

HOME OF GAINS ALEX DUFFY'S TRAINING PLAN



MONDAY Back and Biceps (Pull)			Tuesday - Chest shoulders & Triceps (Push			WEDNESDAY Legs (Hamstrings and glutes) & Abs			FRIDAY Back and Biceps (Pull)			SATURDAY Chest shoulders & Triceps (Push)			SUNDAY Legs (Quads and Calves)		
Pull ups Add weight if feeling good	Reps 12	Sets 3	Military press Increase weight each set	Reps 10	Sets 4	Laying down hamstring curl Machine	Reps 15	Sets 3	Activity Underhand seated pull down facing forward on bench, squeezing the lower lat	Reps 15	Sets 4	Incline Bench press Increase weight each set	Reps 15,12,10,5	Sets	Leg press close stance Push through the toes	Reps 15	Sets 4
Over hand bent over row Increase weight each set	15,12,10,8		Flat Dumbbell press Don't let the hand touch the side, keep shoulder under contraction	15,10,6,3		Stiff leg deadlift Barbell	12	3	Dumbbell prone row Machine - neutral grip	15,12,10.8		Flat dumbbell flys	10	4	Front squats 3 mins rest	6	5
Single arm row Machine, focus on the squeeze	10 each arm	4	Single arm lat raise on cable Focus on the squeeze in the middle of the stretch, 1 second pause at the bottom	10	3	Walking lunges Barbell or dumbbell	20	4	Seated wide grip row Bar	10	4	Seated Dumbbell shoulders press	15,10,8,4		Leg extension x3 sets toes facing in, x3 sets toes facing out	12	6
Close grip pull down	10 to 15	4	Incline cable flys on bench Burn out on this exercise	12	4	Glute bridge Barbell on the floor - squeeze for 2 seconds	15,12,10		Straight arm pull down standing	12	3	Standing cable upright row	12	4	Seated calf raise	15	3
Rack pulls Increase weight each set	15,10,8,5		Skull crusher - EZ bar	15	3	Hanging knee tuck	15	3	Cable reverse fly 30 sec rest	10	3	Seated chest press machine Drop set, x4 drops	АМАР	2	Standing calf raise on platform	10	3
Hammer curls slow and controlled - x1 drop set to lighter weight and rep out	10	3	Dips	АМАР	3	Wood chop x10 each side	10	3	Cable curls	12	7	Tricep push downs - rope 30 sec rest	12	7			
Barbell preacher curls	15	3															