

Dorian Yates Blood and Guts Workout (1).docx

Dorian Yates – Blood and Guts 6-Week Training Program

Day 1 – Chest and Biceps

- 10-minute cardio
- Rotator cuff warmup – 2 sets x 12 reps
- Decline barbell bench presses
 - o Warmup set –
 - o Warmup set –
 - o Working set –
- Incline dumbbell presses – 45 degrees
 - o Warmup set –
 - o Working set –
- Flat bench dumbbell flies
 - o Warmup set –
 - o Working set –
- Dumbbell concentration curls
 - o Warmup set –
 - o Working set –
- Straight/EZ bar curls
 - o Working set –

Day 2 – Back

- Dumbbell/Lat machine pullovers
 - o Warmup set –
 - o Warmup set –
 - o Working set –
- Close-grip pulldowns
 - o Warmup set –
 - o Working set –
- One-arm dumbbell rows
 - o Warmup set –
 - o Working set –
- Wide-grip cable rows
 - o Warmup set –

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