

Dave Draper's Go-To Bodybuilding Workout

Monday: Chest, Back & Shoulders

Exercise	Sets & Reps
Seated Front Press	3-5 x 12, 10, 8, 8, 6
Wide Grip Pulldowns	3-5 x 12, 10, 8, 8, 6
Standing Bent Over Lateral Raises	3-5 x 6-8
Dumbbell Press	4-5 x 12, 10, 8, 8, 6
Dumbbell Pullovers	4-5 x 12, 10, 8, 8, 6
Seated Lat Row	4-5 x 12, 10, 8, 8, 6

Tri-set the first three exercises and the last three exercises.

Tuesday: Legs

Exercise	Sets & Reps
Leg Extension	3-5 x 10-12
Leg Curl	3-5 x 8-12
Calf Raises	3-5 x 15-20
Squat	5-7 x 15, 12, 10, 8, 6, 6
Deadlift	5 x 10, 8, 6, 6, 6

Tri-set the first three exercises.

Wednesday: Arms

Exercise	Sets & Reps
Rubber Tubing Rotator Cuff Work	5 x 20-25 adductor; 5 x 20-25 abductor
Wrist Curls	3-5 x 20, 15, 15, 15, 15
Thumbs Up Curl	3-5 x 10, 8, 8, 8, 6
Pulley Pushdowns	3-5 x 12-15
Bent Bar Curls	3-5 x 6-8
Dips	3-5 x 12-15
Dumbbell Alternate Curls	3-5 x 6-8
Overhead or Lying Triceps Extensions	3-5 x 12, 10, 8, 8, 8

Tri-set the first three exercises and superset the last four exercises.

Thursday: Day Off

Friday: Upper Body

Exercise	Sets & Reps
Seated Front Press	4 x 12, 10, 8, 6
Pulldowns	4 x 12, 10, 8, 6
Dumbbell Incline Press	4 x 12, 10, 8, 6
Dumbbell Pullovers	4 x 12, 10, 8, 6
Dumbbell Rows	4 x 8
Dumbbell Alternate Curls	4 x 12, 10, 8, 6
Dips	4 x Max
Pulley Pushdowns	4 x 12

Superset first four exercises, tri-set last three exercises

Saturday: Legs

Exercise	Sets & Reps
Leg Extension	3-5 x 10-12
Leg Curl	3-5 x 8-12
Calf Raises	3-5 x 15-20
Squat	5-7 x 15, 12, 10, 8, 6, 6
Light Deadlift	5 x 8
Rope Tucks	5 x 25

Tri-set the first three exercises, superset the last two exercises.