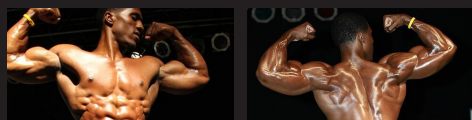


Lawrence Ballenger's Routine

*6 day
a week
routine

WORKOUTS



Monday

Day 1 (Chest) - 4 sets of 8-10 reps

- Incline Bench Press
- Flat Bench Press With Bands
- Incline Dumbbell Press
- Flat Bench Dumbbell Press
- Decline Dumbbell Press
- Cable flies
- Explosive Push-ups
- Dumbbell flies
- 500 crunches

Tuesday

Day 2 (Back)- 4 sets of 8-10 reps

- Bent over Rows
- Wide Grip Weighted Pull Ups
- Shrugs
- Bent over Row
- T Bar Row
- Dumbbell row
- Lat Pull
- Straight Arm Pull Down
- 250 Weighted Crunch's On Machine

Wednesday

Day 3 (Quads)- 4 sets of 8-10 reps

- Barbell Squats
- Leg Press
- Barbell Lunges
- Hip Adduction Machine
- Hack Squats
- Leg Extensions
- Barbell Step Ups
- 250 Leg Raises

Thursday

Day 4 (Cardio)

- 100 yard Sprints than walk 50yards
- 200 Crunches
- 200 Decline Crunches
- 500 Bicycle Crunches

Friday

Day 5 (Shoulder, Tri's, Bi's)- 4 sets of 8-10 reps

- Barbell Military Press
- Arnold Press
- Bent Over Dumbbell Raises
- Lateral Raises
- Upright Rows
- Hammer Curls
- Preacher Curls
- Weighted Dips
- Pull downs
- Reverse Pull Downs
- Reverse Curls
- Concentration Curls

Saturday

Day 6 (Hamstrings and Calf's)- 4 sets of 8-10 reps

- Lying Leg Curl
- Romanian Deadlift
- Leg Press with Feet High
- Seated Leg Curl
- Leg Press Calf Raises
- Standing Calf Raises
- Seated Calf Raises

Sunday

Day 7 (REST)