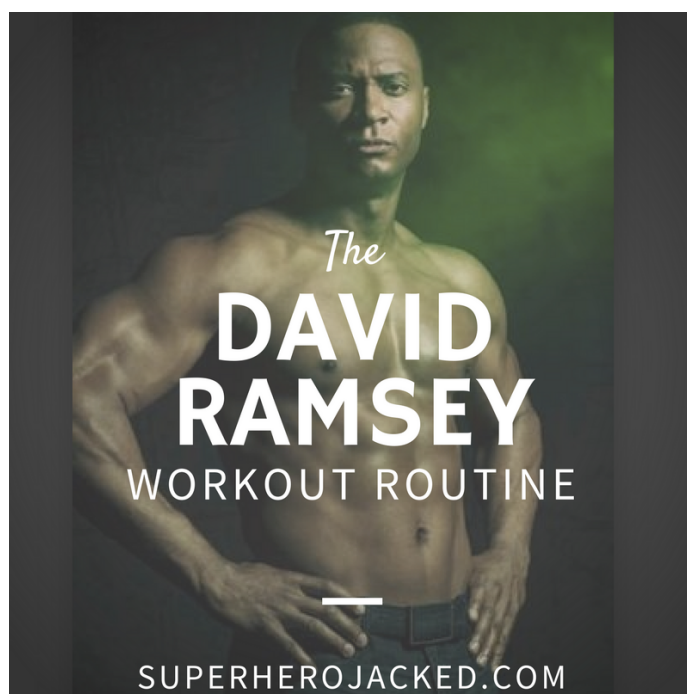


# DAVID RAMSEY

## WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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# David Ramsey Workout Routine

## Training Volume:

5 Days a Week

## How to train:

**Use Pyramid Sets for ALL unless otherwise specified. (Description below)**

The reps will be listed for each set, but you should be increasing the load as the rep count becomes lower.

### When instructed to do a drop set:

Perform the movement and then drop the weight and continue for more reps until you reach failure.

## Day One: Chest

Bench Press

15-10-8-5-3\*\* Sometimes add in a 1 rep max

Incline Press (Bench or DB)

10-8-5-3

Chest Flyes (DB)

12-10-8

Dips

15-15-15

Incline Cable Flys

12-10-8

Dumbbell Bench Press Flat

5xFailure (Drop Sets)

## **Day Two: Legs**

Back Squats

15-10-8-5-3\*\* Sometimes add in 1 rep max

Calf Raises

15-15-15

Leg Press

12-10-8-5

Hamstring Curls

10-10-10

Weighted Step Ups

12-12-12

Front Squat

5xFailure (Drop Sets)

## **Day Three: Arms**

Dumbbell Bicep Curls

12-10-8-5

Overhead Tricep Extension (DB)

12-10-8-5

Hammer Curls

12-10-8

Tricep Push Down (Cables)

12-10-8

Preacher Curls

5xFailure (Drop Sets)

Close Grip Bench Press

5xFailure (Drop Sets)

## **Day Four: Back**

Deadlift

12-10-8-5-3\*\* Sometimes add in 1 rep max

Lat Pulldowns

12-10-8-5

Dumbbell Rows

12-10-8

Wide Grip Pull Ups

10-10-10

Cable Rows

12-10-8

Bent Over Rows

5xFailure (Drop Sets)

## **Day Five: Shoulders**

Military Press

15-10-8-5-3\*\* Sometimes add in 1 rep max

Dumbbell Shrugs

15-12-10-8

Shoulder Front Raises (Cables)

12-10-8

Shoulder Flys

12-10-8

Seated Shoulder Raises (DB)

12-10-8

Arnold Press

5xFailure (Drop Sets)