

MENTZER'S WORKOUT ROUTINE

Chest Workout Routine:		
Incline dumbbell flyes:	5 sets	all of 8 reps
Flat dumbbell fly:	5 sets	all of 6-8 reps
Bodyweight dips:	5 sets	all of 6 reps
Incline barbell bench press:	5 sets	all of 6 reps
Flat barbell bench press:	5 sets	all of 6 reps
Mike Mentzer's Back Workout:		
Straight arm pulldown:	5 sets	all of 5-8 Reps
Barbell bent-over row:	5 sets	all of 5 Reps
Close grip cable pulldown:	5 sets	all of 8-10 Reps
Standing barbell shrug:	5 sets	all of 8-10 Reps
Barbell upright row:	5 sets	all of 6-8 reps
Mike Mentzer's Shoulder Workout:		
Bent over dumbbell raise:	5 sets	all of 8-10 Reps
Seated machine press:	5 sets	all of 6-8 reps
Dumbbell side lateral raise:	5 sets	all of 8-10 Reps
Front barbell raises:	5 sets	all of 8-10 Reps
Behind the overhead neck press:	5 sets	all of 6-8 reps
Leg Workout Routine:		
Single leg extension:	5 sets	all of 8-10 Reps
Single leg hamstring curl:	5 sets	all of 8-10 Reps
Leg press:	5 sets	all of 6-8 reps
Standing calf raise:	5 sets	all of 10-15 reps
Barbell squats:	5 sets	all of 6-8 reps
Walking dumbbell lunges:	5 sets	all of 8-10 Reps
Mike Mentzer's Arm Workout:		
Supinated chin-up:	5 sets	all of 6-8 Reps
Bodyweight dips:	5 sets	all of 10 Reps
Standing dumbbell curl:	5 sets	all of 8-10 Reps
Barbell preacher curl:	5 sets	all of 8-10 Reps
Cable triceps pushdowns:	5 sets	all of 8-10 Reps
Overhead cable triceps extension:	5 sets	all of 8-10 Reps