



Lee Haney's
Nutritional Support Systems
 Designed by 8 Time Mr. Olympia Lee Haney
 Trainer of Champions

The Six Day Redistributing Fat Loss Program

My "SIX DAY" training program is extremely effective for those wanting to speed up their metabolisms and get into ultimate shape! This program also shortens the amount of time spent in the gym. You train three consecutive days with a repeat of the same training cycle beginning on the fourth day. Sunday or the seventh day is the day of rest.

DAY	BODY PART	MUSCLE GROUP	EXERCISE	SETS	REPS
Day 1-MONDAY	CHEST	Pectoralis	Bench Press	2-4	8-10
			Incline Press	2-4	8-10
			Flies	2-3	10-12
	ARMS	Biceps	Curls	2-4	8-10
			Preacher Curls	2-3	8-10
			Concentration Curls	2-3	10
	CALVES	Gastrocnemius	Standing Toe Raise	3-5	15-20
			Seated Toe Raise	2-3	15-20
	STOMACH	Abdominals	Incline Sit-Ups	3-4	15-20
			Seated Leg Raise/Knee Bent	3	15-20
Day 2-Tuesday	LEGS	Quadriceps Frontal Thigh	Extensions	2-4	12-15
			Leg Press	2-4	10
		Quadriceps & Gluteus Maximus	Squats**	2-4	8-10
			Ham Strings	Leg Curl	2-4
	ARMS	Triceps	Press Downs	2-4	10-12
			Lying French Press	2-4	8-10
	STOMACH	Abdominals	SAME AS MONDAY		
	Day 3-Wednesday	BACK	Latissimus Dorsi	Pull Downs Front	2-4
One Arm Row				2-4	8-10
Long Cable Rows				2-4	8-10
Hyper Extensions				2-4	10-12
SHOULDERS		Deltoids	Military Press	2-4	8-10
			Lateral Raise	2-4	10-12
		Trapezius	Upright Rows or Shrugs	2-4	8-10
CALVES		Gastrocnemius	Standing Toe Raise	3-5	15-20
			Seated Toe Raise	2-3	12-20
STOMACH		Abdominals	Vertical Leg Raise	3-4	15-20
	Seated Leg Raise/Knee Bent		3	15-20	
Day 4-6- Thursday through Saturday	REPEAT 3 DAY CYCLE				