



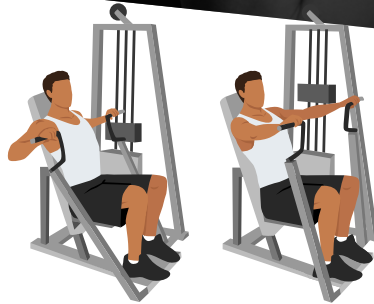
# ANDRE'S SPLIT

DAY 1 - CHEST SHOULDERS TRICEPS



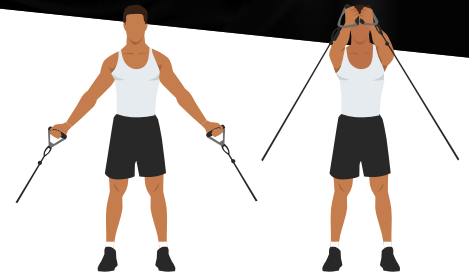
## 1. INCLINE DUMBBELL PRESS

Warm up with 2-3 sets. Then get into your two working sets of 8-10.



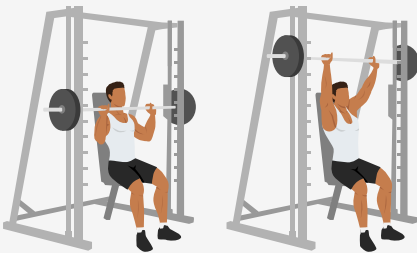
## 2. PARALLEL CHEST PRESS MACHINE

1-2 warm-up sets. Then 2 heavy sets of 10-12. It should be heavy enough that 12 is near impossible.



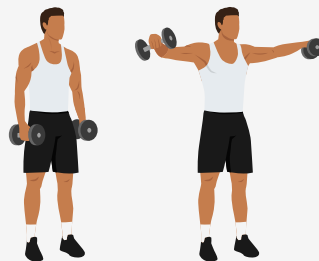
## 3. CHEST CABLE FLY (UPPER PEC)

3 sets of 12-15 here. Really focus on keeping the handles up high, straight across at shoulder height.



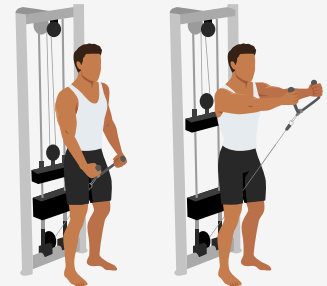
## 4. SMITH MACHINE MILITARY PRESS

2 hard warm-up sets and 2 hard-working sets. For each set you'll superset with DB lateral raises. If possible, increase the weight each set on laterals.



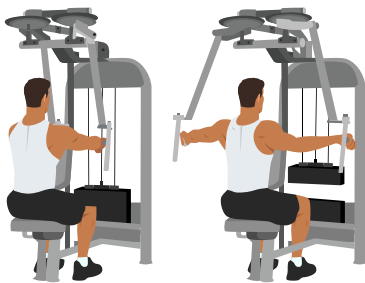
## 5. DUMBBELL LATERAL RAISE

1 warm up set. Superset with Smith Machine Military Press. Don't throw the weight - keep it controlled. Increase the weight each set.



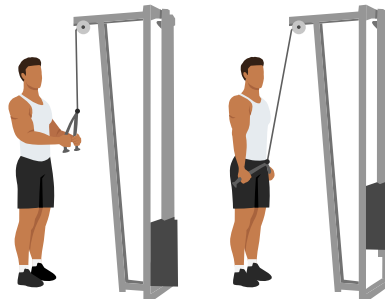
## 6. CABLE FRONT RAISE

3 Sets of 12. If possible, increase the weight every set. Perform all 12 on one side and all 12 on the other.



## 7. REAR DELT MACHINE

Perform 3 warmup sets. Increasing the weight of each set. Once the rear delts are fired up we'll do a REST PAUSE set for the last working set. The Goal is to hit 30 reps within the 3 sets at your heaviest weight possible.



## 8. TRICEPS PUSHDOWN WITH CABLE

Use the V bar. 4 sets of 15 with 4 sec negatives every rep. Make sure to go deep and stretch down past your head. All the way up and contract each rep.



## 9. BODY WEIGHT BENCH DIPS

Finishing up with 2 sets of max rep body weight bench dips. Full extension up on every rep and SQUEEZE!



# ANDRE'S SPLIT

## DAY 2 - BACKS AND BICEPS



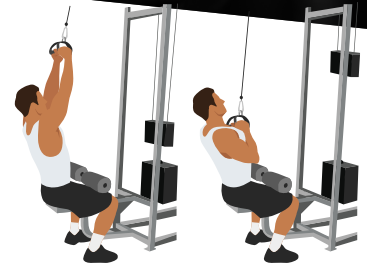
### 1. LEVER REVERSE GRIP LATERAL PULLDOWN PLATE LOADED

I want you to work up to some heavy sets here. 1-2 warm-up sets. Then 2 sets HEAVY 7-10 reps.



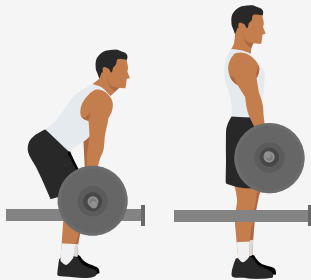
### 2. CHEST SUPPORTED T BAR ROWS

2 warm-up sets and 2 hard-working sets of 10. Try to keep your chest on the pad.



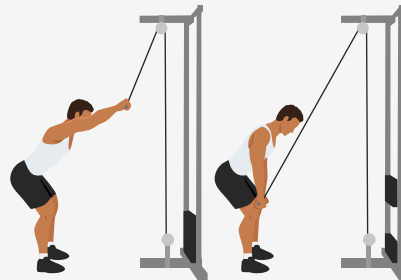
### 3. CABLE PULLDOWN

Let's use the wide grip bar and go shoulder width in the grip. Build up to 2 hard working sets of 10-12.



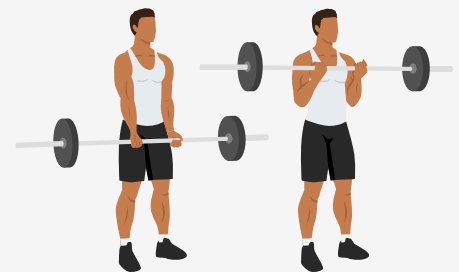
### 4. BACK PULL DEADLIFTS

Rack pulls from just below knee height. Building up to 2 hard-working sets of 8 reps. No bouncing the bar off the rack. Stop each rep, then pull.



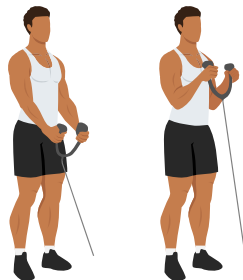
### 5. CABLE PULLOVER (BACK)

3 sets total of 10-12 reps. Keep those arms straight and squeeze those lats hard.



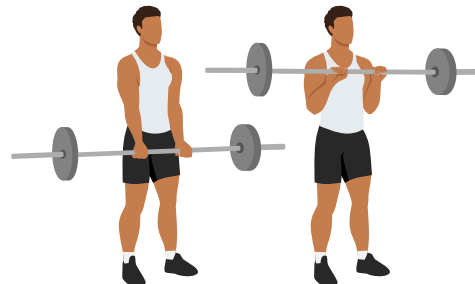
### 6. EZ BAR CURL UPPER HALF

1 warm-up set. 2 hard-working sets of 12. Bring it all the way down and all the way back up. Don't throw the weight.



### 7. ROPE HAMMER CURLS

1 warm-up set. 2 hard-working sets of 12-15 reps.



### 8. EZ-BAR REVERSE GRIP CURL

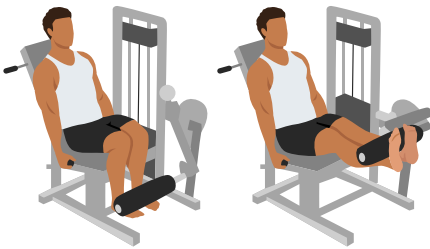
2 sets of 15 reps. Keep those elbows in tight and squeeze. Come all the way up and back down.



# ANDRE'S SPLIT

(DAY 3 REST) DAY 4 - QUADS AND CALVES

## SUPERSET NEXT TWO



### 1. LEG EXTENSIONS

Leg extensions superset with adductors. Every rep on both exercises do 3-second negatives. 1 warm up set of 15. 3 working sets of 15 increasing weight with every set.



### 2. THIGH ADDUCTOR

Superset with Leg extensions. 1 warm up set of 15. 3 working sets of 15 increasing weight with every set.



### 3. LEG PRESS

Warm up with as many sets as you need until weight is heavy (do 10-12 reps on warm-up sets). Then you can have one all out REST PAUSE set as many reps as you can each time. THIS WILL BURN.



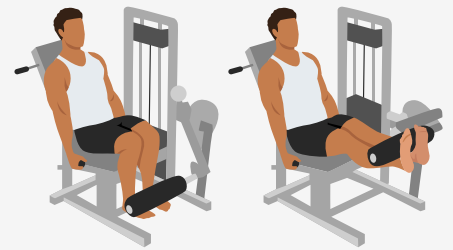
### 4. SMITH MACHINE SQUAT

2-3 warm-up sets and 2 hard-working sets of 8 reps. Keep increasing weight with each rep.



### 5. WALKING LUNGES

3 sets of 20 reps (10 each leg) if possible increase the weight each set. Keep your balance and watch the width of your lunge. Not too wide. Get the knee as close to the ground without touching.



### 6. LEG EXTENSIONS

1 HARD rest pause set here. Pick a medium-heavy weight and crush it.



### 7. SEATED CALF PRESS MACHINE

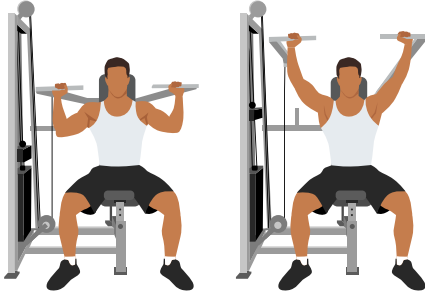
4 sets of 15-20. Really focus on extending and lifting your heels up and down.





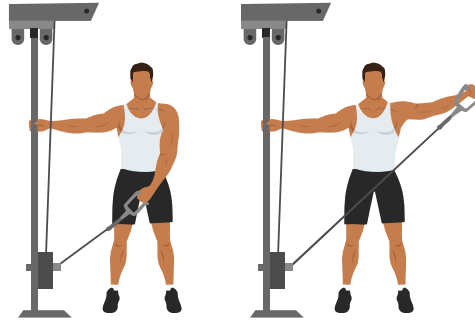
# ANDRE'S SPLIT

DAY 5 - SHOULDERS AND BACK



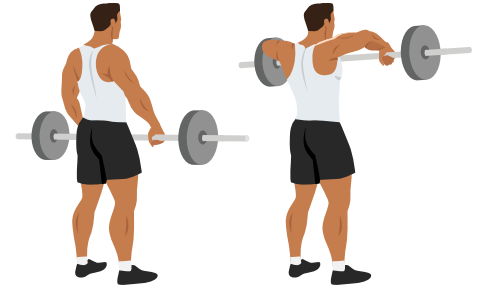
## 1. SEATED SHOULDER PRESS MACHINE

2-3 warm-up sets and 2 hard working sets of 8-10.



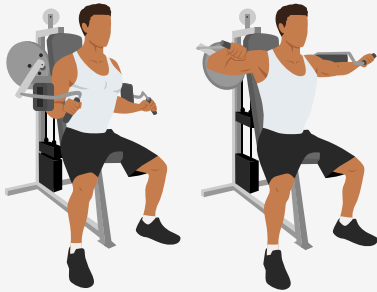
## 2. CABLE SIDE LATERALS

3 sets of 12 reps. Increase the weight each set if possible.



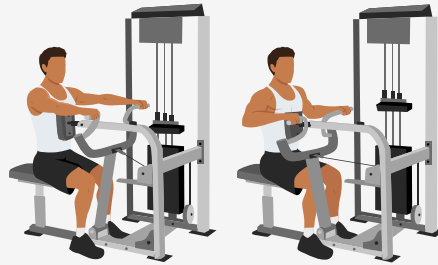
## 3. BARBELL WIDE GRIP UPRIGHT ROW

3 sets of 10 reps. Increase the weight each set if possible. Focus on driving those elbows up.



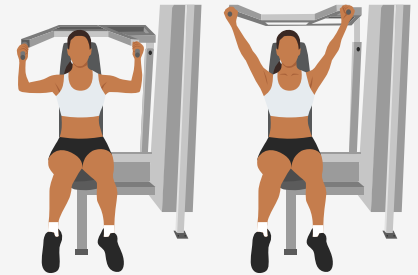
## 4. SIDE LATERAL MACHINE

3 sets of 15-20 reps. Each set should reach failure. If not failing between 15-20 reps increase the weight.



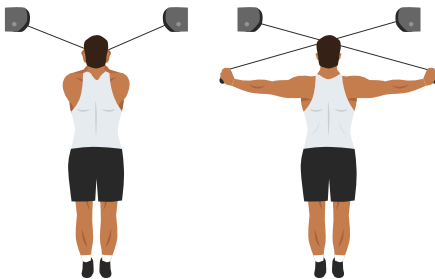
## 5. MACHINE ROW

Use row machine so that you can keep elbows almost up at shoulder height as you pull back. 3 sets of 15-20 reps. Each set should reach failure. If not failing between 15-20 reps increase the weight.



## 6. HIGH ROW MACHINE

3 hard sets of 10-12. Hold each rep at the bottom for 1-2 seconds.



## 7. CABLE REAR DELT FLY

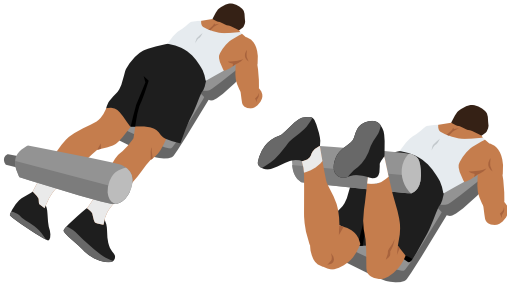
Keep elbows straight across at shoulder height. Don't drop elbows down as you pull back. On last set finish with 1/2 reps until failure. Hold on to the balls on the cables - no handles. 1 warm up set of 15. 3 working sets of 15.





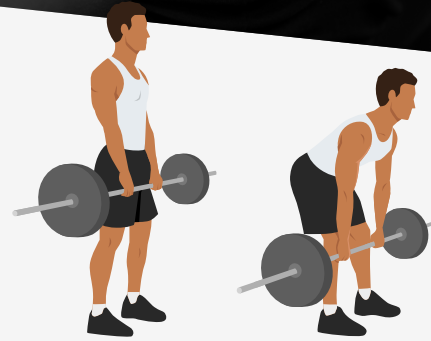
# ANDRE'S SPLIT

(DAY 6 REST) DAY 7 - HAMSTRINGS AND GLUTES



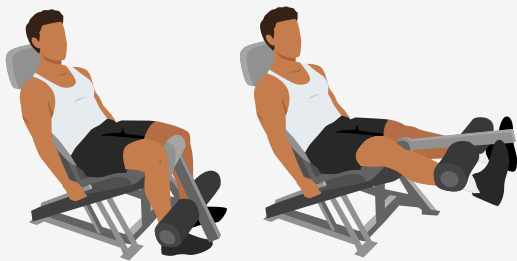
## 1. LYING LEG CURLS

2 warm up sets of 15 then increase the weight and 2 more sets of 10.



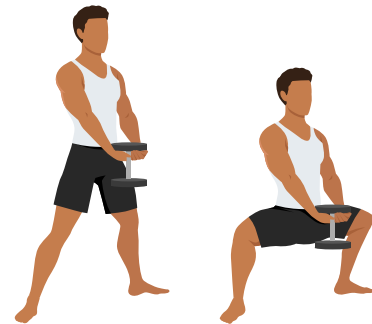
## 2. BARBELL ROMANIAN DEADLIFT

Warm up and work up to 2 hard working sets of 8 reps.



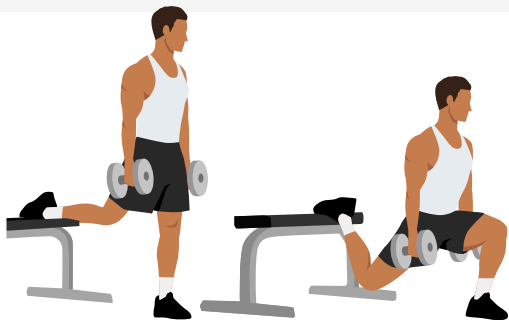
## 3. SEATED LEG CURL

3 sets of 15-20. Increase the weight after every rep.



## 4. DUMBBELL SUMO SQUAT

Ok here we are doing 3 sets. The last set will be a rest pause drop set. First set, always aim for 15 reps. Then max out until failure on every single drop set.



## 5. DUMBBELL BULGARIAN SPLIT SQUAT

Hold one heavy dumbbell and the other hand on a bench or rack to hold for balance if needed. 3 sets of 15 reps for each leg.



## 6. THIGH ADDUCTOR

**SUPERSET** - Finishing with a superset of abductors and adductors. 3 sets of 20 reps each. Increase the weight every set if possible.