



Week #2: Volume Training

1 to 2-minute rest in between sets.

Day 1 – Legs

Focus: General Volume Training

Stiff-Legged Deadlift	4 Sets of 10 Reps
BB Front Squat	4 Sets of 10 Reps
Leg Press	4 Sets of 10 Reps
Leg Curl	4 Sets of 10 Reps
Leg Extension	4 Sets of 10 Reps

Day 2 – Chest, Shoulders

Focus: Advanced Volume Training

BB Inline BP	3 Sets of 10 Reps
BB Bench Press	3 Sets of 10 Reps
Dumbbell Fly's	4 Sets of 10 Reps
Dips	2 Max Sets
Cable Lateral Raise	4 Sets of 10 Reps
Reverse Grip BB Bench Press	2 Sets of 15 Reps

Day 3 – Legs, Back & Bi's

Focus: Advanced Volume Training

Hyperextensions	3 Sets of 10 Reps
BB Sumo Deadlifts	3 Sets of 10 Reps
T-Bar Row	4 Sets of 10 Reps
Seated Cable Row	4 Sets of 10 Reps
Bent-Over BB Row	4 Sets of 10 Reps
Dumbbell Curls	15 Sets of 6 Reps

Day 4 – Chest, Shoulders & Tri's

Focus: Intense Volume Training

Dumbbell Bench Press	4 Sets of 12 Reps
Skull Crushers	4 Sets of 12 Reps
Inclined DB Fly's	4 Sets of 12 Reps
Cable Crossovers	7 Sets of 12 Reps
Weighted Dips (60-90% MAX WGT)	5 Max Sets



Flexed, Tricep Pushdowns	5 Sets of 10 Reps, 7 sec. hold at extension
--------------------------	---

Day 5 – Legs, Core, Optional Cardio

Focus: Intense Volume Training

Barbell Squat	4 Sets of 15 Reps
Power Cleans	2 Sets of 10 Reps
Leg Press	4 Sets of 15 Reps
Barbell Lunges	2 Sets of 10 Reps
Side Bends	4 Sets of 10 Reps
BB Calf Raises	5 Sets of 15 Reps

15 Minutes of High Intensity Cardio i.e, a sport

Day 6 – Back, Bi's & Tri's

Focus: Intense Volume Training

Lat Pull Downs	4 Sets of 12 Reps
Barbell Shrugs	4 Sets of 12 Reps
Tricep Extensions	4 Sets of 12 Reps
E-Z Bar Curls	4 Sets of 12 Reps
T-Bar Rows	4 Sets of 12 Reps
Dumbbell Curls	15 Sets of 5, work your way up to Max
Tricep Pushdowns	15 Sets of 5, hold for 10 secs on last rep of set

Day 7 – Recover

