

## Bodybuilding Programs - Intermediate

### Monday - Chest & Triceps & Shoulders

Chest	Sets	Reps
incline bench press	3	10
dumbbell bench press	3	10, 10, 8*
chest dip	3	until failure
Triceps	Sets	Reps
lying (EZ bar) tricep extension	3	8 to 10
one arm overhead dumbbell extension	3	8 to 10
bent over tricep extension	3	8 to 10
Shoulders	Sets	Reps
barbell (seated) front raise	4	10 to 12
dumbbell side raise	4	12, 12, 10, 8*

#### Notes

\*as you do each set decrease the number of reps but increase weight

### Wednesday - Legs

Legs - Quads & Hamstrings	Sets	Reps
walking dumbbell lunges	3	10 to 12 steps
seated (machine) leg curl	3	10 to 12
45 degree incline press	3	8 to 10
bent-over hamstring barbell lift	3	10 to 12
Legs - Calves	Sets	Reps
alternating standing calf raises	3	until failure
seated calf raises	4	until failure

### Tuesday - Back & Arms (Biceps)

Back	Sets	Reps
wide grip chin-ups	3	8 to 10
one arm (alternating) cable pulls	3	8 to 10
upright row	3	8 to 10
bent over dumbbell raise (front)	3	8 to 10
Arms - Biceps	Sets	Reps
scott bench preacher curls	3	8 to 10
barbell curls	3	8 to 10
seated incline bench curls	3	8 to 10
Abs	Sets	Reps
compound ab crunches	4	until failure

### Thursday - Chest & Triceps & Shoulders

Chest	Sets	Reps
smith machine flat bench press	3	8 to 10
dumbbell fly	4	10 to 12
cable scoops	3	10 to 12
Triceps	Sets	Reps
lying barbell extension	3	8 to 10
triceps double-pump kickbacks	4	8 to 10
cable (rope) tricep spreads	4	8 to 10
Shoulders	Sets	Reps
seated Arnold press	3	10 to 12
front raise shoulders (dumbell) twists	3	10 to 12
Abs	Sets	Reps
Cable (rope) crunches	3	until failure

#### Notes

When doing Chest cable scoops go extra slow on the negative and explode on the way up and hold in that upper position for 2 seconds before lowering again.

### Friday - Back & Arms (Biceps)

Back	Sets	Reps
bent over barbell row	3	8 to 10
seated cable row (close grip)	3	8 to 10
one arm bent over cable pulls	3	10 to 12/side
lower back extensions	3	10 to 12
Biceps	Sets	Reps
cable (rope) curls	3	8 to 10
seated (machine) curls	3	8 to 10
concentration curls	3	10 to 12
Abs	Sets	Reps
cable (rope) crunches	3	until failure

### Saturday & Sunday - Rest days

On one of these days you can do some cardio. No more than 45 minutes on a treadmill or stationary bike.

#### Notes