

6-Day Ramon Dino Workout Plan for Muscle & Strength

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/ramon-dino-workout-routine-with-pdf>

Ramon dino (29) real name is Ramon Rocha Queiroz. He is a professional bodybuilder from Brazil.

Ramon is known for his jacked, well-structured, and strong physique.

He has been competing in professional bodybuilding since 2016 when he was 21.

Winning Mr Olympia Brasil 2018 was his first major trophy that led him to international platforms.

He is also one of the close competitors of five times Mr Olympia Classic Physique [Chris Bumstead](#) a.k.a CBUM.

Ramon Dino's competition history

Championship	Rank	Year
Regional Championship	2	2016 & 17
Mr. Olympia Brasil	1	2018
Europa Pro	2	2021
Mr. Olympia Classic Physique	5	2021
Muscle Contest Brasil	1	2022
Arnold Classic Physique	2	2022
Mr. Olympia Classic Physique	2	2022
Arnold Classic Physique	1	2023
Mr. Olympia Classic Physique	2	2023
Arnold Classic Physique	2	2024

Workout Routine Summary

Sessions/Week	Six
Duration/Session	1.5-2 Hours
Workout Goal	Bodybuilding
Experience Required	Advanced
Target Gender	Male
Target Age Group	20-30 years
Suggested Program Duration	3 Months

Roman Dino actual training split isn't publicly accessible. However, based on his workout videos available on [his YouTube channel](#), his one's weekly workout schedule may look like this:

- Day 1: Back Workout
- Day 2: Leg Workout
- Day 3: Chest Workout
- Day 4: Arms Workout
- Day 5: Leg Workout
- Day 6: Shoulder & Abs
- Day 7: OFF

Ramon uses heavy weights and constantly pushes himself to lift more without sacrificing the technique and form.

Combining his training plan with proper diet and recovery technique will help you build decent physique over time.

Make adjustment wherever need to match your needs.

Day 1 – Back Workout

Exercise	Reps	Sets
Medium Grip Lat Pulldown	10-15	4
Hammer Strength Single-arm Lat Pulldown	12/side	3
Single-arm Dumbbell Row	12/side	3
Hammer Machine Low Row (Neutral Grip)	10-12	4
Incline Prone T-Bar Row	10-12	3
Seated Machine Row (Overhand Grip)	10-12	4

I really like Ramon's back workout because it involves a variety of pulldown and rowing exercises that target the back from multiple angles. He wisely constructed his back day workout.

For example, medium grip pulldown stimulates the entire lats, single-arm hammer pulldown and unilateral dumbbell row work on each side of the lats and [build a symmetrical back](#), Machine low row engages the lower lats and erector spine, and prone T-row and machine row effectively target the upper and middle back.

Anyone wanting to get a huge and proportional back can try Ramon Dino's workout.

Day 2 – Leg Workout A

Exercise	Reps	Sets
Leg Extension (Warm-up)	20	1
Leg Extension	10-15	5
Machine Leg Press	10-12	5
Hack Squat	10-12	5
Lying Leg Curl	12-15	5
Seated Hip Adduction	12-15	4

Ramon Dino follows an advanced high-volume leg workout that involves doing multiple exercises using heavy weights.

He starts his leg day with a knee extension exercise, which he does 5 to 6 sets of 8-12 reps. Then, he moves on to the leg press and hack squat machine and performs another 8 to 10 sets combined.

After training the anterior thigh, he does leg curls to hit the hamstrings and hip adduction to [bolster the adductors](#).

Ramon always pushes himself for an extra few reps after each set to [stimulate hypertrophy](#).

Day 3 – Chest Workout

Exercise	Reps	Sets
Incline Hammer Chest Press/DB Press	10-12	4
Smith Machine Incline Dead-stop Bench Press	8-10	4
Flat Chest Press (Hammer Chest Press)	6-8	4
Hammer Strength Low Chest Press	Failure	4
Incline Cable Chest Fly (30-Degree)	8-10	3
Incline Dumbbell Fly (60-degree)	6-8	3

This is one of Ramon Dino's intense, high-volume, and heavy-lifting chest workouts. It involves performing six exercises, a combination of bench presses and flies.

In this video, he began with incline hammer-strength chest presses, followed by dead-stop incline press and low chest press, and ended with cable and dumbbell flies.

He also uses dead-stop reps, drop sets, and failure reps techniques to bring out size.

These exercises and techniques effectively train each portion of the pectoral muscles: the clavicular head (upper chest), the sternal head (middle pecs), and the abdominal head (lower chest), and [build a jacked and balanced chest](#).

Day 4 – Arms

Exercise	Reps	Sets
Incline Seated Cable Curl (75-degree)	10-15	4
Nautilus Bicep Curl	10-15	3
Seated Single arm High Machine Curl	10/arm	3
Incline Bench Tricep Pushdown	10-15	4
Lying Cable Overhead Triceps Extension	10-12	4
Single-arm Crossbody Triceps Extension	10/arm	3

The Ramon Dino arms day comprises only six exercises, three each for biceps and triceps.

Ramon's biceps exercises, like seated incline cable curl and Nautilus preacher curl, target the bicep's short and long heads and build strong and burly biceps.

Ramon's triceps workout involves incline bench triceps extension that targets the long heads, overhead extension that hits the lateral heads, and single arm crossbody extension that allows you to work on each arm separately and bring out the best triceps shape.

His combination of biceps and triceps exercises can help anyone [develop strong and muscular arms](#).

Day 5 – Leg Workout B

Exercise	Reps	Sets
Standing Single Leg Machine Curl	10-12	5
Lying Leg Curl	10-15	5
Seated Leg Curl	10-12	5
Hip Thrust	10-12	5
Calf Raises	12-15	5
Seated Machine Hip Abduction	12-15	4

Ramon focuses on the quads on one day and the posterior legs on the other day.

On his second leg day, he performs three leg curl variations (standing, seated, and lying) to smash the hamstring muscles.

Ramon also performs hip thrusts, calf raises, and machine hip abduction to [build a solid, sculpted, beefy lower body](#).

Day 6 – Shoulder & Abs

Exercise	Reps	Sets
Shoulder Abduction and Adduction	10-12	2
Seated Machine/Dumbbell Press	10-12	6
Dumbbell Lateral Raises	10-12	4
Bent-arm Machine Lateral Raise	10-12	3
Cable/Barbell Front Raises	10-12	3
Reverse Pec Deck Fly	10-12	4
Abdominal Machine Crunch	15-20	4
Back Supported Leg Raises	15-20	4

Ramon Dino's shoulder workout involves five exercises that target all three deltoid muscles.

For example, he performs dumbbell shoulder presses and front raises to train the anterior deltoids, lateral raises to engage the medial deltoids, and reverse pec deck fly to hammer the rear delt.

His ab workout is not available on his YouTube channel, so I've included the two best [ab exercises](#) that I think can fit into this routine.

Note for fitness enthusiasts: This program doesn't explain Ramon's diet plans because I think diet is more personalized than workout. That's why I only covered the training part. For the diet part, you can this [great resource](#) on the National Institute of Health (NIH) website.

Related Workout Programs

- [Ultimate Calum Von Moger Workout Plan](#)
- [12-Week Samson Dauda Workout Plan to Get Massive](#)
- [12-Week Muscle Gain Workout Routine Inspired by Regan Grimes](#)
- [8-Week Brandon Curry Workout Plan to Get Huge](#)
- [12-Week Hadi Choopan Workout Plan for Bodybuilding](#)

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. Protein Shake
2. Chicken Salad
3. Dried Fruits
4. Oatmeal
5. Energy Bars
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.