

WORKOUT ROUTINE OF RONNIE COLEMAN

Monday (Back / Shoulders / Biceps)	Sets	Reps
Deadlifts	4 Sets	6-12 Reps
Barbell Rows	4 sets	8-12 Reps
T-Bar Rows	4 sets	10-12 Reps
Dumbbell Rows	4 sets	10-12 Reps
Front Dumbbell Lateral Raises	4 sets	10-12 Reps
Bent Over rear Dum Lateral	4 sets	10-12 Reps
Barbell Curls	4 sets	8-10 Reps
Seated Alternate Dumbbell Curls	4 sets	10-12 Reps
Tuesday (Legs):	Sets	Reps
Squats	6 Sets	12 to 1 Rep
Leg Presses	4 sets	10-12 Reps
Lunges	4 sets	10-12 Reps / Leg
Stiff Leg Deadlifts	4 sets	10-12 Reps
Seated Leg Curls	4 sets	10-12 Reps
Wednesday (Chest / Triceps)	Sets	Reps
Bench Press	4 sets	6-8 Reps
Flat Dumbbell Press	4 sets	10-12 Reps
Dumbbell Flyes	4 sets	10-12 Reps
Tricep Extensions	4 sets	10-12 Reps
Seated Dumbbell Extensions	4 sets	10-12 Reps
Thursday (Back / Shoulders / Biceps)	Sets	Reps
Barbell Rows	4 sets	8-10 Reps
Pulley Rows	4 sets	10-12 Reps
Machine Pull Downs	4 sets	10-12 Reps
Incline Alternate Dumbbell Curls	4 sets	10-12 Reps
Seated Over head Barbell Press	4 sets	10-12 Reps
Side Dumbbell Lateral Raises	4 sets	10-12 Reps
Behind Neck Barbell Press	3 Sets	8-10 Reps
Machine Curls	4 sets	10-12 Reps

Friday (Legs)	Sets	Reps
Leg Extensions	4 sets	10-12 Reps
Front Squats	4 sets	8-10 Reps
Hack Squats	4 sets	10-12 Reps
Standing Leg Curls	4 sets	10-12 Reps
Lying Leg Curls	4 sets	10-12 Reps
Saturday (Chest / Triceps)	Sets	Reps
Incline Dumbbell Press	4 sets	8-10 Reps
Decline Barbell Press	4 sets	6-8 Reps
Incline Dumbbell Flyes	4 sets	10-12 Reps
Decline Dumbbell Press	4 sets	10-12 Reps
Tricep Extensions	4 sets	10-12 Reps
Machine Dips	4 sets	10-12 Reps

Sunday: Rest Day