

# THE PAT BANYA WORKOUT



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I train 6 days out of the week. I find that my body responds best when I train each body part approximately once a week. My current program looks like this  
"Pat Banya

MONDAY

**Squats:** 3-4 sets of 10-12 reps  
**Leg Press:** 3-4 sets of 10-12 reps

**Leg Extensions:** 3-4 sets of 10-12 reps

TUESDAY

**Upright Leg Curls:** 3-4 sets of 10-12 reps  
**Lying Leg Curls:** 3-4 sets of 10-12 reps

**Stiff Legged Deadlift:** 3-4 sets of 10-12 reps  
**Hyper-Extensions:** 3-4 sets of 10-12 reps

WEDNESDAY

DAY OFF

THURDAY

**Weighted Dips:** 3-4 sets of 10-12 reps  
**Incline Bench:** 3-4 sets of 10-12 reps  
**Machine Flyes:** 3-4 sets of 10-12 reps

**Flat Bench:** 3-4 sets of 10-12 reps  
**Triceps Pushdowns:** 3-4 sets of 10-12 reps  
**Cable Extensions:** 3-4 sets of 10-12 reps

FRIDAY

**Pull-Ups:** 3-4 sets of 10-12 reps  
**Deadlifts:** 3-4 sets of 10-12 reps  
**Barbell Rows:** 3-4 sets of 10-12 reps  
**Seated Cable Rows:** 3-4 sets of 10-12 reps

**Dumbbell Rows:** 3-4 sets of 10-12 reps  
**Dumbbell Curls:** 3-4 sets of 10-12 reps  
**Barbell Curls:** 3-4 sets of 10-12 reps

SATURDAY

**Dumbbell Press:** 3-4 sets of 10-12 reps  
**Front Dumbbell Raises:** 3-4 sets of 10-12 reps  
**Side Lateral Dumbbell Raises:** 3-4 sets of 10-12 reps

**Bent Over Rear Dumbbell Raises:** 3-4 sets of 10-12 reps  
**Barbell Shrugs:** 3-4 sets of 10-12 reps  
**Dumbbell Shrugs:** 3-4 sets of 10-12 reps

SUNDAY

**Superset Sit-Ups:** 3-4 sets of 20-30 reps  
**Upright Leg Raises:** 3-4 sets of 20-30 reps  
**Oblique Crunches:** 3-4 sets of 20-30 reps

**Cable Crunches:** 3-4 sets of 20-30 reps  
**Calf Raises:** 3-4 sets of 10-12 reps  
**Donkey Calf Raises:** 3-4 sets of 10-12 reps