

# 2018 Mr. Olympia Shawn Rhoden Inspired Workout Routine

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Full URL: <https://thefitnessphantom.com/shawn-rhoden-inspired-workout-routine-pdf>

I've created a weekly workout plan using Shawn Rhoden video, which are available on YouTube.

This program involves training six times weekly with 4 sessions for the upper body and 2 for the lower body.

- **Monday:** Chest Workout
- **Tuesday:** Leg Workout
- **Wednesday:** Back Workout
- **Thursday:** Shoulder Workout
- **Friday:** Leg Workout
- **Saturday:** Arms Workout

Shawn's abdominal workout videos are not available, so you're not seeing any mention of abs. However, I've incorporated some [abs exercises](#) into shoulder, hamstring, and arm day training.

Let's uncover the exercise routine.

# Shawn Rhoden Inspired Workout Plan for Bodybuilding

Sessions/Week	6
Duration/session	1.5-2 hours
Exercise Type	Resistance Workout
Program Goal	Strength & Muscle Building
Training Level	Intermediate
Target Gender	Male

## Monday – Chest Workout

Exercises	Sets	Reps
Dumbbell Pullover (warm-up)	2-3	12-16
Flat/Incline Bench Press	4-5	10-15
Incline Dumbbell Flies	4-5	10-12
Seated Hammer Chest Press	4-5	10-15
Seated Cable Chest Fly	4-5	10-15

## Tuesday – Leg Workout

Exercises	Sets	Reps
Unilateral Leg Extension (warm-up)	2-3	15/leg
Back Squat	4	15, 12, 10, 8
Leg Press	4	10-12

Single-leg Lateral Press	3	10/side
Machine Front Squat	3	10-15
Seated Machine Hip Abduction	3	12-15

## Wednesday – Back Workout

Exercises	Sets	Reps
Cable Lat Pullover (warm-up)	3-4	12-18
Seated Cable Rowing	3-4	10-15
Medium Neutral Grip Pulldown	3-4	10-15
Machine Lat Pulldown	3-4	10-12
Bent-forward T-Bar Row	3-4	10-12
Incline Prone Machine Row	3-4	10-12

## Thursday – Shoulder Workout

Exercises	Sets	Reps
Machine Lateral Raises	2-3	10-15
Upright Row	3-4	8-12
Seated Squeeze DB Press	3-4	10-12
Incline Prone Lateral Raises	3-4	10/side
Chest-Supported Machine Overhead Press	3-4	10-15
Seated Cable Crunches	3-4	20-30
Hanging Knee Raises	3-4	15-20

## Friday – Leg Workout

Exercises	Sets	Reps
Lying Leg Curl	3-4	10-15
Standing Single-leg Curl	3-4	8-12

Seated Leg Curl	3-4	10-12
<a href="#">Romanian Hack Squat</a>	3-4	10-12
Dumbbell Sumo Squat	3-4	10-15
High-to-low Cable Chop	3-4	15/side

## Saturday – Arms Workout

Exercises	Sets	Reps
Rope Pushdown	3	12-15
Alternating DB Hammer Curl	3	8/arm
Reverse Grip Pushdown	3	12-15
Nautilus Curl	3	12-15
1-arm Cable Curl w/ D-Handle	3	10/arm
Cable Side Bend	3	15/side
Decline Bench Sit-ups	4	15-20

## Who Can Follow This Program?

Anyone looking to build strength and muscle mass can follow this program. However, new lifters should avoid it as it involves plenty of reps and sets will take 90 minutes to 2 hours to complete all the exercises, making it challenging for beginners and overweight individuals.

**If you're a newbie, check out the following routines before starting this program:**

- [60-Minute Beginner Gym Workout Plan](#)
- [12-Week Upper Lower Split for Beginners](#)