

The Reg Park Mr Universe Course

 gym-talk.com/the-reg-park-mr-universe-course/

First Course (8 Weeks)

Exercise	Sets	Reps
The Two-Arm Press	1-3	8-10
The Squat	1-3	8-10
Straight Arm Pullover	1-3	8-10
Toe Raise	2 (1 set for each leg)	10
Shoulder Shrugs	1-3	8-10
Bent-Over Rowing	1-3	8-10
Barbell Curls	1-3	8-10
Wrist Roller	1-3	8-10
Neck Resistance	1-3	8-10
Sit-Ups	1-3	8-10

Second Course (6 Weeks)

Exercise	Sets	Reps
Press Behind Neck	3	10
The Front Squat	3	10
Bent-Arm Arm Pullover on Bench with Barbell	3	10
Toe Raise	3	20
Bench Press	3	10
French Curl	3	10
One-Arm Rowing with Dumbbell	3	10
Dumbbell Curl	3	10
Wrist Curl with Barbell	3	10
Side Bends	3	10

Rest (1 Week)

Third Course (8 Weeks)

Exercise	Sets	Reps
Dumbbell Press	3-4	10
Lateral Raise Standing	3-4	10
The Squat	3-4	10
Straight-Arm Pullovers on Bench with Dumbbell	3-4	10
Toe Raise with Partner	4	30

Incline Bench Press with Dumbbells	3-4	10
Lateral Raise Lying	3-4	10
Dumbbell Tricep Curl	3-4	10
Stiff-Leg Deadlift	3-4	10
Chinning the Bar	3-4	10
Incline Dumbbell Curl	3-4	10
Central Loading Curls	3-4	10
Sit-Ups on Abdominal Bench	3-4	10
Side Bends	3-4	10
Reverse Curls for Barbells	3-4	10

Fourth Course (8 Weeks)

Exercise	Sets	Reps
Press Behind Neck	3	8
Dumbbell Press	3	8
The Front Squat	3	8
Bent-Arm Pullover on Bench with Barbell	3	8
Toe Raise with Partner	5	30
Incline Bench Press with Dumbbell	3	8
Flat Bench Press with Dumbbells	3	8
Over Tricep Curl with Dumbbell	3	8
Parallel Bar Dips or Lying Triceps Curl with Barbell	3	8
Shoulder Shrugs	3	8
Upright Rowing	3	8
Barbell Curl	3	8
Seated Dumbbell Curl	3	8
Leg Raises on Chinning Bar	3	8

Rest (1 Week)