

Ryan Terry Workout Routine for Building an Aesthetic Physique

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Full URL: <https://thefitnessphantom.com/ryan-terry-workout-routine-with-pdf>

Workout Program Features

- **Sessions/Week:** Six days of workout and one day off.
- **Split Type:** Muscle Group Split (One muscle per day)
- **Focused Body Parts:** 4 Upper & 2 Lower Body Days
- **Exercise Type:** Resistance Exercises
- **Duration/Session:** 90 minutes to 2 hours
- **Experience Required:** Intermediate
- **Target Gender:** Male
- **Program Goal:** Increase Strength and Muscle Size
- **Volume Range:** High Volume Training Plan
- **Recommended Program Duration:** 12-16 Weeks

Ryan Terry Workout Split

This program involves training six times a week, involving four sessions for the upper body (chest & triceps, back, shoulder, and arms & abs) and two sessions for the lower body. **Here's how you'll train in this routine:**

- **Day 1:** Chest & Triceps
- **Day 2:** Legs (Quad Focused)
- **Day 3:** Back
- **Day 4:** Shoulders
- **Day 5:** Legs (Hamstring Focused)
- **Day 6:** Arms
- **Day 7:** Abs & HIT Cardio

This split ensures that every muscle group gets equal attention so you can [build a proportional and aesthetic body over time](#).

However, you can make some adjustments by adding, replacing, or removing some exercises and increasing or decreasing the number of reps/sets/rest days to make it suitable according to your fitness level.

Ryan Terry Workout Routine for Building an Aesthetic Physique

Day 1 – Chest

Exercise 1: Seated Pec Deck Fly

- **Warm-up sets:** 2 sets of 10-12 reps
- **Working sets:** 3 sets of 10-12 reps
- **Triple Drop Set:** Perform 6-8 reps, drop some weight then perform 8-10 reps, again drop some weights, and do 10-12 reps.
- Train till failure in every set.

Exercise 2: Incline Barbell Bench Press

- **Working sets:** 3 sets of 10 fully controlled 10 slow reps, followed by 5 faster reps.
- **Triple Drop Set:** Perform 4-5 reps, drop weight and perform 5-6 reps, again drop some weights, and do 6-7 reps. Lower the weight slowly toward the chest, pause for two seconds, then press the barbell quickly.
- Mixing slow and fast reps stimulates muscle growth and [improves explosive power](#).

Exercise 3: Incline Dumbbell Fly

- **Working sets:** 3 sets of 10-12 reps with full range of motion.
- **Drop Set:** 6-8 reps with 20kg dumbbells, 8-10 reps with 15kg dumbbells.

Exercise 4: Standing Machine Press

- **Working Sets:** Set 1 – 12 reps, Set 2 – 10 reps, Set 3 – 8 reps, and Set 4 – 8 reps. Perform each set with good control and heavy weights.
- **Alternate Exercise:** Seated Machine Press

Exercises 5 & 6: Incline Dumbbell Hex Press Superset with Bench Dips

- Perform 15 slow reps followed by 5 faster reps, then move to the bench dips and do 18-20 bodyweight reps.
- Repeat three times.

Day 2 – Legs (Quad Focused)

Exercise 1: Leg Extension

- **Working sets:** 3 sets of 10 slow reps, followed by 5 quick reps.
- **Triple Drop Sets:** Perform 6 reps with heavier weight, 8 reps with moderate weight, and 10 reps with lighter weight.

Exercise 2: Leverage Squat

- **Working sets:** 3 sets of 8-12 reps with 2-3 minutes of rest between them.
- **Alternate Exercise Option:** [Smith Machine Front Squat](#)

Exercise 3: Pendulum Squat

- **Working sets:** 3 sets of 12-15 reps with 2-3 minutes of rest between sets.
- **Alternate Exercise Option:** [Machine Hack Squat](#)

Exercise 4: Unilateral Leg Press

- **Working sets:** 3-4 sets of 8-12 reps per leg, rest for 45-60 seconds after each leg.
- **Alternate Exercise Option:** Bilateral Leg Press

Exercise 5: Seated Calf Raises

- **Working sets:** 4 sets of 15-20 reps with full stretch down and lift at the top.
- **Alternate Exercise Option:** [Smith Machine Standing Calf Raises](#)

Day 3 – Back

Exercise 1: Conventional Deadlift

- **Warm-up sets:** 2 sets of 10 reps with light weight
- **Working sets:** 4 sets of 6-8 reps at 70-85% of your 1RM.

Exercise 2: Single-arm Low Machine Row

- **Working sets:** 3 sets of 10 to 12 controlled reps on each side.
- **Alternate Exercise Option:** Single-arm Bent-over Over Dumbbell Row

Exercise 3: Smith Machine Bent Over Row

- **Working sets:** 4 sets of 10 to 12 reps with full range of motion (ROM)
- **Alternate Exercise Option:** [Chest-Supported Barbell Row](#)

Exercise 4: Neutral Grip Pull Downs

- **Working sets:** 3 sets of 10-12 reps with full range of motion.
- **Triple Drop Set:** Perform 4-5 reps at 85-90% of your 1RM, then 5-6 reps at 65-75% of 1RM, and end your final set with 7-8 reps with 50-60% of 1RM.

Exercises 5 & 6 (Superset): Seated Cable Row + Rope Pull-Overs

- Perform 10 reps of seated cable row at a slow pace, then move to the pulley machine and do 15 reps with nice contractions.
- Repeat three times with 1-2 minutes of rest between them.

Day 4 – Shoulders

Exercise 1: Incline Chest Supported Rear Delt Dumbbell Flies

- **Working Sets:** Adjust the bench at a 45-degree incline angle and perform three sets of 12 reps with 2 minutes of rest in between them.
- **Alternate Exercise Option:** Rear Delt Machine Fly

Exercises 2 & 3 (Superset): Neutral Grip Front Shrug and Smith Machine Back Shrug

- **Working sets:** Perform 8-12 reps of front shrug with dumbbells or machine, then head to the Smith machine and do 8-12 reps with nice squeezes at the top.
- Aim for three to four sets with 2-3 minutes of rest in between them.

Exercise 4: Front Overhead Press with Barbell

- **Working sets:** Set the bench at a 75-degree incline upright position under the barbell and rack and perform three sets of 10 reps with each set close to failure.
- **Alternate Exercise Option:** Machine Shoulder Press or Smith Machine Front Overhead Press

Exercises 5 & 6 (Superset): Dumbbell Lateral Raises with Weight Plate Front Raises

- **Working sets:** Perform 4 supersets of 8-12 reps with 2-3 minutes of active rest between each superset.
- **Alternate Options:** Single-arm Cable Lateral Raises/Machine Side Delt Raises and [Alternating Dumbbell Front Raises](#)

Day 5 – Legs (Hamstring Focused)

Exercise 1: Seated Hamstring Curl

- **Warm-up sets:** 2 sets of 10 reps
- **Working sets:** 3 sets of 10 reps with heavier weight
- **Rest between sets:** 90-seconds

Exercise 2: Barbell Romanian Deadlift

- **Warm-up set:** 1 set of 12 reps
- **Working sets:** 3 sets of 8-10 reps
- **Rest between sets:** 2.5 minutes

Exercise 3: Lying Leg Curl

- **Working sets:** 3 sets of 10 reps with heavier weight
- **Rest between sets:** 90-seconds

Exercise 4: Leg Extension

- **Working sets:** 5 sets of 10-12 reps with 90 seconds of rest in between.
- **Alternate exercise option:** Front Lunges/Leg Press

Exercises 5 & 6 (Superset): Standing Calf Raises with Machine Hip Abduction

- Perform 20 reps of each exercise
- Repeat three to four sets with 1-2 minutes of rest between them.

Day 6 – Arms

Exercise 1: Chin-ups

- **Working sets:** 4 sets of 10-12 reps with 1.5-2 minutes of rest.
- Use weight if possible.

Exercise 2: Machine Preacher Curl

- **Working sets:** 4 sets of 10-12 reps with 1.5-2 minutes of rest.
- **Alternate Exercise Options:** [Dumbbell Concentration Curl](#)/Single-arm Bench Supported Dumbbell Curl

Exercise 3: Alternating Dumbbell Curls

- **Working sets:** 4 sets of 6-8 reps per arm with 60-90 seconds of rest.
- **Alternate exercise option:** [Bayesian Cable Curl](#)

Exercise 4: Reverse Grip Triceps Pressdown

- **Working sets:** 4 sets of 6-8 reps per arm with 60-90 seconds of rest.
- **Alternate exercise option:** Single-arm Overhead Triceps Extension

Exercises 5 & 6 (Superset): Close Grip Triceps Pushdown + Triangle Push-ups

- Perform 12-15 reps of each exercise.
- Repeat three to four sets with 2-3 minutes of rest between them.

Day 7 – Abs & HIT Cardio

Exercise 1: Hanging Leg Raises

- 4 sets of 10-12 reps with 45-60 seconds rest.
- **Alternate option:** Hanging Knee Raises

Exercise 2: Cable Crunches

- 4 sets of 10-12 reps with 45-60 seconds rest.
- **Alternate option:** Decline Bench Crunches

Exercise 3: Reverse Row Crunches

- 4 sets of 10-12 reps with 45-60 seconds rest.
- **Alternate option:** Cable Knee to Chest (in straight-arm plank position)

Exercise 4: Bicycle Crunches

- 4 sets of 30 seconds with 45-60 seconds rest.
- **Alternate option:** High to Low Cable Chop

Exercise 5: Alternate Heel Taps

- 4 sets of 30 seconds with 45-60 seconds rest.
- **Alternate option:** Russian Twist

Exercise 6: Ab Wheel Rollout

- 4 sets of 10-12 reps with 45-60 seconds rest.
- **Alternate option:** Sliding Crunches

High-Intensity Cardio

- 45-second Jumping Ropes
- 45-second Sled Push
- 45-second [SkiErg](#)
- 10 Box Jump to Squat
- Perform as many rounds as possible.

Who Can Follow This Program?

This Ryan Terry's inspired workout routine involves plenty of reps and sets and training almost six to seven days weekly, making it a challenging program for anyone to follow. So, only those who have been exercising for a while and want to get fitter and more muscular can try this routine.

It is not for beginners, [female lifters](#), and people with injuries. Still, if you want to follow this schedule, I suggest consulting with a professional trainer around you.

Related Programs:

1. [6 Day Upper Lower Split for an Aesthetic Body](#)
2. [6 Day Muscle Group Workout Plan \(Bro-Split\)](#)

Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)