

CONAN STEVENS WORKOUT ROUTINE



Bonus PDF File
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CONAN STEVENS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going old-school bodybuilding with a 6 day split. Conan Stevens is old-school with his diet, and also with his training. Time for us to step it up a notch and be the same!

Conan Stevens Workout: Monday and Thursday

Bench Press

5×6-10 reps

Incline Press

4×6-10 reps

Flat Dumbbell Flyes

4×8-10 reps

Dumbbell Pull-overs

3×10-12 reps

Wide-Grips Chins

4×10 reps

Barbell Rows (overhand wide grip)

4×6-10 reps

T-Bar Rows

4×6-10 reps

Seated Cable Rows

3×8-10 reps

Conan Stevens Workout: Tuesday and Thursday

Roman Chair Sit-ups

4×100 reps each set

Lying Leg Raises

4×50 reps each set

Seated Twists (machine or Russian Twists)

3×50 reps each set

Barbell Squats

5×6-10 reps

Vertical Leg Press

4×8-10 reps

Leg Curls

4×8-10 reps

Barbell Stiff Leg Deadlifts

4×8-10 reps

Standing Calf Raises

4×6-12 reps

Donkey Calf Raises

4×12-20 reps

Conan Stevens Workout: Wednesday and Saturday

Seated Press Behind the Neck

4×8-12 reps

Side Lateral Raises

4×8-12 reps

Bent Over Lateral Raises

4×8-12 reps

Barbell Upright Rows

4×8-12 reps

Barbell Shrugs

4×8-12 reps

Tricep Pushdowns

4×8-12 reps

Lying Triceps Extensions

4×8-10 reps

Seated One-Arm Dumbbell Tricep Extensions

4×8-12 reps

Incline Curls

4×8-12 reps

Barbell Curls

4×8-10 reps

One-Arm Concentration Curls

4×10-12 reps

Reverse Barbell Curls

4×8-12 reps

Barbell Wrist Curls

4×10-12 reps