

Muscle Size & Strength Workout by A.J.

Cycle: Two Days On, One Day Off, One Day on, One Day Off, One day On, One Day Off

MONDAY

Chest/Biceps
Dumbbell Press 4 sets of 8-10 reps
Flat Barbell Bench Press 4 sets of 8-10 reps
Flat Dumbbell Flyes 3 sets of 8-12 reps
Cable Crossovers 2 sets of 12 reps
Barbell Curls 3 sets of 8-10 reps
Close Grip EZ Bar Curls 3 sets of 8-10 reps

TUESDAY

Legs
Leg Curl 4 sets of 10 reps
Leg Extension 4 sets of 10 reps
Leg Press 4 sets of 12 reps
Squats 4 sets of 12 reps
Stiff Legged Deadlifts 4 sets of 12 reps

WEDNESDAY

OFF

THURSDAY

Shoulders
Barbell Shrugs 3 sets of 10 reps
Lat Pulldown 3 sets of 10 reps
Rear Barbell Shrugs 3 sets of 10 reps
Reverse Barbell Bent Over Row 3 sets of 10 reps
Close Grip Row 3 sets of 6-8 reps
Dumbbell Row Drop sets 15,12,10,8,6
Standing Calf Raise 4 sets of 12-15 reps
Seated Calf Raise 4 sets of 12-15 reps

FRIDAY

OFF

SATURDAY

Shoulders/Triceps 3 sets of 10 reps
Dumbbell Lateral Raise 3 sets of 10 reps
Dumbbell Front Raise 3 sets of 10 reps
Barbell Upright Row 3 sets of 10 reps
Dumbbell Overhead Press 4 sets of 10 reps
Tricep Rope Pressdown 3 sets of 10 reps
Dumbbell Kickbacks 3 sets of 10 reps

SUNDAY

OFF