

A Josef Rakich Routine

WORKOUTS



***5 day a
week
routine**

Chest/Calves/TVA (Transversus abdominis muscle)

Monday

- 6 Sets - Dumbbell press
- 5 Sets - Incline barbell press
- 4 Sets - Dumbbell decline flys
- 3 Sets - Standing cable cross-over's

- 3 Sets - Dumbbell pull over's
- 6 Sets - Standing calf raise
- 5 Sets - Seated calf raise
- 5 Sets - Standing on swiss ball (using TVA to balance)

Back/Core

Tuesday

- 6 Sets - Rack pulls
- 5 Sets - Weighted pull ups
- 4 Sets - Barbell rows
- 3 Sets - Seated low cable row
- 3 Sets - Reverse pec deck

- 6 Sets - Jesus Christ ab crunches on the roman chair
- 5 Sets - Cable crunches
- 4 Sets - Hanging leg raises
- 3 Sets - Oblique twists with medicine ball

Quadriceps/ Hamstrings/Calves

Wednesday

- 6 Sets - Barbell squats
- 5 Sets - Leg press
- 4 Sets - hack squat
- 3 Sets - Leg extension
- 3 Sets - Partial bodyweight squats

- 5 Sets - Seated hamstring curl
- 6 Sets - Standing dumbbell raises
- 5 Sets - Lying calf raises
- 4 Sets - Donkeys

Shoulders/Traps/TVA (Transversus abdominis muscle)

Thursday

- 6 Sets - Smith machine shoulder press
- 5 Sets - Upright rows
- 4 Sets - Dumbbell lateral raises
- 3 Sets - Plate front delt raises
- 3 Sets - Cable face pulls

- 5 Sets - Barbell shrugs
- 4 Sets - Machine shrugs
- 3 Sets - Calf machine shrugs
- 20 x Stomach vacuum
- 3 Sets - Planks

Arms/Core

Friday

- 6 Sets - Barbell curl
- 5 Sets - Incline dumbbell curls
- 4 Sets - Preacher curls
- 3 Sets - Hammer curls
- 6 Sets - Tricep EZ bar push down
- 5 Sets - Weighted tricep dips

- 4 Sets - Skull crushers
- 3 Sets - Rope extensions
- 5 Sets - Jack knives
- 5 Sets - Ab crunch machine
- 5 Sets - Decline twisting sit ups

Saturday

REST DAY

Sunday

REST DAY