

# Advanced Old School Bodybuilding Training Plan

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## SCHEDULE

- **Monday** – Chest, Back, and Abs
- **Tuesday** – Shoulders, Arms, and Abs
- **Wednesday** – Thighs and Calves
- **Thursday** – Chest, Back, and Abs
- **Friday** – Shoulders, Arms, and Abs
- **Saturday** – Thighs and Calves
- **Sunday** – OFF

This routine involves training each muscle group twice a week. It is for experienced lifters who want to gain strength and size and build symmetrical physiques.

Perform low-intensity cardio in the morning to enhance your endurance.

Take 2-3 minutes of rest between sets.

# Monday – Chest, Back, and Abs

Exercise	Sets	Reps
Flat Bench Press	3-5	8-12
Dumbbell Flyes	3-4	10-12
Dumbbell Pullover	3-4	10-12
Bent-Over Barbell Row	3-5	10-15
Front Lat Pull Down	3-4	10-15
T-Bar Row	3-4	10-15
Abdominal Crunches	4-5	25-30

# Tuesday – Shoulders, Arms, and Abs

Exercise	Sets	Reps
Push Press	3-4	10-15
Lateral Raise	3-4	10-12
Upright Row	3-4	10-12
Barbell Curl	3-4	10-12
Concentration Curl	3-4	10-12
Overhead Extension	3-4	10-12
Triceps Dip	3-4	15-20
Reverse Barbell Curl	3-4	10-12
Reverse Crunch	4-5	20-25

# Wednesday – Thighs and Calves

Exercise	Sets	Reps
Leg Extension	4-5	15-20
Leg Press/Hack Squat	4-5	10-15
Front Lunge	3-4	10-12
Seated Leg Curl	3-4	15-20
Lying Leg Curl	3-4	15-20
Standing Calf Raise	3-4	20-30
Seated Calf Raises	3-4	20-30

## Thursday – Chest, Back, and Abs

Exercise	Sets	Reps
Incline Bench Press	4	8-12
Pec Deck Flies	4	10-12
Cable Crossover	4	10-12
Bar Dips	4	10-20
Conventional Deadlift	4	6-10
Seated Cable Row	4	6-12
Wide Grip Pull-up	4	6-12
Dip Bar Leg Raises	4	10-20

## Friday – Shoulders, Arms, and Abs

Exercise	Sets	Reps
Behind The Neck Press	3	10-12
Military Press	3	8-12
Lateral Raise	3	10-12
Rear Delt Raises	3	10-12
Preacher Curl	3	10-15
EZ Bar Biceps Curl	3	10-15
EZ Bar Skull Crusher	3	10-15
Press Downs	3	10-15
Kneeling Cable Crunches	4	20-30

## Saturday – Thighs and Calves

Exercise	Sets	Reps
Back Squat	4	8-14
Barbell Lunges	3	8-12
Seated Leg Curl	4	15-20
Good Morning	4	10-12
Standing Calf Raise	5	15-20