Lat Pulldown	4	10	90	Medium	
	Bent Over BB Rows	4	8	90	Medium	
	T-Bar Rows	4	8	90	Medium	
	Close-Grip Front Lat Pulldown	4	12	90	Medium	
	DB Pullovers	3	12	90	Medium	
	BB Curl	3	10	90	Medium	
	Alternate Hammer Curl	4	10	90	Medium	
	BB Shrug	5	10	90	Medium	

Bodybuilding

Quads / Hams:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	10	45	Medium	
Work Out	Leg Extensions	4	12	90	Medium	
	Lying Leg Curl	4	12	90	Medium	
	Leg Press (wide feet)	3	10	180	Medium	
	Back Squat	4	6	180	Medium	
	Front Squat	4	12	90	Medium	
	DB Lunges	3	10 – 10	180	Medium	
	BB Stiff Leg Deadlift	3	8	180	Medium	

Bodybuilding

Delts / Traps:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Seated DB Side Raises	4	12	90	Medium	
	Side DB Raises	3	10	90	Medium	
	Alternate Seated DB Hammer Front Raises	4	12	90	Medium	
	Cable Front Raises	3	10	90	Medium	
	Smith Machine Military Press	4	12	90	Medium	
	BB Shrug	4	10	90	Medium	
	DB Shrug	4	10	90	Medium	

Bodybuilding

Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Standing Biceps Curl	4	10 – 12	90	Medium	
	DB Alternate Bicep Curl	5	10 – 12	90	Medium	
	Rope Hammer Curls	4	10 – 12	90	Medium	
	V-Bar Triceps Pushdown	4	10 – 12	90	Medium	

Block 6: Muscle Gainer

Quads / Hams:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Incremental Cardio	1	10 minutes	0	Medium	
	Dynamic Stretching	1	1	45	Medium	
Work Out	Lying Leg Curl	4	10	90	Medium	
	Leg Extensions	4	10	90	Medium	
	Back Squat	3	8	90	Medium	
	Leg Press (narrow stance)	4	8	90	Medium	
	Hip Adductor	3	15	90	Medium	
	Hip Abductor	3	15	90	Medium	
	BB Stiff Leg Deadlift	3	8	180	Medium	
	DB Lunges	3	8	180	Medium	

Bodybuilding

Chest:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	DB Pull-Over	3	15 – 12 – 10	45	Medium	
	Push Ups	3	Failure	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Peck Deck	5	10	90	Medium	
	DB incline Press	4	8	90	Medium	
	Incline DB Fly	3	10	90	Medium	
	Chest Press (machine)	4	8	90	Medium	
	Decline DB Fly's	3	10	90	Medium	

Back:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Straight Arm Pulldown	3	15 – 12 – 10	45	Medium	
	DB Lateral Raise	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Cable Row	3	10	90	Medium	
	T-Bar Row	3	8	120	Medium	
	One-Arm DB Row	3	10	90	Medium	
	BB Row	3	8	120	Medium	
	DB Pull Over	3	10	90	Medium	
	Pull Ups	4	8	120	Medium	

Bodybuilding

Arms:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Lying Leg Raise	4	10	60	Medium	
	Hanging Leg Raise	4	10	60	Medium	
Warm Up	One Hand Triceps Extension	3	15	45	Medium	
	One Hand Bicep Curl	3	15	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	Straight-Bar Triceps Pushdown	3	8	90	Medium	
	Alternate Hammer Curl	3	8	90	Medium	
	BB Skull Crushers	3	10	90	Medium	
	DB Bicep Curl	3	10	90	Medium	
	Dips	3	8	90	Medium	
	EZ Bar Curls	3	8	90	Medium	

Delts / Traps:

	Exercise:	Sets:	Reps:	Rest:	Tempo:	Weight:
Pre-Work Out	Standing Calf Raise	4	10	60	Medium	
	Seated Calf Raise	4	10	60	Medium	
Warm Up	Lateral Raises	3	15 – 12 – 10	45	Medium	
	Face Pull	2	10	45	Medium	
	Rotator Cuff	3	10	45	Medium	
Work Out	DB Rear Delt Raise	4	10	90	Medium	
	Reverse Peck Deck	4	10	90	Medium	
	Cable Side Lateral Raises	4	10	90	Medium	
	DB Lateral Raise	4	10	90	Medium	
	Upright Row	4	10	90	Medium	
	Arnold DB Press	4	10	90	Medium	