

Day 1 - Legs & Calves + Abs		recommended sets & reps (reps are near failure)	COMMENTS
<a href="#">Leg extensions</a>	20 reps, 16 reps, 12 reps, 8 reps, 6 reps		For the detailed abdominal program to combine with this schedule please see Sergi Constance's Absthetics Program.  Make sure to get a good warm up with the first leg extension exercise. This is to avoid injury during the following exercises which require you to train to failure. During the squat exercises it is important to go as heavy as possible without injury. The neutral foot stance will insure you can go as deep as necessary and as heavy as necessary without incurring a knee or back injury. If you want to prioritize the outer sweep, keep your foot stances narrow and if you want to target the inner sweep, widen your stance.  For the calf exercises, make sure to get a full stretch at the bottom and avoid bouncing the reps. A good way to do this is to slightly pause at the full stretch point completely removing the achilles tendon.
<a href="#">Squat neutral stance</a>	20 reps, 15 reps, 10 reps, 6 reps, 6 reps + dropset		
<a href="#">Leg Press narrow stance</a>	20 reps, 15 reps, 10 reps, 6 reps, 6 reps + dropset		
<a href="#">Dumbbell Lunges</a>	20 steps (10 steps per leg) x 3 sets		
<a href="#">Standing Calf raises (neutral foot position)</a>	30 reps, 25 reps, 20 reps, 15 reps, 10 reps		
<a href="#">Seated calf raises</a>	30 reps, 25 reps, 20 reps, 15 reps, 10 reps		
Day 2 - Chest & Triceps		recommended sets & reps	COMMENTS
<a href="#">dumbbell incline chest press</a>	20 reps, 15 reps, 12 reps, 8 reps, 8 reps, 8 reps		Here the program starts with incline to prioritize the upper inner chest. This tends to be the weaker point for most athletes. This can ofcourse be rotated for a flat or decline exercises if those areas are lacking.  If you shoulders tend to overpower your chest it is also beneficial to start the day off with flys first, to get a full isolation and warm up of the chest before moving on to heavy presses. Focus on the mind muscle connection with your chest and get full stretch on each exercise.  Be sure to fully stretch the tricep during every rep and try to avoid locking the rep to protect the elbow joint. A good tip for getting a full stretch of the tricep is to actually contract the bicep (antagonist) at the peak of the stretch.
<a href="#">incline dumbbell flys</a>	15 reps, 12 reps, 10, reps, 8 reps, 8 reps + dropset		
<a href="#">flat barbell presss</a>	15 reps, 10 reps, 8 reps, 8 reps + dropset		
<a href="#">Cable crossover &amp; Dips superset</a>	15 Reps for both exercises. Do 4 sets		
<a href="#">V bar cable press downs</a>	20 reps, 15 reps, 10 reps, 10 reps		
<a href="#">Overhead dumbbell tricep extensions</a>	20 reps, 15 reps, 10 reps, 10 rep		
<a href="#">Lying tricep extension &amp; dumbbell kick back</a>	Superset 15 reps on both exercises		
Day 3 - Back & Biceps		recommended sets & reps	COMMENTS
<a href="#">Lat Pull downs</a>	[Warm up 20 reps] 16 reps, 12 reps, 12 reps, 8 reps, 6 reps		During back exercises focus on arching your back, pushing your chest outwards and upwards to allow the muscles of the back to fully stretch and maintain a solid and safe posture. This position also allows for a deeper and more effective squeeze at the peak of the reps. Be sure to pick a weight where you do not lose the mind muscle connection with your back due to the overuse of your Biceps and forearms. Maintain the contraction for 1-2 seconds to fully fatigue the muscles of the back.  A good tool to have during back day is a powerbelt and power straps. Power straps eliminate the forearms which are commonly the weak link in back exercises causing you to fail with your forearms and biceps before you fully train your back. You are only as strong as your weakest link.
<a href="#">Close grip pull downs</a>	16 reps, 12 reps, 8 reps, 6 reps + drop set		
<a href="#">Seated Cable row</a>	16 reps, 12 reps, 8 reps, 6 reps + drop set		
<a href="#">Bent over Barbell row</a>	15 reps, 10 reps, 10 reps		
<a href="#">dumbbell rows</a>	15 reps, 10 reps, 10 reps		
<a href="#">Deadlift</a>	20 reps, 15 reps, 10 reps, 6 reps		
<a href="#">alternating Hammer curls</a>	16 reps, 12 reps, 10 reps, 10 reps		A powerbelt helps you maintain good posture when challenging yourself with heavier weights. The goal with a powerbelt is to lift a heavier weight safely, but slowly progress to be able to do the weight without the belt.
<a href="#">Preacher Curl</a>	15 reps, 10 reps, 8 reps, 6 reps + dropset		
<a href="#">Straight Bar cable curls &amp; concentration curl</a>	superset 15 reps each exercise, 3 sets		
Day 4 - Hamstrings & Calves + Abs		recommended sets & reps	COMMENTS
<a href="#">Lying Leg curl   heavy  </a>	20 reps, 15 reps, 10 reps, 8 reps, 6 reps, 6 reps		For the detailed abdominal program to combine with this schedule please see Sergi Constance's Absthetics Program.  During the lying leg curls, insure your hips do not lift off the bench. For each hamstring exercise it is vital to maintain a mind and muscle connection. Contract hard at the peak of the rep and hold for 1-2 seconds. Do not use too much weight which wont allow for a full contraction.  For the calf exercises, make sure to get a full stretch at the bottom and avoid bouncing the reps. A good way to do this is to slightly pause at the full stretch point completely removing the achilles tendon.
<a href="#">Leg Press(high foot position to isolate hamstring)</a>	20 reps, 15 reps, 10 reps, 10 reps		
<a href="#">Lying Leg curl   volume  </a>	20 reps, 15 reps, 15 reps, 15 reps		
<a href="#">Seated calf raises</a>	30 reps, 25 reps, 20 reps, 15 reps, 10 reps		
<a href="#">standing Calf raises (neutral foot position)</a>	30 reps, 25 reps, 20 reps, 15 reps, 10 reps		
Day 5 - Shoulders & Traps		recommended sets & reps	COMMENTS
<a href="#">standing dumbbell Lateral raises</a>	20 reps, 15 reps, 10 reps, 8 reps, 8 reps		For the front raises with the straight bar, hold the bar in front of you with your palms facing upwards.  For the shrugs go as heavy as the rep range allows. During the Shoulder exercises insure you are not using a weight that is too heavy, this will cause the traps to take over most of the movement. If you feel your traps are getting over activated during the shoulder lateral raises simply finish off with a dropset and lighter weight. For the lateral raises follow a tea cup pouring movement which means at the top your elbow is higher  During Shrugs it is very important to use a power belt and straps to make sure you can fully isolate the traps with a heavy weight. Otherwise it may be that your fail due to weak forearms or lower back before you have fully fatigued the traps.
<a href="#">Dumbbell shoulder press   heavy  </a>	15 reps, 10 reps, 8 reps, 6 reps + dropset		
<a href="#">Single arm dumbbell Lateral raises</a>	15 reps, 10 reps, 8 reps_per arm		
<a href="#">Front raises with straight bar</a>	15 reps, 10 reps, 8 reps		
<a href="#">dumbbell bent over lateral raises</a>	20 reps, 15 reps, 10 reps, 8 reps, 8 reps		
<a href="#">rear pec deck</a>	20 reps, 15 reps, 10 reps, 8 reps, 8 reps + dropset		
<a href="#">Dumbbell Shrugs</a>	20 reps, 15 reps, 10 reps, 8 reps, 8 reps + dropset		
<a href="#">Barbell Shrugs</a>	10 reps, 10 reps, 10 reps, 10 reps		
Day 6 - Priority Day		recommended sets & reps	COMMENTS
			For this day, analyse your physique or have your coach advise you on which muscle groups need extra development and simply repeat that day. If you have any conflicts with repeating a group without getting atleast 48 hours of rest in between please proceed to move the days around to accommodate the extra needed rest. Moving the rest day around usually helps to avoid this conflict ( eg. training shoulders two days in a row )