

Frank Anthony's 4 Day Training Routine

Day 1 (Upper Body)

Incline Bench Press

- 5 Sets of 10-15 reps
- Rest 2 Minutes between sets

Cable Crossovers

- 4 Sets of 10-15 reps
- Rest 90 seconds between sets

Pull-Ups

- 3 Sets to failure
- Rest 2 minutes between sets

T Bar Row

- 3 Sets of 10-15 reps
- Rest 2 minutes between sets

Dumbbell Lateral Raises

- 3 Sets of 15 reps
- Rest 90 seconds between sets
- Go to failure

Cable Lateral Raises

- 2 Sets of 15 reps
- Rest 60 seconds between sets
- Go to failure

Machine Preacher Curl and Dumbbell Hammer Curl Superset

- 3 Supersets

- Do preacher curl followed by hammer curl with no rest in between
- 3 sets of 15 reps for each exercise
- Rest 2 minutes after each superset

Tricep Rope Pushdowns

- 3 Sets of 12-15 reps
- Rest 60 seconds after each set

Overhead Tricep Extensions

- 3 sets of 12-15 reps
- Rest 90 seconds after each set

Abs Circuit

Day 2 (Lower Body)

Squats

- 5 Sets of 10-15 reps
- Rest 2 minutes between sets

Hip Thrusts

- 3 Sets of 10-15 reps
- Rest 90 seconds between sets

Sitting Leg Curls

- 5 Sets of 10-15 reps
- Rest 2 minutes between sets

Leg Extensions

- 5 Sets of 10-15 reps
- Rest 2 minutes between sets

Calf Raise on Leg Press Machine

- 5 Sets of 25-30 reps
- Rest 1 minute between sets

Abs Circuit

Day 3 (Upper Body)

Arnold Press

- 3 sets of 10-15 reps
- Rest 90 seconds between sets

Incline Dumbbell Press

- 3 Sets of 10-15 reps
- Rest 2 Minutes between sets

Decline Machine Press

- 3 Sets of 10-15 reps
- Rest 90 seconds between sets

Pull-Ups

- 3 Sets to failure
- Rest 2 minutes between sets

T Bar Row

- 3 Sets of 10-15 reps
- Rest 2 minutes between sets

Dumbbell Lateral Raises

- 3 Sets of 15 reps
- Rest 90 seconds between sets
- Go to failure

Machine Preacher Curl and Dumbbell Hammer Curl Superset

- 3 Supersets

- Do preacher curl followed by hammer curl with no rest in between
- 3 sets of 15 reps for each exercise
- Rest 2 minutes after each superset

Tricep Rope Pushdowns

- 3 Sets of 12-15 reps
- Rest 60 seconds after each set

Overhead Tricep Extensions

- 3 sets of 12-15 reps
- Rest 90 seconds after each set

Abs Circuit

Day 4 (Lower Body)

Squats

- 4 Sets of 10-15 reps
- Rest 2 minutes between sets

Bulgarian Split Squats

- 3 Sets of 10-14 reps per side
- Rest 90 seconds between sets

Hip Thrusts

- 3 Sets of 10-15 reps
- Rest 90 seconds between sets

Sitting Leg Curls

- 5 Sets of 10-15 reps
- Rest 2 minutes between sets

Leg Extensions

- 5 Sets of 10-15 reps
- Rest 2 minutes between sets

Calf Raise on Leg Press Machine

- 5 Sets of 25-30 reps
- Rest 1 minute between sets

Abs Circuit

6 Pack Shredder Abs Circuit

- Do the whole circuit 3 times everyday you workout
- No rest in between exercises
- Rest 30 seconds after each round of the circuit

8 V-Ups

1 Minute Plank

25 Crunches

25 Leg Raises

20 Russian Twists