

Maximum Volume Training Routine

Monday and Thursday

Bodypart	Exercise	Sets/Reps
Abs	Roman chair sit-ups, DB side bends, extension pull-in twists, jackknife	300 total reps spread over the five exercises
Chest	Dumbbell inclines, nautilus pullover, pec dec, decline bench, flat bench	5 sets of 8-10 reps for each exercise
Back	Deadlift, dumbbell row	5 sets of 8-10 reps for each exercise
Forearms	Wrist curls	5 sets of 20-25 reps
Calves	Standing calf raises	9 sets of 20-25 reps
Neck	Neck raise	5 sets of 15-20 reps

Tuesday and Friday

Bodypart	Exercise	Sets/Reps
Abs	Crunch, front bend, cable-in, DB bend, incline knee ups	260 total reps spread over the five exercises
Legs	Leg extensions, leg curl, front squat, leg press	5 sets of 8-10 reps for each exercise
Shoulders	Seated front press, lying laterals, side laterals, front raise	5 sets of 6-10 reps for each exercise
Forearms	Seated reverse curls	5 sets of 20-25 reps
Calves	Seated calf raise	9 sets of 20-25 reps
Neck	Partner push – front, both sides, rear	One rotation

Wednesday and Saturday

Bodypart	Exercise	Sets/Reps
Abs	Incline sit-ups, twists, leg raise, scissor kicks, weight leg raise	300 total reps spread over the five exercises
Biceps	Machine curls, incline curls, barbell curls, concentration curls	5 sets of 6-10 reps for each exercise
Triceps	Incline triceps press, pushdowns, floor press, cable extensions	5 sets of 6-10 reps for each exercise
Forearms	Wrist roll-up	From the ground up – 5 reps
Calves	Calf raise on leg press machine	9 sets of 20-25 reps
Neck	Lying neck raise	5 sets of 20-25 reps