

Sylvester Stallone Work Out Rocky IV - Intensive 6-week Routine

Monday, Wednesday & Friday - Morning		
Chest	Sets	Reps
incline bench press	4	8 to 10
dumbbell flys	4	10 to 12
close-grip bench press	5	6 to 8
Back	Sets	Reps
wide-grip (front) chin-ups	6	8 to 10
bent-over one-arm dumbbell lift	4 each side	8 to 10
close-grip seated rows	6	10 to 12
Abs	Sets	Reps
raised leg crunches	3	until failure
seated extension	3	until failure

Monday, Wednesday & Friday - Evening		
Shoulders	Sets	Reps
military shoulder press (front)	4	8 to 12
side dumbbell raises	4	10 to 12
bent-over reverse dumbbell flys	5	6 to 8
Arms - Biceps	Sets	Reps
barbell curls	3	8 to 10
incline seated dumbbell curls	3 each side	8 to 10
concentration curls	4 each side	10 to 12
Arms - Triceps	Sets	Reps
lying dumbbell raises	4	10 to 12
bent-over one-arm dumbbell raises	3 each side	8 to 10
cable pull-downs (with rope)	3	8 to 10
Abs	Sets	Reps
alternating leg raises	3	until failure
decline bench sit-ups	3	until failure
oblique crunches (on floor)	3	until failure

Tuesday, Thursday & Saturday - Morning		
Legs - Calves	Sets	Reps
seated calf raises	4	8 to 10
standing calf raises	4	10 to 12
barbell standing calf (alternating) raises	4	8 to 10 each side
Legs - Quads	Sets	Reps
incline leg press	4	8 to 10
squat	4	8 to 10
seated leg extensions	4	8 to 10
Legs - Hamstrings	Sets	Reps
hamstring curls	4	10 to 12
seated extension	4	10 to 12
stiff leg bent-over deadlift	4	10 to 12

Tuesday, Thursday & Saturday - Evening		
Back - Rear Delts	Sets	Reps
bent-over dumbbell (lateral) raise	4	8 to 10
cable crossovers	4	10 to 12
(reverse) pec deck	4	8 to 12
Back - Traps	Sets	Reps
(front) barbell shrugs	4	8 to 10
barbell upright rows	4	8 to 10
(flat bench) cable rows to neck	4	10 to 12
Abs	Sets	Reps
ab crunches	4	until failure
oblique crunches	4	until failure
cable crunches	4	until failure

Sunday - Morning: Cardio

WEEKS 1 to 3: 45 minutes on treadmill on RANDOM setting mode

WEEKS 4 to 6: 45 minutes on stationary bike on steady medium pace