

IRON MAN Training & Research Center Muscle-Training Program 70

Workout 1: Chest, Back, Abs

Smith-machine incline presses
(second set with X Reps; third set staged) 3 x 10, 8, 8

Superset

Incline cable flies (double drop;
X Reps) 1 x 10(8)(5)

Incline flies 1 x 8-10

Decline-bench presses 2 x 10, 8

Wide-grip dips (drop set; first set with X Reps;
second set staged) 1 x 10(8)

Superset

Low-cable flies (drop set; X Reps) 1 x 10(8)

Flyes 1 x 8-10

Narrow, parallel-grip pulldowns
(last set with X Reps) 2 x 10, 8

Pulldowns (X Reps) 1 x 8-10

Tri-set

Machine pullovers (X Reps) 1 x 8-10

Undergrip cable rows (X Reps) 1 x 8-10

Dumbbell pullovers 1 x 8-10

Machine rows (last set with X Reps) 3 x 10, 8, 6

Behind-the-neck pulldowns (staged) 1 x 8-10

Superset

Bent-arm bent-over laterals 1 x 8-10

Bent-over dumbbell rows (X Reps) 1 x 8-10

Bent-over laterals (drop set; X Reps) 1 x 10(8)

Incline kneeups (X Reps) 1 x 12

Superset

Incline kneeups 1 x 8

Bench V-ups 1 x max

Tri-set

Ab Bench crunches (drop set; X Reps) 1 x 8(6)

Twisting crunches 1 x 10

Bench V-ups 1 x max

Workout 2: Quads, Hams, Gastrocs

Hack squats (last set with X Reps) 2 x 10, 8

Smith-machine squats (nonlock) 1 x 10-12

Leg extensions (drop set; X Reps) 1 x 10(8)

Tri-set

Sissy squats (X Reps) 1 x 8-10

Leg extensions 1 x 8-10

Sissy squats 1 x 8-10

Smith-machine squats (last set staged) 2 x 10, 8

Leg curls (drop set; X Reps) 1 x 10(8)

Superset

Stiff-legged deadlifts

(bottom partials only) 1 x 10-12

Hyperextensions (X Reps) 1 x max

Leg curls (X Reps) 1 x 8-10

Leg press calf raises
(last set with X Reps) 3 x 20, 15, 15

Superset

Hack-machine calf raises (drop set;
bottom X, top X) 1 x 12(8)

Standing calf raises (X Reps) 1 x 8

Superset

Seated calf raises (X Reps) 2 x 12

Machine donkey calf raises (X Reps) 2 x 12

Seated calf raises or one-leg calf raises 1 x 15-20

Low-back machine 1 x 8-12

Workout 3: Delts, Traps, Triceps, Biceps, Forearms

Rack upright rows or seated laterals
(drop on second set;
last set with X Reps) 3 x 10, 8(6), 6

Forward-lean laterals (double drop;
X Reps) 1 x 10(8)(5)

Smith-machine behind-the-neck
presses (second set with X Reps) 2 x 8-10

Superset

One-arm cable laterals (drop set; X Reps) 1 x 10(8)

Incline one-arm laterals (X Reps) 1 x 8-10

Superset

Cable upright rows (X Reps) 1 x 8-10

Shrugs (X Reps) 1 x 8-10

Decline extensions (second set with X Reps
in press position; last set staged) 3 x 10, 8, 8

Tri-set

Pushdowns (X Reps) 1 x 8-10

Elbows-flared pushdowns (X Reps) 1 x 8-10

Reverse pushdowns 1 x 8-10

Superset

Cable pushouts (drop set; X Reps) 1 x 10(8)

Bench dips (staged) 1 x max

Preacher curls (second set with X Reps;
last set staged) 3 x 10, 8, 8

Superset

Concentration curls 1 x 8-10

One-arm dumbbell spider curls (X Reps) 1 x 8-10

Incline curls (double drop) 1 x 10(8)(5)

Tri-set

Reverse wrist curls 1 x 10

Forearm Bar reverse wrist curls 1 x 8

Dumbbell reverse wrist curls (X Reps) 1 x 8

Aftershock superset

Wrist curls 1 x 10

Forearm Bar wrist curls 1 x 8

Dumbbell wrist curls (X Reps) 1 x 8

Rockers (drop set) 1 x 15(10)

Superset

Rope hammer curls (X Reps) 1 x 8-10

Cable reverse curls 1 x 8-10