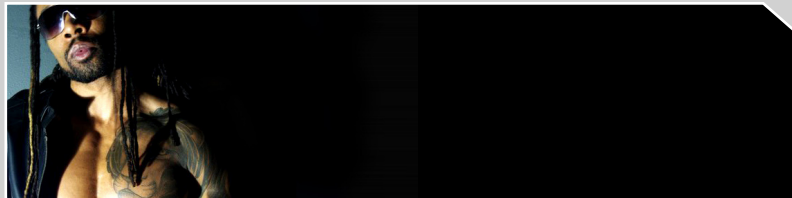


A Theo "Rick Vick" Johnson Routine

WORKOUTS



***6 day a week routine**

Catch up day

Monday

Catch up day (if I miss Sundays routine) normal Mondays I hit body parts I was able to the previous day, some tricep work and 25-45 minutes cardio. But if I miss Sunday's routine... It's all out chest day for Monday (see Sunday for chest routine)

Back/Biceps

Tuesday

Warm up with 100 pull-ups,
4 sets of pull downs 15 reps.
Assistant pull up machine 4 sets, 12 reps,
Back rows machine, single arm, 4 sets, 15 reps
Standing T-bar heavy, 4 sets, 8-15 reps

Then normal finish it off with something random (by then im running out of time)
Biceps - dumbbell curls, cable sing arm curls, machine alternate while holding curls.

Wednesday

REST DAY

Shoulders

Thursday

Military press, 5 sets, 7-15 reps depending on weight
Dumbbell press 4 sets, 10 reps
Arnold press 4 sets, 10 reps

Barbell raises 4 sets 15 reps
Shoulder Shrugs 4 sets 15 reps

Dedicated to Arms

Friday

Normally catch up time...
Bicep, curls machine, cable single arm, dumbbell, isolation curl machine
4 sets, 10-15 reps depending on the weight
Cardio (if I've missed some days during the week), 25-45 minutes on step machine

Legs

Saturday

Leg extensions 4 sets, 10 reps one leg, finish set with 10 reps both legs
Leg Curls 4 sets, 10-12 reps
Calf raises 5 sets, 8-10 reps

Calf machine 5 sets, 8-10 reps
Single leg lunges (with bench) 3-4 sets, 8 reps (carrying 2 55lbs dumbbells)
Squat machine 4 sets, 10 reps

Chest/Triceps

Sunday

Bench press warm up, 4 sets, 15-20 reps
Chest press 6 sets, 15-8 reps (pyramid)
Incline press 4 sets, 10-15 reps
Decline press 4 sets, 10-15 reps
Dumbbell press 4 sets, 8-10 reps
Incline dumbbell 4 sets, 8-10 reps

Cable cross overs 4 sets, 8-10 reps
Machine flies 4 sets, 10 reps
Tricep cable pull downs 4 sets, 15 reps
Tricep extensions 4 sets, 15 reps
Skull crushers 5 sets, 10 reps