

5 Day Bodybuilding Workout Schedule

Dateline: 04/12/00

The following schedule is for those of you aspiring bodybuilders who can devote 5 weekdays to your gym routine.

Follow this schedule to hit hard each major body part once each week.

As with all schedules, feel free to make adjustments here for your specific goals.

Monday: Chest and triceps

Chest:

1. Incline dumbbell press-
4 sets of 15, 12, 10, 8 reps.
2. Flatbench barbell press-
4 sets of 12, 10, 10, 8 reps.
3. Incline dumbbell flies-
3 sets of 12, 10, 8 reps.
4. Cable crossovers-
2 sets of 15, 12 reps.

Triceps:

1. Pushdowns-
4 sets of 15, 12, 10, 8 reps.
2. Bent-over cable extensions using a rope-
3 sets of 15, 12, 10 reps.
3. Dumbbell kickbacks-
3 sets of 15, 12, 10 reps.

Tuesday: Back and biceps

Back:

1. Lat machine pulldowns to the front-
4 sets of 15, 12, 10, 8 reps.
2. Close grip pulldowns to the front-
4 sets of 15, 12, 10, 8 reps.
3. Seated cable rows-
4 sets of 15, 12, 10, 8 reps.
4. Hyper-extensions-
3 sets of 18, 18, 18 reps.

Biceps:

1. Incline dumbbell curls-
4 sets of 15, 12, 12, 10 reps.
2. Standing barbell curls-
4 sets of 15, 10, 8, 6 reps.

Wednesday: Cardio and abs

Cardio:

1. 30-45 min. of bike, treadmill or Stairmaster.

Abs:

1. Crunches-
3 sets of 50, 50, 50 reps.
2. Leg raises-
3 sets of 25, 20, 20 reps.

Thursday: Legs

1. Squats-
5 sets of 15, 15, 12, 10, 8 reps.
2. Leg extensions-
4 sets of 15, 12, 12, 10 reps.
3. Lunges-
4 sets of 15, 12, 10, 10 reps.
4. Leg curls for hamstrings-
4 sets of 15, 12, 12, 10 reps.
5. Standing calf raises-
4 sets of 18, 18, 15, 12 reps.

Friday: Shoulders/biceps or triceps superset

Shoulders:

1. (Military) barbell press behind the neck-
4 sets of 15, 12, 10, 8 reps.
2. Standing side laterals-
4 sets of 15, 12, 12, 10 reps.
3. Upright rows with barbell-
3 sets of 12, 12, 10 reps.
4. Seated bent over dumbbell laterals-
4 sets of 15, 15, 12, 12 reps.

Biceps or triceps superset:

1. Tricep pushdowns on cable machine
superset
with barbell curls-
4 sets of 15, 12, 12, 10 reps.
2. Seated dumbbell extension superset
with
dumbbell hammer curls-
3 sets of 15, 12, 2, 10 reps