

A 'Shredded Diesel' Routine

WORKOUTS



***3 days
ON 1 day
OFF
rotation**

Chest And Abdominals

Day 1	Cable Cross Over	3 Sets of 15	(Giant Set Combo All 3 Abs Exercise)	Crunches	3 Sets to Failure
	Incline smith machine press	3 Sets of 12-15 (Last Main Set is Drop Set)		Hanging Leg Raises	3 Sets to Failures
	Hammer Strength Incline Press	2 Sets of 12-15		Cable Crunches	3 Sets to Failure
	Pec Deck Fly's	2 Sets of Failure		30min Cardio Stairs At Night Done On Empty Stomach	
	Flat Dumbbell Bench Press	2 Sets of 12-15		(2 to 3 Hours After My Meal)	
	Dumbbell Pull Over	2 Sets of 12-15			

Back

Day 2	Barbell Dead Lift	3 Sets of 8	T-Bar Row	1 Set of drop set to failure
	Pull Ups	3 Sets to Failure	Hammer Strength Pull Over	2 Sets to failure
	Dumbbell Row	2 Sets of 12-15	30min Cardio Elliptical Incline Fast Walk At Night Done On Empty Stomach	
	Hammer Strength High Rows	2 Sets of 12-15	(2 to 3 Hours After My Meal)	

Quads

Day 3	Leg Extensions	3 Sets of 12-15	Close Stand Hack Squats	2 Sets of 15
	Leg Press	3 Sets of 15-20 (Main Set Is Drop Set)	Barbell Walking Lunges	2 Sets of 10 reps each leg
	Squats	2 Sets of 12-15 (Main Set Is Drop Set)		

DAY OFF

Hamstring And Calf's

Day 1	Laying Leg curls	3 Sets of 21s	Seated Calf Raises	3 Sets to failure
	Standing 1 Leg Curl	3 Sets to failure	Standing Calf Raises	3 Sets to failure
	Stiff Leg Dead Lift	2 Sets of 12		

Traps And Abs

Day 2	Barbell Shrugs:	3 Sets to failure	Dumbbell Raises On A Bench Rear Delt	2 Sets of 15
	Dumbbell Over Head Press	3 Sets of 12-15	Wide Grip Straight Barbell Up Right Row	2 Sets of 12
	Dumbbell Side Raises	3 Sets of 12-15 (Last Main Set Is Drop Set)	Crunches	3 Sets to failure
	Front Barbell Reverse Raises	2 Sets of 12-15	Hanging Leg Raises	3 Sets to failure
	Behind The Neck Barbell Press	2 Sets of 12-15	Cable Crunches	3 Sets to failure
	Reverse Pec Deck Rear Delt	3 Sets of 15	30min Cardio Stairs At Night Done On Empty Stomach	(2 to 3 Hours After My Meal)

Bicep And Triceps

Day 3	Cable Rope Push Downs	2 Sets to failure	Hummer Strength Preacher Curls	3 Sets of 10-12
	Wide Grip Straight Cable Bar Push Down	2 Sets to failure	Spider Close Grip Zig Zag Curls	2 Sets of 12
	Dip Machine	3 Sets of 10	Dumbbell Hammer Curl	2 Sets of 15
	Close Grip Zig Zag Bar Extensions	2 Sets of 12 Super Sets with	30min Cardio Elliptical Incline Fast Walk At Night Done On Empty Stomach	
	Close Grip Zig Zag Bar Press	2 Sets of 12	(2 to 3 Hours After My Meal)	
	Dumbbell Curls	3 Sets of 6-8		