

Beginner Old School Bodybuilding Workout Program

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Schedule

- **Monday:** Upper Body
- **Tuesday:** Thigh and Calves
- **Wednesday:** Rest
- **Thursday:** Upper Body
- **Friday:** Thigh and Calves
- **Saturday:** Cardio and Abdominals
- **Sunday:** Res

Keep the rest time between sets as short as possible.

Monday – Upper Body

Exercise	Sets	Reps
Overhead Press	3	10-15
Incline Bench Press	3	10-15
Machine Fly	3	10-15
Lateral Raises	3	10-15
Front Pulldown	3	10-15
T-Bar Row	3	10-15
Bar Dips	3	5-15

Tuesday – Thigh and Calves

Exercise	Sets	Reps
Leg Extension	4	15-20
Leg Press	4	10-15
Front Lunges	3	8/leg
Leg Curl	4	15-20
DB RDL	3	8-10
Standing Calf Raises	4	15-20

Thursday – Upper Body

Exercise	Sets	Reps
Pull-up	3-4	4-8
Seated Row	3-4	10-12
Close Grip Bench Press	3-4	10-12
Parallel Cable Fly	3-4	10-12
DB Front Raises	3-4	10-12
Rear Delt Fly	3-4	10-12
Barbell Curl	3-4	10-12

Friday – Thigh and Calves

Exercise	Sets	Reps
Front Hack Squat	3	10-15
Reverse Hack Squat	3	10-15
Lying Leg Curl	3	15-20
Low Back Extension	3	10-15
Seated Calf Raises	3	15-20

Saturday – Cardio and Abdominals

Exercise	Activity
Treadmill	20-minute Jog x 1 set
Bicycling	10-minute x 1 set
Elliptical	5-minute x 1 set
Kneeling Cable Crunch	4 sets x 20-25 reps
Hanging Knee Raises	4 sets x 10-15 reps

