

Monday/Thursday - Upper Body (Chest and Back)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Muscle Group	Exercise	Sets	Reps	Wt	
Workout 1					
Chest	Flat Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Incline Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Flat Dumbell Flys	4	12,10,8,6		
Back	Chins	4	12,10,8,6		
	Lat Pull-Down	4	12,10,8,6		
	Seated Cable Row	4	12,10,8,6		
Lower Back	Hyperextension	4	2,10,10,10		

Tuesday/Friday - Lower Body (Legs and Abs)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 3					
Quadriceps / Glutes	Squat	4	12,10,8,6	WT	
	Leg Press	4	12,10,8,6		
	Front Lunge or Reverse Lunge	4	12,10,8,6		
Quadriceps	Leg Extension	4	12,10,8,6		
Hamstrings / Glutes	Romanian Dead Lift	4	12,10,8,6		
	Lying Leg Curl	4	12,10,8,6		
Calves	Standing Calf Raise	3	15,12,10		
	Seated Calf Raise	3	15,12,10		
Abdominals	Crunch	2	10-15		
	Reverse Crunch	2	10-15		
	Oblique Crunch	2	10-15		

Wednesday/Saturday - Upper Body (Shoulder and Arms)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 2					
Shoulders	Barbell Shoulder Press	4	12,10,8,6	WT	
	Side Lateral Raise	4	12,10,8,6		
	Seated Bent-Over (near) Delt Raise	4	12,10,8,6		
Biceps	Barbell Curl	3	12,10,8		
	Incline Dumbell Curl	3	12,10,8		
Triceps	Lying Tricep Extension	3	12,10,8		
	Cable Tricep Extension	3	12,10,8		
Frequency	3-5/week (rotate workouts)				
Rest Days	Minimum of 2 rest days per week				
Set Rest	60-90 Sec				
Set Rest	2-3 Min (Squats, Dead Lifts, and Leg Presses)				
Exercise Rest	1-2 Min				