

The Suggested Training Routine

MONDAY AND WEDNESDAY	1st cycle		2nd cycle		Time
	set	reps	set	reps	
1. Full squat		1 20	1 15		:04
2. Stiff-arm pullovers	1	50	1 30		:04
3. Barbell rowing motion, for lats	1	12			:04
4. Behind-neck chin	1	12			:04
5. Regular chin	1	10			:04
6. Parallel dip	1	15			:04
7. Dumbell decline press	1	12			:04
TOTAL TIME FOR FIRST CYCLE					:28
TOTAL TIME FOR SECOND CYCLE					:08
8. Standing barbell press	2	10/8			:08
9. Standing barbell curls	2	10/8			:08
10. Triceps pulley curl	2	15/12			:06
11. Wrist curl (as noted before)	8	15			:08
12. Calf raise	3	20			:06
13. Stiff-legged deadlift	1	15			:04
14. Grip machine	2	20+			:04

While such a routine will not include "exactly similar" exercises, they will, in general, be close enough to give very good results and things such as the sequence of exercises, training time required, number of sets, and the basic principals involved will be exactly the same as in the ideal training routine involving the use of special equipment.

Arthur Jones Training Manual

AW Rasmussen



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