

The Steve Reeves 'Classic Physique' Routine

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Exercise	Sets	Reps
Incline dumbbell press	3	8-12 (using descending poundages)
Breathing front squat (superset with following exercise)	3	15
Dumbbell laterals/flyes	3	15
Seated barbell curls	3	12 (getting the negative reps on the way down)
Alternate dumbbell forward raise	2	15
Bent over rows	2	12
One arm rows	2	12
Splits with barbell	1	Until breathless
Alternative raise lying	2	15
Good mornings	1	15
Dumbbell french press	3	12
Calf raises (leg press machine)	1	30-40
Bench Press	2	12