

A Steve Chen Max Strength Routine

WORKOUTS

***5 day a week Max strength routine**



Monday

Quad/ Hamstring/ Back/Trunk/Shoulder

	1 RM	Load	Rep	Sets	Weights (lbs)	Rest (sec)
Back Squat:	400	85%	8	6	340	120
Hamstring Flex (laying hamstring machine/alternate)	175	80%	8	5	140	120
Bentover row (Olympic BB)	230	85%	8	6	195.5	120
Chest Press (Olympic BB/flate bench)	290	85%	8	6	246.5	120
Truck Flex	100	75%	10	5	0	120
Shoulder Press (Olympic BB)	135	85%	8	6	35	45

Tuesday

Biceps/ Triceps/ Calf/ Cardio

	1 RM	Load	Rep	Sets	Weights (lbs)	Rest (sec)
Bicep curl (machine) Tricep	85	85%	8	6	72.25	120
push down (cable bent bar)	153	85%	8	5	130.05	120
Calf extensions (seat/machine)	310	85%	8	6	263.5	120
Cardio	30 minutes					

Wednesday

Quad/ Hamstring/ Back/Trunk/Shoulder

	1 RM	Load	Rep	Sets	Weights (lbs)	Rest (sec)
Back Squat:	400	90%	6	6	340	120
Hamstring Flex (laying hamstring machine/alternate)	175	85%	6	6	140.75	120
Bentover row (Olympic BB)	230	90%	6	6	207	120
Chest Press (Olympic BB/flate bench)	290	90%	6	6	261	120
Truck Flex	100	75%	10	5	0	120
Shoulder Press (Olympic BB)	135	90%	6	6	35	45

Thursday

Biceps/ Triceps/ Calf/ Cardio

	1 RM	Load	Rep	Sets	Weights (lbs)	Rest (sec)
Bicep curl (machine)	85	90%	6	6	76.5	120
Tricep push down (cable bent bar)	153	90%	6	5	137.7	120
Calf extensions (seat/machine)	310	90%	6	6	279	120
Cardio	30 minutes					

Friday

Quad/ Hamstring/ Back/Trunk/Shoulder

	1 RM	Load	Rep	Sets	Weights (lbs)	Rest (sec)
Back Squat:	400	90%	6	7	340	120
Hamstring Flex (laying hamstring machine/alternate)	175	85%	6	7	148.75	120
Bentover row (Olympic BB)	230	90%	6	7	207	120
Chest Press (Olympic BB/flate bench)	290	90%	6	7	261	120
Truck Flex	100	75%	10	5	0	120
Shoulder Press (Olympic BB)	135	90%	6	7	35	45

Saturday

REST DAY

Sunday

REST DAY