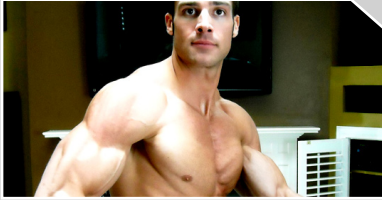


A Scott Dorn Routine

WORKOUTS

***6 day a
week
routine**



Monday

Biceps/Triceps/Cardio

Barbell Curls: 4 sets of 8-12 reps
Dumbbell Hammer Curls: 2 sets of 8-12 reps
Dumbbell Concentration Curls: 2 sets of 8-12 reps
Close Grip Smith Machine Bench Press: 4 sets of 8-12 reps

Cable Press Downs- Rope Attachment: 4 sets of 8-12 reps
Cable One-Arm Triceps Extension: 2 sets of 8-12 reps
20 minutes on the treadmill (115-125 HR)

Tuesday

Chest/Abs

Varying Degree Incline Dumbbell Bench Press: 4 sets of 8-12 reps
Flat Dumbbell Bench Press: 4 sets of 8-12 reps
Varying Degree Dumbbell Flyes: 4 sets of 8-12 reps
Hanging Leg Raise: 4 sets of 50 plus reps

Cable Oblique Crunch: 2 sets of 50 plus reps
DB Oblique Side Bend: 2 sets of 50 plus reps
Ab Ball Crunch: 4 sets of 50 plus reps

Wednesday

REST DAY/Abs

Thursday

Hamstrings/Calves/Cardio

Seated Hamstring Curl: 4 sets of 25-50 reps
Seated calf press: 6-8 sets of 25-50 reps
30 minutes stair stepper (HR 115-125)

Friday

Back/Abs

Wide Grip Cable Lat Pull downs: 4 sets of 8-12 reps
Smith Machine Barbell Rows: 4 sets of 8-12 reps
Dumbbell Rows: 2 sets of 8-12 reps

Smith Machine Partial Dead lifts: 4 sets of 8-12 reps
I pick one exercise to target each area of the abdominals and perform 4 sets of 25-50 reps

Saturday

Shoulders/Cardio

Standing Barbell Overhead Press: 4 sets of 8-12 reps--
Dumbbell Lateral Raise: 3 sets of 8-12 reps
Dumbbell Front Raise: 2 sets of 8-12 reps

Cable Seated Lateral Raise: 4 sets of 8-12 reps
45 minutes on the treadmill (HR 115-125)

Sunday

Quads/Calves

Cable Squats: 4 sets of 15-25 reps
Seated Calf Press: 4 sets of 25-50 reps or stair stepper calf raises