

# A Steve Cook Routine

## WORKOUTS



\*6 day a week routine

Day 1

### Quads/Hams/Calves

**Leg Extensions:** 2 warm up sets of 15 reps, 1 working set of 10-12 reps to failure, increasing desired weight (1 min rest between sets)  
**Leg Press:** 2 warm up sets of 10-12 reps, 1 working set of 10-12 reps to failure, desired weight (1 min rest between sets)  
**Hack Squat:** 2 warm up sets of 10-12 reps, 1 working set of 10-12 reps to failure, desired weight (1 min rest between sets)  
**Seated Hamstring Curl:** 1 warm up set of 10-12 reps, 1 working set

of 10-12 reps to failure, desired weight (1 min rest between sets)  
**Stiff-Legged Deadlift:** 1 warm up set of 10-12 reps, 1 working set of 10-12 reps to failure, desired weight (1 min rest between sets)  
**Calf Press:** 1 warm up set of 10-12 reps, 3 rest-pause sets to failure, desired weight (10-15 sec rest between sets)  
**Seated Calf Raise:** 1 warm up set of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets)

Day 2

### Chest/Biceps/Abs

**Decline Bench Press:** 2 warm up sets of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets, increase weight)  
**Incline Dumbbell Press:** 1 warm up set of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets, increase weight)  
**Flat Bench Dumbbell Flies:** 1 warm up set of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets)

**Dumbbell Concentration Curl:** 1 warm up set of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets)  
**Hammer curl:** 2 working sets 6-8 reps to failure (1min rest between sets)  
**Sanding Barbell curl:** 2 working sets of 8-10 reps to failure (cheating when needed and doing Neg)  
**Knee ups supersets with Crunch:** 3 working sets to failure (slow and under control)  
**Rope Crunch** supersets with reverse decline leg ups: 3 sets to failure

Day 3

### Cardio

## Cardio Only

Day 4

### Back/Triceps/Calves

**Dumbbell Pullover:** 2 warm up sets 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (increase weight between sets)  
**Close-Grip Pulldown:** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**One-Arm Row (each arm):** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**Wide-Grip Cable Row:** 1 warm up set 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between reps)  
**Barbell Deadlifts:** 1 warm up set of 10-12 reps, 1 working set 8-10 reps to failure

**Triceps Pushdown:** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**Lying Triceps Extensions:** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**Seated Triceps Press:** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**Calf Press:** 1 warm up set of 10-12 reps, 3 rest-pause sets to failure, desired weight (10-15 sec rest between sets)  
**Seated Calf Raise:** 1 warm up set of 10-12 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets)

Day 5

### Delts/Traps/Abs

**Dumbbell Shoulder Press:** 1 warm up set of 10-12 reps, 1 warm up set of 8-10 reps, 1 working set of 6-8 reps to failure, desired weight (1 min rest between sets)  
**Side Lateral Raise:** 1 warm up set of 10-12 reps, 1 working set of 8-10 reps to failure, desired weight (1 min rest between sets)  
**Low-Pulley Delt Raise:** 1 set of 6-8 reps to failure, each arm  
**Reverse Dumbbell Flies:** 1 warm up set of

10-12 reps, 1 working set of 8-10 reps to failure, desired weight  
**Dumbbell or barbell shrug:** 1 warm up set of 12-15 reps, 2 working sets of 8-10 reps to failure.  
**Upright row:** 1 warm up set of 12 reps, 2 working sets of 8-10 to failure  
**Kneeups** supersets with **Crunch:** 3 working sets to failure (slow and under control)  
**Rope Crunch** supersets with  
**Reverse decline leg ups:** 3 sets to failure

Day 6

### Cardio

## Cardio Only

Day 7

## Repeat