

Monday -Hamstrings/ middle lower back/ calves	recommended sets & reps	COMMENTS
hamstring curls	5x10	
reverse hack squats	4x15-20	
bent knee still legged dead lifts	5x8-10	
kick backs	3x10	
seated cable rows	3x8-10	
walking lunges with bar on chest	3x16 steps	
leg extension high rep drop sets	3xDrop set	

Tuesday - Upper back/ Triceps/ Calves	recommended sets & reps	COMMENTS
standing calves	10-15sets	Go to failure 30+ reps heavy full contraction (mind in lats not arms)
bent over barbell rows	2set 8-10	Place a dumbbell on seat. Seat on top of it. While using your lats and middle traps pull and squeeze.
Pull ups	3x8-10 reps	Place a dumbbell on seat. Seat on top of it. While using your lats and middle traps pull and squeeze.
seated rows V-grip	3x8-10 reps	On slight incline. Dumbbell pointed down
Dumbbell or T-Bar rows	3x8	Increase weight by 5lbs and 1rep rest only 30-45sec for 5sets up. Last 2sets are drop sets.
dead-lifts	5sets 6-8reps	
Long bar standing pull overs	7sets	
overhead extensions	3x8-10 reps	
3sets weighted dips	3x8-10 reps	

Wednesday - Chest mass/ Biceps	recommended sets & reps	COMMENTS
incline press full range	2x8-10	In cage lower safeties to where you the bar can touch your chest. Rest 1-2sec Then power up. Set bench 2notch above flat.
incline smith lock outs	4x8-10	Increase weight by 5lbs and 1rep rest only 30-45sec for 5sets up. Last 2sets are drop sets.
incline flies	3x10-12	Increase weight by 5lbs and 1rep rest only 30-45sec for 5sets up. Last 2sets are drop sets.
Decline press	4x8-10	rest only 30-45sec for 5sets up. Last 2sets are drop sets.
cable or peck deck	7 sets	At cable station lay down face up on bench. Grasp bar and pull down over head. Keep elbow in and squeeze at bottom. Its like doing a reverse french press.
cable cross bench pull overs	3x10-12	
preacher curls super-set ez bar curls	3x8-10	
laying short bar cable curls	3x10-12	

Thursday - Quads/ Hamstrings volume	recommended sets & reps	COMMENTS
Squat	5x8-10	2warms up sets Increase weight by 5lbs and 1rep rest only 30-45sec for 5sets up. Last 2sets are drop sets.
calf raises	8x20	
leg press	4x12-15	
front squat	3x8-10	
walking lunges down and back	3x12-15 steps	
ab/abductions	3x20	
leg extension	7x12	
Kneeling cable crunches	3x12	
Standing cable crunches	3x12	
Weight leg raises	3x12	

Friday - Biceps/ Triceps Chest volume	recommended sets & reps	COMMENTS
1. Alternate Dumbbell curls 2. Rope Curls 3. Cable ez curls bar 4. Rope extensions 5. short bar press down 6. body-weight bench dips	7sets circuit. Start at 1 rest 30sec. Then start without rest adding each exercise. (ex. 1. 1,2,1. 1,2,3,1. 1,2,3,4,1. 1,2,3,4,5,1. 1,2,3,4,5,6,1.) once you have done all 6 and came back to 1. subtract one of each exercise after you hit the 6 th . (ex. 1,2,3,4,5,6,2. 2,3,4,5,6,3. 3,4,5,6,4. 4,5,6,5. 5,6,6,6)	

Saturday - Shoulder/ Traps	recommended sets & reps	COMMENTS
machine shoulder press	6x10-12	
6. Front Raises Dumbbell 5. Side Lateral Dumbbell 4. Bent-over Flies Dumbbell 3. Plate front raises(steering wheel) 2. Cable side laterals 1. upright rows	Start with cable rope high pulls. Hell 6x6x6 (6 exercise, 6sets, 6reps +) little to no rest between exercise 30-45sec rest between sets.	
behind back shrugs	3x8-10	
dumbbell shrugs	3x8-10	
bent over rope front raise	3xfailure	

6 DAY SPLIT - JACO DE BRUYN
MORE PAIN MORE GAIN

