

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