Eric Yin's Bodybuilding Routine:

Chest:

***Low Volume***

Incline Bench 6x6

Flat Bench 4x10

Decline Bench 4x10

Incline Fly 4x10

Cable Fly 4x10

***High Volume***

Flat Bench 4x25

Incline 4x25

Decline 2x30

Cable Fly 4x25

Back:

***Low Volume***

Pullovers 4x10

Wide Grip Pullups 5x5 (one warm set of 10)

Close Grip Pullups 5x5

Bent Over Row 4x10

Cable Row 4x10

Shrugs 6x10

***High Volume***

Wide Grip Pullups 4x20

Close Grip Pullups 4x25

Bent Over Row 4x20

Cable Row 4x20

Legs:

***High Volume***

Power Cleans/Snatch 5x5

Front/Back Squat 4x12

Glute Ham Raises 4x12

Stiff leg Deadlift 4x12

Split Squat 4x12

Leg Extension 4x16

Leg Curl 4x16

Shoulder/Arms:

***High Volume***

Dumbbell Shoulder Press 4 x 8 (Burnout set 5th set)

Military Press 6x6

Lateral Raises 4 x 8 (Last two sets 20-30 reps)

Front Raises 4 x 8 (Last two sets 20-30 reps)

Rear Delt Flies 4 x8 (Last two sets 20-30 reps)

Upright Rows 4x8

***Low Volume***

Barbell curls 4x10

Reverse Curls 4x10

Hammer Curls 4x10

Rope Pulldowns 4x10

Wide Grip pulldowns 4x10