

7-Day Davis Diley Workout Plan for Ultimate Muscle Gain

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/7-day-davis-diley-workout-plan-with-pdf>

- **Day 1: Chest and Triceps (A)**
- **Day 2: Back, Biceps, and Rear Delts (A)**
- **Day 3: Legs Workout (A)**
- **Day 4: OFF or Shoulders, Traps, Abs, and Forearms**
- **Day 5 – Chest and Triceps (B)**
- **Day 6: Back, Biceps, and Rear Delts (B)**
- **Day 7: Legs Workout (B)**
- **Day 8: OFF or Shoulders, Traps, Abs, and Forearms (Repeat)**

Day 1 – Chest and Triceps (A)

Exercises	Sets	Reps	Rest
Dumbbell Bench Press	3-4	6-8	3-4 mins
Singe-arm Cable Chest Press	3-4	6-8	2.5 mins
Parallel Bar Dips	3-4	8-12	3-4 mins
Kaz Press	3-4	8-12	3-4 mins
Cable Overhead Triceps Extension	2-3	8-12	2-3 mins
One-arm Crossbody Cable Pressdown	2-3	8-12	1.5 mins

Exercises Notes:

Exercise #1: Dumbbell Bench Press

Lie on the flat bench press and press the dumbbells directly over your chest while maintaining a soft bend in your elbows. Keep the elbows tucked into your sides, instead of flaring them outward.

Press the dumbbells at a normal pace but lower them down in a controlled and deliberate manner, feeling the contraction in your chest.

It [targets the chest muscle](#) in its lengthened position which helps grow muscle mass.

Exercise #2: Single-arm Cable Chest Press

Place the bench in the middle of the cable pulley and set it at a 90-degree angle. Stand facing away from the bench with your back and glutes resting on the bench. Grab a cable in your right hand, turn your body 30 degrees toward the right side of the machine, and press the weight across your body till your arms are straight.

Pause for 1-2 seconds, feel the contraction in your chest, then return to the start and repeat for the given number of reps and sets.

I recommend doing it more on the weaker side of the chest if you have one.

This exercise targets the pecs in their shortened position and helps [bring out your chest shape](#).

Exercise #3: Parallel Bar Dips

The bar dips is the third and final chest exercise of this day. It targets the sternocostal and abdominal heads of the pecs and gives your chest a great definition.

It involves hoisting on the bar, leaning forward the torso so the chest is slightly toward the ground, and performing dips in a decent manner, feeling the engagement throughout the exercise.

Exercise #4: Kaz Press

This exercise involves lying on a decline bench and pressing a loaded EZ bar with a close grip.

To engage your triceps fully, keep your chest and shoulder still and elbows pointing out during the press.

Exercise #5: Cable Overhead Triceps Extension

Set the machine at an appropriate height, attach a rope to the carabiner, and place a 90-degree incline bench close to the machine.

Sit on the bench with your back resting on it, take your arms behind your head, grab the rope with your elbows out (30 degrees from your face), and extend your arms till your triceps are fully engaged.

Exercise #6: Single-arm Crossbody Cable Extension

This is a unilateral exercise, allowing you to train each arm individually and help you [build strong and proportional triceps](#).

It involves setting the pulley to a higher point, standing across from the cable machine, gripping a carabiner with one hand (neutral grip), and pressing your weight down and across your body until your triceps are fully engaged.

Day 2 – Back, Biceps, and Rear Delts (A)

Exercises	Sets	Reps	Rest
Single-arm Cable Rows (Middle Lats)	3-4	7-10	3 mins
One-arm Cable Rows (Lower Lats)	2-3	7-10	3 mins
Incline Chest Supported DB Row	2-3	7-10	2-3 mins
Incline Rear Delt Dumbbell Row	2-3	8-15	2-3 mins
Cable Reverse Fly	3	8-15	2-3 mins
Neutral Grip Cable Shrug	2-3	8-12	3 mins
Plate Curl w/dropset	2-3	8-10	3 mins
Single-arm Dumbbell Curl	2-3	7-10	2-3 mins

Exercise Notes:

Exercise #1: Single-arm Cable Rows (Middle Lats)

This exercise involves sitting against the rowing machine, gripping the handle with a neutral grip, and drawing your elbow to your side while keeping the torso in a stable and neutral position.

It targets the lumbar fibers of the lats or middle lats area and helps you [develop a wider and burly back](#).

Exercise #2: One-arm Cable Rows (Lower Lats)

This exercise is similar to the exercise one but with a few modifications. It involves gripping the handle with an underhand grip and stretching your torso forward while returning your arms to the start.

It targets the iliac fibers of the lats (lower lats) and makes your back stronger and more defined.

Exercise #3: 30-degree Incline Chest Supported DB Row

This exercise involves lying prone on a 30-45 degree incline bench and rowing the dumbbells at your sides while keeping your arms close to the body. To get more stimulation, you should hold the weight at the top for 2-3 seconds before returning to the start.

This exercise targets the upper lats and trapezius muscles and helps [grow the size and strength of the back](#).

Exercise #4: Incline Rear Delt Dumbbell Row

Start by lying prone on a 45-degree incline bench with your lower chest on the edge of the bench. Grab one dumbbell in each hand with a slight overhand grip and keep your arms straight below your shoulders. Row the dumbbells to your sides, pause for two seconds at the top, then return to the start.

This exercise [trains the rear delts](#) and upper back and helps build a strong torso.

Exercise #5: Cable Reverse Fly

This exercise involves setting the pulley to a higher point and pulling the cable by bringing your arms out and slightly down to your sides.

It strengthens your rear delts from a lengthened position, differently than exercise 4.

Exercise #6: Neutral Grip Cable Shrug (Optional)

This exercise involves sitting on a rowing machine bench, keeping your arms straight with your hands at your stomach level, and pulling the weight using a neutral grip bar.

It [targets your upper traps](#) region, a rear part of the shoulders, and improves the appearance of your upper body.

Exercise #7: Plate Curl w/dropset

This is biceps exercise that involves curling with weight plates. But you can use cable or bar, whatever suits you and perform [dropsets](#).

Exercise #8: Single-arm Dumbbell Curl

This is a simple one-arm dumbbell bicep exercise that involves keeping your elbow tucked to your side and performing curls in slow motion, feeling the engagement throughout the exercise.

Day 3 – Legs Workout (A)

Exercises	Sets	Reps	Rest
Hack Squat	3-4	6-10	4-6 mins
Leg Extension & Sissy Squat (superset)	3-4	6-8 & Failure	3 mins
Split Stance DB Romanian Deadlift	3-4	7-10/leg	2-3 mins
Seated Leg Curl	3-4	7-10	3 mins
Standing Calf Raises	3-5	6-8	3 mins

Exercise Notes:

Exercise #1: Hack Squat

Keep your feet down (toes turned slightly out) and hip-width apart to engage the quads effectively. Perform 10 reps in your first set, then increase weight in your consecutive sets and aim for 6-8 reps.

Exercises #2 & #3: Leg Extension and Sissy Squat

The leg extension is a quad-focused isolation exercise that targets the anterior thighs while the sissy squat is a [bodyweight leg exercise](#) that engages the entire legs, especially the quads.

The leg extension [hammers the quads](#) in the shortened position and the sissy squats target the rectus femoris in the lengthened position.

These exercises complement each other and will help you build chiseled quads.

Exercises #4: Split Stance DB Romanian Deadlift

The split stance RDL [targets the hamstrings and glutes](#) simultaneously and helps build a strong posterior lower body.

It involves standing in a staggered stance, holding dumbbells in each hand with a slightly neutral grip, and performing the lifts.

Exercises #5: Seated Leg Curl

This exercise primarily isolates the hamstrings and helps grow your hamstring muscles.

Exercises #6: Standing Calf Raises

The top five exercises train your upper legs and this exercise [bolsters your lower legs](#) (calves).

It involves lowering your heels as far as possible in a nice and controlled fashion, holding them for 3-5 seconds in the stretched position, and then raising your heels explosively.

Day 4 – Shoulders, Traps, Abs, and Forearms

This day is optional so you can skip this if you want. But if you do it, make sure your muscles are recovered, and you feel active.

If you skip his day, you can incorporate today's exercises whenever they can fit.

Exercises	Sets	Reps	Rest
Single-arm Cable Lateral Raises	3-4	7-10 (SC) + Failure (SF)	2-3 mins
Modified Neutral Grip T-Bar Rows	4-5	7-10	3 mins
Decline Bench Crunch & Pulse ups (superset)	3-4	Near Max	3-4 mins
Cable Wrist Curls (Palms in)	2-3	10-15	1-2 mins
Wrist Extensions	2-3	10-15	1-2 mins

Exercise Notes:

Exercise #1: Single-arm Cable Lateral Raises

This exercise involves lifting the cable out to your side by raising your arm away from your body.

It will be performed in a couple of ways: first, you stand close to the pulley and perform lateral raise for 7-10 reps (Stand Close or SC), then move one step farther than the pulley (Stand Far or SF) and do the side raises till failure. Repeat the same in every set.

It will help sculpt your medial deltoids.

Exercise #2: Modified Neutral Grip T-Bar Rows

This exercise involves lying on the T-bar bench, gripping the bar with a neutral grip, protracting your scapula by extending your arms below as far as possible, then pulling the weights up while keeping your arms straight.

It targets the upper traps and helps develop a stronger and broader back.

Exercise #3 & #4: Decline Bench Crunch & Pulse ups

The decline bench crunch targets the upper abs, and the pulse ups reinforce the lower abdomen.

These exercises will be done on a decline bench, hammering your entire rectus abdominis and helping you [build a solid core](#).

Exercises #5 and #6: Cable Wrist Curls (Palms in) and Wrist Extensions

Grab the bar with a pronated grip using both arms for wrist curl (palms facing in) and grab a D-handle with an overhand grip using one arm (palms facing down). Curl and extend your wrists without bending your arms. Pause for one second at the top, uncurl your wrist slowly, and repeat.

These exercises hammer the lower arms, improve wrist mobility, and play a key role in building muscular arms.

Day 5 – Chest and Triceps (B)

Exercises	Sets	Reps	Rest
Smith Machine Incline Bench Press	3-4	6-8	3-4 mins
Singe-arm Cable Chest Press	2-3	6-8	2.5 mins
Flat Dumbbell Bench Press	3-4	7-10	3-4 mins
Dumbbell Skull Crusher	3-4	8-12	2-3 mins
Cross Cable Triceps Extension	3-4	8-12	2-3 mins

Exercise Notes:

Exercise #1: Smith Machine Incline Bench Press

The exercise targets the clavicular head of the pectoralis major and helps fill the upper chest area.

The [Smith machine provides better control](#) of your movement and allows you to engage the muscles you want to train efficiently.

To stimulate the upper pecs effectively, keep your arms a bit wider than shoulder-width and ensure your wrists are above your forearms.

Exercise #2: Single-arm Cable Chest Press

Set the handle at your stomach level and stand at a 45-degree angle from the cable station. Grab the handle with a neutral grip, tilt your torso a little to the side, and press the cable slightly upward while maintaining a full range of motion.

Once you perform good quality 6-8 reps, turn your body fully away from the machine and perform as many reps as possible.

This exercise hits your chest in the lengthened position and helps sculpt your pectoralis major.

Exercise #3: Flat Dumbbell Bench Press

This is the second time you'll do flat dumbbell bench presses. Doing this frequently will help you lift more weights with proper control and execution.

Exercise #4: Dumbbell Skull Crusher

Grab one dumbbell in each hand with a neutral grip and lie on a flat bench. Hold the dumbbells over your face with your arms straight and perform triceps extensions 8 to 12 times.

This exercise [targets the triceps muscles](#) in the shortened position and helps you build burly upper arms.

Exercise #5: Cross Cable Triceps Extension

Set the cable at a higher point and stand between the cable pulley machine. Grab the cable's ends firmly, slightly lean forward so your arms are below the chin and perform the extensions. Maintain a stable torso position throughout the exercise.

This exercise engages the triceps long head in the lengthened position and builds bigger triceps.

Day 6 – Back, Biceps, and Rear Delts (B)

Exercises	Sets	Reps	Rest
Incline DB Row & Incline DB Shrug (Superset)	3-4	7-10 & Failure	3-4 mins
Medium Hammer Grip Pulldown	3-4	7-10	3-4 mins
Seated Cable Row	3-4	7-10	2-3 mins
Straight-arm Cable Pulldown	2-3	7-10	2-3 mins
Single-arm Rear Delt Fly	2-4	6-8	2-3 mins
EZ bar Cable Curl	3-4	7-10	2-3 mins
Single-arm Crossbody Hammer Curl	2-3	7-10	1-2 mins

Exercise Notes:

Exercise #1 & #2: Incline DB Row & Incline DB Shrug

Grab one dumbbell in each hand with a neutral grip (palms facing in) and lie on a 45-degree incline bench with your face down and the lower chest on its edge. That's the starting position for both exercises.

Lower the dumbbells as far as possible, then drive your elbows till your upper back is fully engaged. Return the dumbbells to the start and perform the recommended reps. Once finished, perform the shrugs to activate your upper traps.

Exercise #3: Medium Hammer Grip Pulldown

Put D handles in the pulldown bar at about 1.5 times the shoulder width and pull the weight towards your chest until your back muscles are fully engaged.

Exercise #4: Seated Cable Row

Sit on the bench, grab a dumbbell in each hand with a neutral grip, and row the dumbbells at your sides, feel the contraction for two seconds, then return to the start.

This exercise targets the teres major, teres minor, lats, and traps.

Exercise #5: Straight-arm Cable Pulldown

Set the pulley at a higher point, attach an EZ bar to the carabiner, insert the D handles into the bar maintaining a 6-10 inches distance between them, stand in the hip-width stance, lean your torso forward, brace your core, and pull the weight toward your hips without bending your arms.

This exercise develops the lower lats and improves the formation of your back.

Exercise #6: Single-arm Rear Delt Fly

Set the pulley at a higher point and grab the end of the cable. Stand in the hip-width stance to the side of the machine and pull the cable a bit downward and outward to stimulate your rear deltoids.

Exercise #7: EZ bar Cable Curl

Grab a loaded bar with a supinated grip with your hands a bit shorter than hip-width apart. Keep your feet a little wider than shoulder-width and softly lean forward. That's the start. Perform the suggested reps to hammer your biceps brachii.

Exercise #8: Single-arm Crossbody Hammer Curl

This exercise [hits the biceps](#) as well as the brachialis and build strong and aesthetic arms.

Day 7: Legs Workout (B)

Exercises	Sets	Reps	Rest
Stiff Leg Deadlift	3-4	6-8	4-6 mins
Seated Leg Curl	4	6-8	3 mins
Split Squats	3-4	6-8	2-3 mins
Leg Extension & Sissy Squat (superset)	2-3	5-6 & Max	None
Standing Calf Raises & Cable Faceaway Crunch	4	6-8	3 mins

Exercise Notes:

Exercise #1: Stiff Leg Deadlift

Grab a loaded bar and stand on the weight plate with your feet firmly flat and your toes pointing slightly out. Keeping your knees straight, lower the barbell all the way to the floor. Engaging your hamstrings, slowly return to the standing position. Assume you're pushing the floor with your feet instead of pulling the bar with your hands. Keep the barbell close to your body throughout the movement.

This exercise [works the hamstring muscles](#) and builds strong and athletic legs.

Exercise #2: Seated Leg Curl

Curl as fast as you can, pause at the bottom for two seconds, then extend your knees slowly and deliberately. This exercise helps promote hamstring muscle growth and build powerful thighs.

Exercise #3: Split Squats

Stand in the staggered stance with your feet 10-12 inches apart. Place your rear foot on the weight plate and your front foot on a decline foot platform or weight plate. Grab one dumbbell in each hand and lower into the squat, ensure your knee is in line with the middle of your front foot.

This exercise primarily targets the quadriceps and [builds a robust lower body](#).

Exercise #4 & #5: Machine Leg Extension & Sissy Squat

This is the same superset you've done on your first leg day. So, you can look there to see a little info about these exercises.

Exercise #6 & #7: Standing Calf Raises & Cable Faceaway Crunch

You can do calf raises on the Smith machine or calf machine. Whichever equipment you use, lower your heels as far as possible, feel the stretch in the gastrocnemius muscles for 3-5 seconds, then quickly lift your heels. Perform 6-8 good reps, then move to the cable machine and perform the cable faceaway crunch. Rest for 3 minutes. Then repeat.

Final Tips from Davis Diley

This Davis Diley 7-day-a-week plan not only fits daily gym goers but can also be converted into a 5 or 6-day split.

For example, you can trim down this weekly schedule to six sessions per week by skipping the fourth day.

You can simply take the fourth-day exercises on other days. Perhaps doing the side delts on a chest day, the traps and forearms on a back day, and the abs on a leg day would easily make this a 6 day a week program.

You can further trim down the program by skipping or modifying the workouts on the 5th, 6th, and 7th day.

“Training 7 days per week is not something you must strive to do. You can make remarkable progress going to the gym fewer times per week” – Davis mentioned in one of his videos.

Whether you train every day or four times weekly, you should aim to train each muscle (mainly the large ones, such as the back, chest, and quads) 2x per week and push yourself hard enough to get a good stimulus to increase your muscle growth.

After training you should also prioritize the rest period. Resting is equally important for muscle growth. Your muscle should be repaired

and recovered for going into another session. Resting doesn't necessarily mean that you stay out of the gym completely. For instance, on chest & triceps day, your legs are getting rest, etc.

You can take a rest whenever you feel fatigued and continue from where you've left.

If you sleep well and eat nutritious foods, your muscles will recover quickly, and you'll be able to give your best in each session. So, repeat these things – train, eat, and rest and repeat.