Full Routine:

Monday: Chest/abs

Flat Bench 5×20-15-12-10-8

Incline Dumbbell Press 4×14-12-10-8

Incline Cable Fly’s super set with Incline Dumbbell Fly 3×10

Machine Bench Press wide grip super set with close grip 3×10

Incline Bench Press 10×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Tuesday: Legs/calves

Squats 10×10

Walking Lunges 3x 30 metres

Leg Press 4×10

Leg Extensions 3×20

Hamstring Curl Machine 4 x15

Reverse Cable Hamstring Curls 4×15

Seated Machine Calf Raises 5x 20

Donkey Calf Raises 5×20

Wednesday: Shoulders/Abs

Dumbbell Press 5×15-12-12-10-10-8

Side Lateral Raises Drop Sets 4×10

Rear Lateral Raises Drop sets 14×4

Military Overhead Press 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

**Thursday: Biceps/Triceps/Abs**

Dumbbell Curls 4×10

Preacher Curls 3×10

Hammer Curls 4×15

Dumbbell Kickbacks 4×12

Barbell Skull Crusher 4×10

Dumbbell Skull Crusher 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

**Friday: Back/Abs**

Pull Ups 5x till failure

Deadlift 5x 15-12-8-6-2

Lat Pull Down 4×10

T-bar Rows 4×10

Seated Rows 4×10

Dumbbell Rows 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

**Saturday: Calves/Abs/Upper Chest**

Seated Machine Calf Raises 5x 20

Donkey Calf Raises 5×20

Incline Bench Press 5×10

Incline Dumbbell Press 4×10

Incline Cable Fly’s 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Sunday: Rest day

Full Routine:

Monday: Chest/abs

Flat Bench 5×20-15-12-10-8

Incline Dumbbell Press 4×14-12-10-8

Incline Cable Fly’s super set with Incline Dumbbell Fly 3×10

Machine Bench Press wide grip super set with close grip 3×10

Incline Bench Press 10×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Tuesday: Legs/calves

Squats 10×10

Walking Lunges 3x 30 metres

Leg Press 4×10

Leg Extensions 3×20

Hamstring Curl Machine 4 x15

Reverse Cable Hamstring Curls 4×15

Seated Machine Calf Raises 5x 20

Donkey Calf Raises 5×20

Wednesday: Shoulders/Abs

Dumbbell Press 5×15-12-12-10-10-8

Side Lateral Raises Drop Sets 4×10

Rear Lateral Raises Drop sets 14×4

Military Overhead Press 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Thursday: Biceps/Triceps/Abs

Dumbbell Curls 4×10

Preacher Curls 3×10

Hammer Curls 4×15

Dumbbell Kickbacks 4×12

Barbell Skull Crusher 4×10

Dumbbell Skull Crusher 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Friday: Back/Abs

Pull Ups 5x till failure

Deadlift 5x 15-12-8-6-2

Lat Pull Down 4×10

T-bar Rows 4×10

Seated Rows 4×10

Dumbbell Rows 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Saturday: Calves/Abs/Upper Chest

Seated Machine Calf Raises 5x 20

Donkey Calf Raises 5×20

Incline Bench Press 5×10

Incline Dumbbell Press 4×10

Incline Cable Fly’s 4×10

Monster Abs 3×20

Weighted Cable Sit-Ups 4×20

Weighted Cable Reverse Sit-Ups 4×20

Sunday: Rest day