

4 days - Dorian Yate's split (3 sets : 12/10/8 reps)

Monday : Chest/Biceps

- Incline BB press
- Flat DB press
- Incline DB fly
- Low cable crossover
- EZ bar curl
- preacher curl
- Incline DB curl
- wrist curl, wrist extension

Tuesday : Legs/Abs

- Leg extension
- Leg press
- Barbell Squat
- Leg curl
- seated calf raises
- Forward crunches
- Reverse crunches
- Oblique crunches

Wednesday : OFF

Thursday : Shoulder/Triceps

- BB military press (smith machine)
- DB lateral raises
- Cable lateral raises
- Triceps pushdown
- Skull crusher
- single arm underhand pushdown

Friday : Back

- DB pullover
- Underhand Lat pulldown
- One arm row
- wide grip cable row
- BB row
- DB reverse fly - DB shrugs
- Deadlift

Saturday : OFF

Sunday : OFF