

An Erick Ruiz Salgado Routine

WORKOUTS

***5 day
a week
routine**



MONDAY

Chest and Shoulders

Dumbbell Press: 3 Sets of 8-12
Incline Dumbbell Press: 3 Sets of 8-12
Dips : 3 Sets of 8-12
Dumbbell Military Press: 3 Sets of 8-12

Dumbbell Lateral Raises: 3 Sets of 8-12

45 Minutes HIIT Cardio 2x a day

TUESDAY

Back

Deadlifts : 3 Sets of 8-12
Bent Over Barbell Rows: 3 Sets of 8-12
Pull Ups: 3 Sets of 8-12

45 Minutes HIIT Cardio 2x a day
Note: I do not train Traps because I have always had over developed traps.

WEDNESDAY

Abs

Leg Raises: 4 Sets of 20
V- Up: 4 Sets of 20
Oblique Crunches: 4 Sets of 20

45 Minutes HIIT Cardio 2x a day

THURDAY

Legs

Squats: 3 Sets of 8-12
Stiff Leg Deadlifts: 3 Sets of 8-12
Leg Extensions: 3 Sets of 8-12

Leg Curls: 3 Sets of 8-12

45 Minutes HIIT Cardio 2x a day
Note: I superset my quads and hamstrings when possible.

FRIDAY

Arms and Calves

Seated Calve Raises: 3 Sets of 8-12
Donkey Calve Raises: 3 Sets of 8-12
Barbell Curls: 3 Sets of 8-12
Skull Crushers: 3 Sets of 8-12
Hammer Curls: 3 Sets of 8-12

Narrow Dips 3 Sets of 8-12

45 Minutes HIIT Cardio 2x a day (3 Sets of 8-12)
Note: I superset my biceps and triceps when possible.

SATURDAY

DAY OFF

SUNDAY

DAY OFF