

# The Clarence Ross Muscle Man Routine

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 [gymtalk.com/the-clarence-ross-muscle-man-routine](https://gymtalk.com/the-clarence-ross-muscle-man-routine)

<b>Exercise</b>	<b>Sets and reps</b>
Squat	4 x 10
Leg Press	2 x 16-20
Leg press calf raises	1 x 100
Bench press	3 x 10
Incline press	3 x 10
Barbell row	3 x 10
Side raises	3 x 10
Barbell curl	3 x 10
One arm bent over curl	1 x 10
Behind the neck press	3 x 10
Behind the neck chins	1 x 10
Forward bends/twists	3 sets
Bench push ups	3 x 20
Sit ups	1 set
Leg raises	1 set
Bar hanging	1 set
Neck work	1 set