

# A Dr Layne Norton Routine



## WORKOUTS



**\*5 day a  
week  
routine**

### Upper Body Power Day

Monday

**Bent over or Pendlay rows** 3 sets of 3-5 reps  
**Weighted Pull ups** 2 sets of 6-10 reps  
**Rack chins** 2 sets of 6-10 reps  
**Flat dumbbell presses** 3 sets of 3-5 reps

**Weighted dips** 2 sets of 6-10 reps  
**Seated dumbbell shoulder presses** 3 sets of 6-10 reps  
**Cambered bar curls** 3 sets of 6-10 reps  
**Skull crushers** 3 sets of 6-10 reps

### Lower Body Power Day

Tuesday

**Squats** 3 sets of 3-5 reps  
**Hack Squats** 2 sets of 6-10 reps  
**Leg extensions** 2 sets of 6-10 reps  
**Stiff legged deadlifts** 3 sets of 5-8 reps

**Glute ham raises or lying leg curls** 2 sets of 6-10 reps  
**Standing calf raise** 3 sets of 6-10 reps  
**Seated calf raise** 2 sets of 6-10 reps

Wednesday

## REST DAY

### Back and Shoulders Hypertrophy Day

Thursday

**Bent over or Pendlay rows** 6 sets of 3 reps  
 with 65-70% of normal 3-5 rep max  
**Rack chins** 3 sets of 8-12 reps  
**Seated cable row** 3 sets of 8-12 reps  
**Dumbbell rows or shrugs bracing upper body  
 against an incline bench** 2 sets of 12-15 reps

**Close grip pulldowns** 2 sets of 15-20 reps  
**Seated dumbbell presses** 3 sets of 8-12 reps  
**Upright rows** 2 sets of 12-15 reps  
**Side lateral raises with dumbbells or cables** 3 sets of 12-20 reps

### Lower Body Hypertrophy Day

Friday

**Squats** 6 sets of 3 reps with 65-70% of  
 normal 3-5 rep max  
**Hack squats** 3 sets of 8-12 reps  
**Leg presses** 2 sets of 12-15 reps  
**Leg extensions** 3 sets of 15-20 reps

**Romanian deadlifts** 3 sets of 8-12 reps  
**Lying leg curls** 2 sets of 12-15 reps  
**Seated leg curls** 2 sets of 15-20 reps  
**Donkey calf raises** 4 sets of 10-15 reps  
**Seated calf raises** 3 sets of 15-20 reps

### Chest and Arms Hypertrophy Day

Saturday

**Flat dumbbell presses** 6 sets of 3 reps with  
 65-70% of normal 3-5 rep max  
**Incline dumbbell presses** 3 sets of 8-12 reps  
**Hammer strength chest press** 3 sets of 12-15 reps  
**Incline cable flyes** 2 sets of 15-20 reps  
**Cambered bar preacher curls** 3 sets of 8-12 reps  
**Dumbbell concentration curls** 2 sets of 12-15 reps

**Spider curls bracing upper body against  
 an incline bench** 2 sets of 15-20 reps  
**Seated tricep extension with  
 cambered bar** 3 sets of 8-12 reps  
**Cable pressdowns with  
 rope attachment** 2 sets of 12-15 reps  
**Cable kickbacks** 2 sets of 15-20 reps

Sunday

## REST DAY