

Phil Heath's Training Routine

Remember to consult your doctor before starting any diet and/or training program.
Always train smart and attempt reps and sets that are within your abilities.

Off-Season Training Routine

Quads, Hamstrings and Calves	Extensions	4 sets 8-12 reps
	Front Squats	4 sets 6-8 reps
	Leg Presses	3 sets 6-8 reps
	Hack Squats	7 sets 5-7 reps
Hamstrings (6 pm)	Stiff-Leg Deadlifts	4 sets 6-8 reps
	Lying Leg Curls	4 sets 6-8 reps
	Seated Leg Curls [Dagger]	7 sets 5-7 reps
Calves	Standing Calf Raises	4 sets 15-20 reps
	Leg Press Calf Raises	4 sets 15-20 reps
	Seated Calf Raises	7 sets 12-15 reps
Chest and Triceps	Dumbbell Incline Presses	4 sets 6-8 reps
	Dumbbell Incline Flyes	4 sets 6-8 reps
	Hammer Strength Bench Presses	3 sets 6-8 reps
	Pec Decks	7 sets 6-8 reps
Triceps	Pushdowns with Rope Attachment	3 sets 12 reps
	Dips	3 sets 12 reps
	Close-Grip Bench Presses	3 sets 6-8 reps
	Lying Triceps Extensions	7 sets 6-8 reps
Back and Biceps	Wide-Grip Pull-Ups	3 sets 10 reps
	Power-Grip Chin-Ups	3 sets 10 reps
	T-Bar Rows	4 sets 6-8 reps
	Bent-Over Rows (Underhand Grip)	4 sets 6-8 reps
	One-Arm Dumbbell Rows	3 sets 6-8 reps
	Straight-Arm Pull Downs with Rope Attachment	7 sets 12 reps
Biceps	Standing EZ-Bar Curls	3 sets 6-8 reps
	Hammer Curls	3 sets 6-8 reps
	Concentration Curls	3 sets 6-8 reps
	Dumbbell Preacher Curls	7 sets 5-7 reps

Shoulders and Traps	Dumbell Military Presses	4 sets 6-8 reps
	Dumbell Front Raises	4 sets 6-8 reps
	Upright Rows	4 sets 6-8 reps
	Dumbell Lateral Raises	7 sets 6-8 reps
Traps	Dumbell Shrugs	3-4 sets 6-8 reps
	Barbell Shrugs	3-4 sets 6-8 reps
Rear Delts	Bent-Over Dumbell Raises	4 sets 6-8 reps
	Reverse Pec Decks	7 sets 6-8 reps

Pre-Contest Training Routine

Quads, Hamstrings and Calves	Extensions	4 sets 8-12 reps
	Front Squats	4 sets 10-12 reps
	Leg Presses	3 sets 10-12 reps
	Hack Squats	7 sets 5-7 reps
Hamstrings (6 pm)	Stiff-Leg Deadlifts	4 sets 10-12 reps
	Lying Leg Curls	4 sets 10-12 reps
	Seated Leg Curls [Dagger]	7 sets 5-7 reps
Calves	Standing Calf Raises	4 sets 15-20 reps
	Leg Press Calf Raises	4 sets 15-20 reps
	Seated Calf Raises	7 sets 12-15 reps
Chest and Triceps	Dumbell Incline Presses	4 sets 10-12 reps
	Dumbell Incline Flyes	4 sets 10-12 reps
	Hammer Strength Bench Presses	3 sets 10-12 reps
	Pec Decks	7 sets 10-12 reps
Triceps	Pushdowns with Rope Attachment	3 sets 12 reps
	Dips	3 sets 12 reps
	Close-Grip Bench Presses	3 sets 10-12 reps
	Lying Triceps Extensions	7 sets 10-12 reps
Back and Biceps	Wide-Grip Pull-Ups	3 sets 10 reps
	Power-Grip Chin-Ups	3 sets 10 reps
	T-Bar Rows	4 sets 10-12 reps
	Bent-Over Rows (Underhand Grip)	4 sets 10-12 reps
	One-Arm Dumbell Rows	3 sets 10-12 reps
	Straight-Arm Pull Downs with Rope Attachment	7 sets 12 reps
Biceps	Standing EZ-Bar Curls	3 sets 10-12 reps

	Hammer Curls	3 sets 10-12 reps
	Concentration Curls	3 sets 10-12 reps
	Hammer Strength Preacher Curls	7 sets 5-7 reps
Shoulders and Traps	Smith Machine Military Presses	4 sets 10-12 reps
	Dumbbell Front Raises	4 sets 10-12 reps
	Upright Rows	4 sets 10-12 reps
	Dumbbell Lateral Raises	7 sets 10-12 reps
Traps	Dumbbell Shrugs	3-4 sets 10-12 reps
	Barbell Shrugs	3-4 sets 10-12 reps
Rear Delts	Bent-Over Dumbbell Raises	4 sets 10-12 reps
	Reverse Pec Decks	7 sets 10-12 reps