

JACKED TO THE MAX 8-WEEK PROGRAM

MUSCULAR PRINT AND GO
ENTREPRENEUR STORE.COM

MONDAY: LEGS

EXERCISE	SETS	REPS
HAMSTRINGS - MORNING WORKOUT		
STIFF-LEGGED DEADLIFTS	5	6-8
SEATED LEG CURLS	3	6-8
LYING LEG CURLS	3	6-8
QUADS - AFTERNOON WORKOUT		
LEG EXTENSIONS	4	12-15
SQUATS	5	8-10
HACK SQUATS	4	8-10
LEG PRESS*	7	8-10
WALKING LUNGES	3	8-10

TUESDAY: CALVES & CHEST

EXERCISE	SETS	REPS
CALVES		
STANDING CALF RAISES	3	30
SEATED CALF RAISES	4	30
LEG PRESS CALF RAISES	3	30
CHEST		
INCLINE DUMBBELL PRESS	4	6-8
INCLINE DUMBBELL FLYES	3	8-10
CABLE FLYES	2	8
FLAT HAMMER STRENGTH PRESS*	7	6-8 (60-90 SECOND REST BETWEEN SETS)

WEDNESDAY: REST/OFF

THURSDAY: ABS & BACK

EXERCISE	SETS	REPS
ABS		
REVERSE CRUNCHES	3	TO FAILURE (KNEES TO ELBOWS)
ROMAN CHAIR	3	15
MACHINE OR ROPE CRUNCHES	3	TO FAILURE
BACK		
WIDE-GRIP 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 (V-BAR)*	7	6-8 (60-90 SECOND REST BETWEEN SETS)
DEADLIFTS	4	6-8

FRIDAY: CALVES & SHOULDERS

EXERCISE	SETS	REPS
CALVES		
STANDING CALF RAISES	3	30
SEATED CALF RAISES	4	30
LEG PRESS CALVE RAISES	3	30
SHOULDERS		
SEATED DB PRESS (SET INCLINE BENCH AT 85 DEGREES)	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
FACEDOWN INCLINE BENCH FRONT RAISES	7	8-10 (60-90 SECOND REST BETWEEN SETS)
DUMBBELL SHRUGS	3	8-10
BARBELL SHRUGS	3	8-10

SATURDAY: ABS & ARMS

EXERCISE	SETS	REPS
ABS		
REVERSE CRUNCHES	3	TO FAILURE (KNEES TO ELBOWS)
ROMAN CHAIR	3	15
MACHINE OR ROPE CRUNCHES	3	TO FAILURE
BICEPS		
CONCENTRATION CURLS	3	8
STANDING HAMMER CURLS	3	6-8
STANDING CAMBERED BAR CURLS	3	6-8
PREACHER CURLS	3	8-10
TRICEPS		
TRICEPS DIP MACHINE	3	6-8
STRAIGHT-BAR PRESSDOWNS	4	8-10
SKULL-CRUSHERS	3	8-10
ROPE PUSHDOWNS*	7	8-10 (60-90 SECOND REST BETWEEN SETS)

SUNDAY: REST/OFF