

# A Sean Harley Routine

## WORKOUTS

**\*5 day a week routine**



**Monday**

### Chest/calves

**Bench 12-10-8-8**  
**Dumbbell incline with a twist 3 sets x 10 reps**  
**Cable Fly ----**  
**low pulley 2x10, medium pulley 2x10, high pulley 2x10**

**Flat Dumbbell Press/Fly 3x10**  
**High rep Calf day = standing calf raise 4x100**  
**seated calf raise 3x50 (usually done during rest intervals of chest lifts)**

**Tuesday**

### Back

**Neutral Grip pullups 3 sets to failure**  
**Half Deads 4x8**  
**Seated Row 3x10**  
**2 pulley Lat pulldown pronated to neutral grip 3x10**

**Dumbbell Row run-the-rack 3x40 dropping to a lighter dumbbell every 10 reps (so 4 sets of 10 on one side with no rest before switching to the other side)**

**Wednesday**

### Legs

**Squat 10-10-8-6**  
**Leg Press (Cybex Squat press) 4x10**

**Romanian Deadlift 10-10-8-8**  
**Superset Leg extensions and leg curls, 3x10 of each**

**Thursday**

### Shoulders / calves

**Dumbbell shoulder press 4x10**  
**Cable upright row 3 x 10**  
**cable rear delt reverse fly 3 x10**  
**Dumbbell lateral raise 3x10**

**Dumbbell front raise 3 x 10**  
**Heavy calf day 10 sets of 10 on standing raise and 4 sets of 10 on seated**

**Friday**

### Arms

**Closegrip bench 3x10 superset with seated incline dumbbell curls 3 x 10**  
**Rope pushdown 3 x10 superset with 2 pulley cable curls facing away from the machine 3x10**

**Rope overhead extension 3x10 superset with Hammer curls 3x10**  
**Dumbbell preacher curls 3x10 followed immediately on the same arm with standing dumbbell curl for 3x10**  
**Dips 3x failure**

**Saturday**

REST DAY

**Sunday**

REST DAY