



5 DAY SPLIT

Day 1 - Back

Under hand grip pull downs

2 x warm up set – 20 reps

3 x working set- 10-12 reps pyramid up in weight

1 x triple drop set- 10 reps/10 reps/10 reps

Wide grip pull ups

4 x working set – to failure (aiming for more than 10 minimum)

1 x drop set to wide grip pull downs

Closed Grip V bar pull down

3 x working set- 10-12 reps pyramid up in weight

1 x drop set 10 reps/10 reps

Rack Deadlifts

2 x warm up set 12-15 reps

3 x working set 6-8 reps Pyramid up in weight

Cable pull overs

3 x working sets 12-15 reps



5 DAY SPLIT

Day 2 - Chest

Incline barbell press

2x warm up set 12-15 reps

3x working set 8-10 reps pyramid up in weight

Flat dumbbell press

4 x working set 10-12 reps

Incline dumbbell flies

4 x working set 8-10 reps pyramid up in weight

Cable flies

3 x working set

Dumbbell overhead pullovers

3 x working set 10-12 reps pyramid up in weight



5 DAY SPLIT

Day 3 - Arms

Triceps dips

2 x warm up set own bodyweight or assisted if needed

3 x working set 8-10 reps pyramid up in weight

1 x drop set 8 reps/8 reps

Single arm cables

1 x warm up set 20 reps on each arm

3 x working set 10 reps on each arm, pyramid up in weight

1 x triple drop set 10 reps/10 reps/10 reps

EZ bar cable pull down supersetted with rope cable pull downs

3 x working set 10-12 reps on each exercise

Straight barbell bicep curl

2 x warm up set 12-15 reps

4 x working set 8-10 reps pyramiding up in weight

1 x triple drop set 8 reps/ 10 reps/ 10 reps

Single arm dumbbell curl

4 x working set 10-12 reps pyramiding up in weight

Single arm dumbbell hammer curl

4 x working set pyramiding up in weight



5 DAY SPLIT

Day 4 - Legs

Leg extension

2 x warm up set 18-20 reps

3 x working set 10-12 reps pyramiding up in weight

1 x triple drop set 10 reps/ 10 reps/ 10 reps

Single leg extension

3 x working set 10-12 reps on each leg

Leg press

4 x working set 8-10 reps pyramiding up in weight

1 x triple drop set 8 reps/ 10 reps/ 10 reps

Hacksquat

4 x working set 10- 12 reps pyramiding up in weight

1 x triple drop set 8 reps/ 10 reps/ 10 reps

Front squat on smith machine

3 x working set 10-12 reps pyramiding up if possible but not essential as the heavy lifting has already been done.



5 DAY SPLIT

Day 5 - Shoulders

Shoulder barbell press

2 x warm up set 20 reps

4 x working set 8-10 reps pyramiding up in weight

Seated machine press

3 x working set 8-10 reps

1 x drop set 8 reps/ 10 reps

Reverse cable fly's supersetted with bent over dumbbell laterals

3 x superset 10- 12 reps on each exercise

Side lateral raise

4 x working ascending sets 20 reps light weight/ 15 reps moderate weight/ 10 reps heavy weight
straight in to partial set aiming for 12-15 reps with heavy weight.

Dumbbell shrug supersetted with smith machine shrug

4 x working sets