

# 6 Day Full Body Routine

Questions? See Tim or Chris

## Monday: Chest, Triceps & Abs

1. Bench Press 2x 10-12 √√ Pushups 2x? (Warm-up)
2. Decline Bench Press 4x 6-8
3. DB Press 3x 8-10
4. Incline fly's 3x 10-12
5. Cable Crossovers (High setting) 4x 15-20

### Triceps

1. Close Grip Bench Press 4x 6-8
2. Lying Crossover DB Extensions 3x 10-12
3. Cable Rope Press Downs 3x 6-8
4. Cable Kickbacks 3x failure √√ Dips 3x failure

### Abs

1. Hanging Leg Raise √√ Crunches 2x failure
2. Russian/Mason Twist √√ Decline Crossover 2x failure
3. Reverse Crunch √√ Oblique Crunch 2x failure

## Tuesday: Back, Biceps & forearms

1. Pull-Ups Wide Grip 4x?/Chin-Ups 4x?

2. One Arm DB Row 4x6-8
3. Wide-grip Pulldown && Seated Row 3x 10-12
4. Straight Arm Pulldowns 3x 15-20

## Biceps

1. Barbell Curls "8's" Alternate Wide, Normal, Close Grip 4x
2. Preacher Curls 3x6-8
3. Cable Curls 3x 10-12
4. DB Concentration Curls 3x failure

## Forearms

1. Behind Back Wrist Curls 3x6-8
2. Reverse Grip DB Curls 3x 12-15

## Wednesday: Cardio & Abs

## Thursday: Legs

1. Jump Squats 4x8-10
2. Squats 4x6-8
3. Front Squat 3x 10-12
4. Barbell (Overhead) Lunges 3x8-10 (Each Leg)
5. Leg Ext && Leg Curls 3x6-8/3x 10-12
6. Seated Calf Raise 4x6-8

7. Standing Calf Raise 3x 12-15

## Friday: Shoulders, Traps

1. Barbell Military Press 4x6-8
2. Smith Machine Rear Military Press 3x6-8
3. DB Lateral Raises 3x8-10
4. Barbell Upright Row 3x8-10
5. Pec Deck Rear Delt 3x 12-15
6. Smith Machine Shrug 3x 12-15
7. DB Shrug 3x6-8
8. Front Raises 4x failure

## Saturday: Cardio, Abs and Core

