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# JACKED TO THE MAX 8-WEEK PROGRAM



## MONDAY: LEGS

EXERCISE	SETS	REPS
<b>MORNING WORKOUT</b>		
STIFF-LEGGED DEADLIFTS	3	6-8
SEATED LEG CURLS	3	6-8
LYING LEG CURLS	3	6-8
<b>AFTERNOON WORKOUT</b>		
LEG EXTENSIONS	4	12-15
SQUATS	3	8-10
HACK SQUATS	4	6-10
LEG PRESS*	7	6-10
WALKING LUNGES	3	8-10

## TUESDAY: CALVES & CHEST

EXERCISE	SETS	REPS
<b>CALVES</b>		
STANDING CALF RAISES	3	30
SEATED CALF RAISES	4	30
LEG PRESS CALF RAISES	3	30
<b>CHEST</b>		
INCLINE DUMBBELL PRESS	4	6-8
INCLINE DUMBBELL FLYES	3	8-10
CABLE FLYES	3	8
FLAT BARBELL STRENGTH PRESS*	7	6-8

## WEDNESDAY: REST/OFF

## THURSDAY: ABS & BACK

EXERCISE	SETS	REPS
<b>ABS</b>		
REVERSE CRUNCHES	3	TO FAILURE <small>(NEAR TO FAILURE)</small>
ROMAN CHAIR	3	15
MACHINE OR ROPE CRUNCHES	3	TO FAILURE
<b>BACK</b>		
WIDE-GRASP PULL-UPS	4	TO FAILURE
BENT-OVER ROWS	3	6-8
T-BAR ROWS	3	6-8
ONE-ARM ROWS	3	6-8
LOW CABLE ROWS (Y-BAR)*	7	6-8
DEADLIFTS	4	6-8

## FRIDAY: CALVES & SHOULDERS

EXERCISE	SETS	REPS
<b>CALVES</b>		
STANDING CALF RAISES	3	30
SEATED CALF RAISES	4	30
LEG PRESS CALF RAISES	3	30
<b>SHOULDERS</b>		
SEATED DB PRESS (OR INCLINE BENCH DB PRESS)	4	8-10
ONE-ARM SIDE LATERALS (STANDING)	4	8
INCLINE BENCH REAR LATERALS WITH DUMBBELLS	3	8
BEHIND-BACK ONE-ARM CABLE LATERALS	3	8-10
FACE-DOWN INCLINE BENCH FRONT RAISES	7	8-10
DUMBBELL SHOULDS	3	8-10
BARBELL SHOULDS	3	8-10

## SATURDAY: ABS & ARMS

EXERCISE	SETS	REPS
<b>ABS</b>		
REVERSE CRUNCHES	3	TO FAILURE <small>(NEAR TO FAILURE)</small>
ROMAN CHAIR	3	15
MACHINE OR ROPE CRUNCHES	3	TO FAILURE
<b>ARMS</b>		
CONCENTRATION CURLS	3	8
STANDING HAMMER CURLS	3	6-8
STANDING CAMBERED BAR CURLS	3	6-8
PREACHER CURLS	3	8-10
<b>TRICEPS</b>		
TRICEPS EXT MACHINE	3	6-8
STRAIGHT-BAR PRESS-DOWNS	4	8-10
SKULL-CRUSHERS	3	8-10
ROPE PUSH-DOWNS*	7	8-10

## SUNDAY: REST/OFF

4 Week

Muscle Building & Strength Program

By Luis Carrillo



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