

## Ripped Strength Workout by Aesthetic-Physiques.com

### Day 1

Exercise	Sets	Reps	Week 1 - 5 Reps	Week 2 - 4 Reps	Week 3 - 3 Reps	Week 4 - 5 reps	Week 5 - 4 Reps	Week 6 - 3 Reps
Incline Bench	5	See Week						
Weighted Pullups	5	See Week						
Dumbbell Bench Press	5	See Week						
Dumbbell Row	5	See Week						
Plank	4	45 sec						

### Day 2

Exercise	Sets	Reps	Week 1 - 5 Reps	Week 2 - 4 Reps	Week 3 - 3 Reps	Week 4 - 5 reps	Week 5 - 4 Reps	Week 6 - 3 Reps
Sumo Deadlift	6	10,5,2,1,1,1						
Seated Shoulder Press	5	See Week						
Dips	5	See Week						
EZ-Bar Curls	5	See Week						

### Day 3

Rest Day
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### Day 4

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Lat Pulldown	4	12,10,8,6						
<i>Superset with</i>								
Dumbbell Incline	4	12,10,8,6						
Row Machine	4	12,10,8,6						
Chest Press Machine	4	12,10,8,6						
Cable fly with pronated grip	4	20						
<i>Superset with</i>								
Straight Arm Pulldown	4	15						

### Day 5

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Dumbbell Shoulder Press	4	12,10,8,6						
Arnold Press	4	12,10,8,6						
<i>Superset with</i>								
Dumbbell Lat Raise	4	12,10,8,6						
Rear Delt Triset*	3	36						
Straight Bar Pushdown	4	12,10,8,6						
<i>Superset with</i>								
EZ Bar Preacher Curl	4	12,10,8,6						
Skull Crusher	4	12,10,8,6						
<i>Superset with</i>								
Dumbbell Incline Curl	4	12,10,8,6						

\*Keeping elbows straight, lay on an incline bench and do 12 reps so you form an arrow then to 12 reps to the side to form a "T" and then 12 reps overhead. I used 5lb. Go light.

### Day 6

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Hanging Leg Raises	1	20						
Squats	4	12,10,8,6						
Leg Extension	4	20						
Lying Leg curl	4	20						
Toes to the Bar	4	10						
Seated Calf Raises	4	12,10,8,6						
Weighted Crunch	4	20						
Step Up	4	12,10,8,8						