

*6-Day Program: Sub-max workout, sets not taken to complete failure. Total weekly sets: 190*

Day 1	Chest/ Arms	35 sets	10, 8, 6, 4 reps
Day 2	Legs/Abs	25 sets	10, 8, 6, 4 reps
Day 3	Back/Shoulders	35 sets	10, 8, 6, 4 reps
Day 4	Rest		
Day 5	Chest/Arms	35 sets	10, 8, 6, 4 reps
Day 6	Legs/Abs	25 sets	10, 8, 6, 4 reps
Day 7	Back/Shoulders	35 sets	10, 8, 6, 4 reps

*5-Day Program: All sets taken to failure. Total weekly sets: 105*

Day 1	Legs/Abs	20 sets	10, 8, 6, 4 reps
Day 2	Chest	20 sets	10, 8, 6, 4 reps
Day 3	Rest		
Day 4	Back	20 sets	10, 8, 6, 4 reps
Day 5	Shoulders/Traps	20 sets	10, 8, 6, 4 reps
Day 6	Biceps/Triceps	25 sets	10, 8, 6, 4 reps
Day 7	Rest		