



## On Three/Off One Mass Builder Workout Program #2

### Day 1 Chest:

- Bench press (barbell) 4-5sets; 6-8reps
- Incline barbell bench press 4sets; 8-10reps
- Lying dumbbell fly's 4sets; 10reps
- Dips 3-4sets; 12-15reps
- Cable crossovers 3-4sets; 12-15reps (every other workout using this routine)
- Biceps: Barbell or dumbbell curls 4-5sets; 6-8reps
- Incline dumbbell curls (seated) 4sets; 8-10reps
- Concentration dumbbell curls 4sets; 8-10reps
- Triceps: Press downs 4sets; 12-15reps
- One arm dumbbell extension 4sets; 8-10reps
- Reverse one-arm cable extensions 3-4sets; 10-12reps

### Day 2 Legs:

- Extensions 4-5sets; 12-15reps
- Leg press 4sets; 10-12reps
- Squats 4-5sets; 8-10reps
- Leg curl 4sets; 8-10reps
- Stiff leg deadlift 3-4sets; 6-8reps (every other workout using this routine)

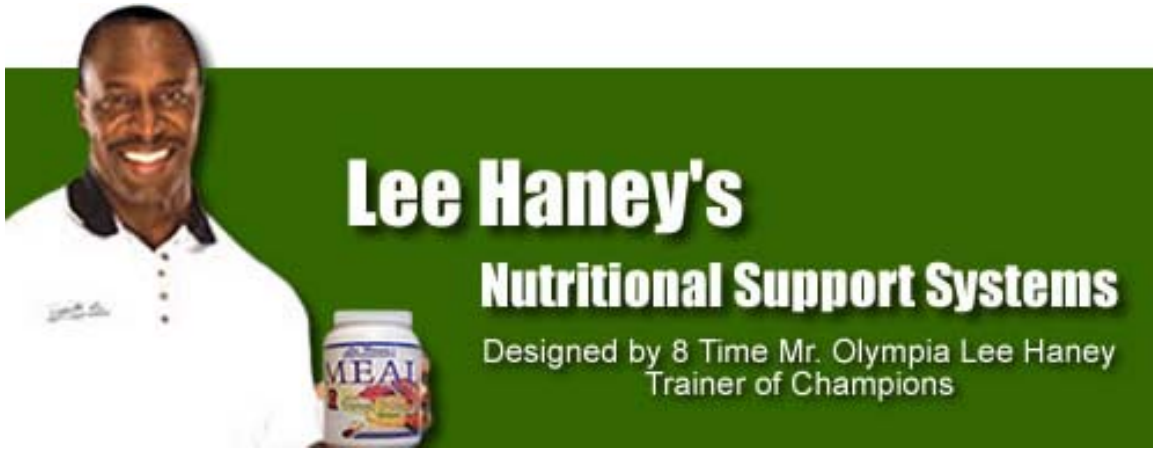
### Day 3 Back:

- Pull downs 4sets; 10-12reps or wide grip pull-ups 4sets; 6-8reps
- Bent barbell row 4sets; 8-10reps or T-bar row 4sets; 6-8reps
- Long cable rows 4sets; 8-10reps
- One arm dumbbell row 4sets; 8-10reps

### Day 4 Off

**Note:** Abdominal and calves are to be train on each workout day.  
Abdominal:

- Vertical leg raise 4sets; 15-20reps
- Incline sit ups 4sets; 15-20reps
- Seated leg raise 4sets; 15-20reps



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Calves: (Calve training must be performed using heavy weight)

- Standing toe raises or donkey machine toe raise 6sets 15-20reps
- Seated toe raise 3-4 sets 15-20reps