Max-OT Training Schedule
By Jeff Willet, IFBB Pro

**MONDAY (Back & Traps)**

**Back:**

- Deadlifts.... 2 sets 4-6 reps (After warm-up)
- Weighted Pull-ups.... 2 sets 4-6 reps (After acclimation set)
- Pull-downs.... 2 sets 4-6 reps
- Bent-over Rows.... 2 sets 4-6 reps (After Weight Acclimation)

**Traps:**

- Barbell Shrugs.... 2 sets 4-6 reps (After Weight Acclimation)

**TUESDAY (Chest)**

**Chest:**

- Incline Barbell Bench Press.... 2 sets 4-6 reps (After warm-up)
- Flat Barbell Bench Press.... 2 sets 4-6 reps
- Weighted Dips.... 2 sets 4-6 reps

**WEDNESDAY (Legs & Calves)**

**Calves:**

- Calf Raises On Leg Press (One foot at a time).... 3 sets 6-8 reps
- Seated Calf Raises.... 2 sets 6-8 reps

**Legs:**

- Squats.... 3 sets 4-6 reps (After warm-up)
- Stiff Leg Deadlifts.... 2 sets 4-6 reps (After weight acclimation)
**THURSDAY (Biceps, Triceps & Forearms)**

**Biceps:**

Barbell Curls.... 3 sets 4-6 reps

Standing Dumbbell Curls.... 2 sets 4-6 reps

**Triceps:**

Lying Triceps Extensions.... 3 sets 4-6 reps

Cable Push-downs.... 2 sets 4-6 reps

**Forearms:**

Barbell Wrist Curls.... 3 sets 6-8 reps

Standing Dumbbell Wrist Curls.... 2 sets 6-8 reps

**FRIDAY (Abs & Shoulders)**

**Abs:**

Cable Crunches.... 3 sets 4-6 reps (After weight acclimation)

Weighted Leg Raises.... 2 sets 8-12 reps

**Shoulders:**

Military Barbell Press (To the front).... 2 sets 4-6 reps (After warm-up)

Seated Dumbbell Press.... 2 sets 4-6 reps

Side Lateral Dumbbell Raises.... 2 sets 4-6 reps

Seated Rear Lateral Dumbbell Raises.... 2 sets 4-6 reps