

# A Redmann Routine

## WORKOUTS



\*4 day  
a week  
routine

MONDAY

### Legs

Warm up with leg extensions 2-3 sets of 10  
Hack squat- 3 sets 8-10  
Leg press 4x 6-10  
Calve press single leg 2x failure

TUESDAY

### Back

Dead lifts 4 sets 8-10  
Cable rows 4 sets of 6-8  
Wide grip pull-ups 2-3 sets of 10  
followed by stretching the lats

WEDNESDAY

### Bi's and Tri

21's,  
Rope curls 4 x 8-10  
Over hand preacher curls 3 x 6-8  
Herc curls 3 x 8-10

THURDAY

### Chest/ forearms

Hammer strength bench press 4x 8-10  
Dumbbell press 3x 8-10  
Low end cable cross overs 2 x 8-10  
Pullovers 3x 6-8

FRIDAY

DAY OFF

SATURDAY

DAY OFF

SUNDAY

DAY OFF