



Dave Hawk Jr's Workout Schedule

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		Weight	Exercise
DAY 1	Chest / Biceps / Forearms		
	3 warm up sets of 15	135 lbs.	Chest Presses
	1 warm up set, then 3 heavy sets of 10	75 lbs. 95 lbs. 105 lbs. 115 lbs. (weight for each arm)	Incline Dumbbell Presses
	3 sets of 10	90 lbs. 105 lbs. 115 lbs.	Flat Dumbbell Presses
	3 sets of 10	225 lbs. 270 lbs. 315 lbs.	Dips
	3 sets of 10	150 lbs. 180 lbs. 200 lbs.	Flies
	3 sets of 10	65 lbs.	Dumbbell Pullovers
	3 sets of 10	60 lbs. 70 lbs. 80 lbs.	Straight Bar Curls
	3 sets of 10	75 lbs. 80 lbs. 85 lbs.	Preacher Curls
	3 sets of 10	35 lbs. 40 lbs. 45 lbs.	Dumbbell Curls
	3 sets of 15	40 lbs. 50 lbs.	Reverse Straight Bar Curls
	3 sets of 15	80 lbs. 90 lbs.	Straight Bar Forearm Curls
	3 sets of 15	30 lbs.	Single Arm Forearm Curls
DAY 2	Quads / Calves		
	2 warm up sets, then 3 heavy sets of 15	90 lbs. 110 lbs. 150 lbs. 170 lbs. 210 lbs.	Leg Extensions
	1 warm up set, then 3 heavy sets of 15-20	405 lbs. 585 lbs. 765 lbs. 965 lbs.	Leg Presses
	3 sets of 10	50 lbs. 60 lbs. 70 lbs.	Single Leg Extensions
	3 sets of 15	225 lbs. 315 lbs. 405 lbs.	Squats
	3 sets of 15	225 lbs. 315 lbs. 405 lbs.	Angle Calf Raises
	3 sets of 15	225 lbs. 315 lbs. 405 lbs.	Seated Calf Raises
DAY 3	OFF		
DAY 4	Back / Traps		
	2 warm up sets, then 3 heavy sets of 10	150 lbs. 170 lbs. 180 lbs. 210 lbs. 230 lbs.	Lat Pull Downs
	3 sets of 12	185 lbs. 225 lbs. 285 lbs.	Bent Over Rows
	3 sets of 12	90 lbs. 135 lbs. 160 lbs. (weight for each arm)	Seated Single Arm Lat Pull Downs
	3 sets of 15	130 lbs.	Lat Stiff Arm Flies
	3 sets of 12	80 lbs. 100 lbs.	Trap Raises
	3 sets of 10	75 lbs. 85 lbs. 95 lbs.	Dumbbell Shrugs
	3 sets of 15	100 lbs.	High Cable Pulls
DAY 5	Shoulders / Triceps		
	3 warm up sets of 12	60 lbs. 80 lbs. 100 lbs.	Side Raises
	1 warm up set, then 3 heavy sets of 10	65 lbs. 75 lbs. 85 lbs. 95 lbs.	Dumbbell Presses
	3 sets of 10	35 lbs. 40 lbs. 45 lbs. (weight for each arm)	Standing Side Raises
	5 sets of 15	120 lbs. 140 lbs. 160 lbs. 180 lbs. 200 lbs.	Real Deltoids
	3 sets of 10	60 lbs. 65 lbs. 70 lbs.	Tricep Push Downs
	3 sets of 10	90 lbs. 100 lbs. 110 lbs.	Skull Crushers
	3 sets of 10	225 lbs. 245 lbs. 265 lbs.	Tricep Dips
	3 sets of 15	25 lbs. 30 lbs. 35 lbs.	Single Arm Tricep Concentration
DAY 6	Hamstrings / Calves		
	2 warm up sets, then 5 sets of 15	90 lbs. 110 lbs. 130 lbs. 150 lbs.	Laying Leg Curls
	3 sets of 15	90 lbs. 110 lbs. 125 lbs.	Seated Leg Curls
	3 sets of 15	135 lbs. 225 lbs. 285 lbs.	Straight Leg Dead Lifts
	3 sets of 12	45 lbs. 50 lbs. 60 lbs.	Single Leg Concentration Curls
	3 sets of 15	225 lbs. 315 lbs. 405 lbs.	Angle Calf Raises
	3 sets of 15	225 lbs. 315 lbs. 405 lbs.	Seated Calf Raises
DAY 7	OFF		
EVERY OTHER DAY	Abdominals		
	3 sets of 30	N/A	Ab Crunches
	3 sets of 15	N/A	Hyper Extensions
	3 sets of 40	N/A	Side Bends and Twists
	3 concentration sets of 20	N/A	Side Abdominals (High Cable)