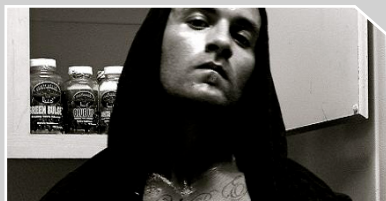


A Nick Paniagua Routine

WORKOUTS

*5 day a
week
routine



Monday

Legs:

Extensions: 4 sets-1 set of 10 reps at 150lbs, 1 set of 8 reps at 160lbs, 1 set of 6 reps at 170lbs, 1 set of 10 reps at 150lbs.
Leg Press: 4 sets-1 set of 15 reps at 290lbs, 1 set of 12 reps at 310lbs, 1 set of 10 reps at 330lbs, 1 set of 15 reps at 290lbs.
Back Squats (Deep): 4 sets-1 set of 12 reps at 140lbs, 1 set of 10 reps at 180lbs, 1 set of 8 reps at 240lbs, 1 set of 12 reps at 140lbs.

Lying Down Ham Curls: 4 sets-1 set of 12 reps at 75lbs, 1 set of 10 reps at 85lbs, 1 set of 8 reps at 95lbs, 1 set of 12 reps at 75lbs.
Calve Machine (Seated): 4 sets-1 set of 20 reps at 115lbs, 1 set of 15 reps at 135lbs, 1 set of 10 reps a 155lbs, 1 set of 20 reps at 115lbs. In between sets I did 4 sets of standing calve raises at 150lbs till failure for all 4 sets.

Tuesday

Biceps, Abs

EZ Bar Curls: 4 sets, 1 set of 10 reps at 75lbs, 1 set of 8 reps at 80lbs, 1 set of 6 reps at 85lbs, 1 set of 10 reps at 75lbs.
Seated Curls (Machine): 4 sets, 1 set of 10 reps at 80lbs, 1 set of 8 reps at 90lbs, 1 set of 6 reps at 100lbs, 1 set of 10 reps at 80lbs.
DB Curls: 4 sets, 1 set of 10 reps at 35lbs, 1 set of 8 reps at 40lbs, 1 set of 6 reps at 45lbs, 1 set of 10 reps at 35lbs.
Rope Hammers: 4 sets, 1 set of 10 reps at 55lbs, 1 set of 8 reps at

65lbs, 1 set of 6 reps at 75lbs, 1 set of 10 reps at 55lbs.
DB Hammer Curls: 4 sets, 1 set of 10 reps at 35lbs, 1 set of 8 reps at 40lbs, 1 set of 6 reps at 45lbs, 1 set of 10 reps at 35lbs.
Decline Crunches: 3 sets of 30 reps.
Straight Leg Knee Up Crunches: 3 sets of 20 reps.
Leg Lifts: 3 sets of 20 reps.

Wednesday

REST DAY

Thursday

Delts, Traps

DB Presses: 4 sets-1 set of 10 reps at 55lbs in each hand, 1 set of 8 reps at 60lbs in each hand, 1 set of 6 reps at 65lbs in each hand, 1 set of 10 reps at 55lbs in each hand.
Shoulder Presses (Sitting Reverse Decline-Machine): 4 sets-1 set of 10 reps at 90lbs, 1 set of 8 reps at 110lbs, 1 set of 6 reps at 140lbs, 1 set of 10 reps at 90lbs.
Lateral Raises: 4 sets-2 sets of 10 reps at 25lbs, 2 more sets of 8 reps at 30lbs. (DB's)
Cable Raises (Behind the back): 4 sets, 1 set of 10 reps at 15lbs, 1 set of 8

reps at 20lbs, 1 set of 6 reps at 25lbs, 1 set of 10 reps at 15lbs.
Front Raises (DB's): 2 sets of 10 reps at 25lbs in each hand, 2 sets of 8 reps at 30lbs in each hand.
Rear Delt DB Spreads: 4 sets-2 sets of 12 reps at 35lbs, 2 sets of 10 reps at 40lbs.
Barbell Shrugs (2 second pauses at top) Reverse Grip: 4 sets-1 set of 15 reps at 205lbs, 1 set of 10 reps at 225lbs, 1 set of 8 reps at 245lbs, 1 set of 15 reps at 205lbs.
*In between resting with the shrugs I hit shrugs with 2 45's immediately after bb shrugs for about 20 reps.
DB Shrugs: 4 sets of 12 reps (2 second pauses) at 75lbs.

Friday

Triceps, Forearms

Rope Pulls: 4 sets, 1 set of 10 at 50lbs, 1 set of 8 reps at 60lbs, 1 set of 6 reps at 70lbs, 1 set of 10 reps at 50lbs.
Shortbar Pressdowns: 4 sets, 1 set of 10 reps at 70lbs, 1 set of 8 reps at 80lbs, 1 set of 6 reps at 90lbs, 1 set of 10 reps at 70lbs.
Weighted Dip Machine: 4 sets, 1 set of 10 reps at 190lbs, 1 set of 8 reps at 205lbs, 1 set of 6 reps at 220lbs, 1 set of 10 reps at 190lbs.
Seated Behind the Neck DB Tri Extensions: 4 sets, 1 set of 10 at 75lbs,

1 set of 8 reps at 80lbs, 1 set of 6 reps at 85lbs, 1 set of 10 reps at 75lbs.
Skull Crushers with Close Grip Tricep Presses mixed in between: 4 sets, 1 set of 10 reps at 70lbs, 1 set of 8 reps at 75lbs, 1 set of 6 reps at 80lbs, 1 set of 10 reps at 70lbs.
Wrist Curls: 4 sets of 20 reps at 50lbs.
Behind the Back Wrist Curls: 4 sets of 20 reps at 70lbs.

Saturday

REST DAY

Sunday

Back

Wide Grip Lat Pulldowns: 4 sets, 1 set of 10 reps at 150lbs, 1 set of 8 reps at 160lbs, 1 set of 6 reps at 170lbs, 1 set of 10 reps at 150lbs.
Standing Straight Arm Pulldowns: 4 sets, 1 set of 10 reps at 60lbs, 1 set of 8 reps at 70lbs, 1 set of 6 reps at 80lbs, 1 set of 10 reps at 60lbs.
Wide Grip Pull Ups: 4 sets of 10 reps.

Hammer Strength Iso-Rows: 4 sets, 1 set of 10 reps at 140lbs, 1 set of 8reps at 160lbs, 1 set of 6 reps at 180lbs, 1 set of 10 reps at 140lbs.
DB Rows: 4 sets, 1 set of 10 reps at 70lbs, 1 set of 8 reps at 75lbs, 1 set of 6 reps at 85lbs, 1 set of 10 reps at 70lbs.
Seated Rows (Close Grip): 4 sets, 1 set of 10 reps at 150lbs, 1 set of 8 reps at 160lbs, 1 set of 6 reps at 170lbs, 1 set of 10 reps at 150lbs.
Lower Back Ext: 4 sets of 15 reps.