



# 5 WEIGHT TRAINING ROUTINES

**BUILD A GREAT BODY**

ROBERT L. BARNETT



**LEARN ABOUT**

**FOUNDATION ROUTINE**

**HIGH INTENSITY  
ROUTINE**

**MIDDLE GROUND  
ROUTINE**

**HIGH VOLUME ROUTINE**

**ADVANCED 5 DAY  
ROUTINE**

**SAFE AND EFFECTIVE  
EXERCISE ROUTINES**

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Robert Barnett is the author of several new eBooks and his groundbreaking “The Barnett Training System” was first published in 1994. He was a Powerlifting champion and he is currently a 7th Degree Blackbelt in Kenpo. Robert is a graduate of USC and Cornell University. He has been a fitness trainer for the last 16 years and has been weightlifting himself for over 40 years. He is married and has four children.

As with any new exercise program you are advised to seek medical advice before you begin. The author is not responsible for any injury resulting from the material contained within this eBook.

## FIVE WEIGHT TRAINING ROUTINES

### BUILD A GREAT BODY

#### FOUNDATION ROUTINE

Many bodybuilders use this Foundation Routine. Try to lift heavy and to complete positive failure. Keep your workouts hard, short and intense.

MON	TUE	WED	THUR	FRI	SAT	SUN
DAY 1	DAY 2	OFF	DAY 3	DAY 4	OFF	OFF
UPPER	LOWER	OFF	UPPER	LOWER	OFF	OFF
ON	ON	OFF	ON	ON	OFF	OFF

Four Day													
Upper							Lower						
	Exercise	Set	1	2	3	4		Exercise	Set	1	2	3	4
1	Bench	Wt.	L	M	M	H	1	Squat	Wt.	L	M	M	H
		Reps	10	8	8	6			Reps	12	10	10	8
2	Lat Pull Down	Wt.	L	M	M		2	Lunge	Wt.	BW	BW	M	M
		Reps	8	8	8				Reps	10	10	10	10
3	Pully Row	Wt.	M	M	M		3	Standing Calf	Wt.	BW	BW	M	M
		Reps	8	8	8				Reps	10	10	10	10
4	DB Press	Wt.	L	M	M		4	Seated Calf	Wt.	M	M	M	
		Reps	10	8	8				Reps	10	10	10	
5	Lateral Raise	Wt.	L	M	M		5	Crunch	Wt.				
		Reps	8	8	8				Reps	12	12	12	
6	DB Curls	Wt.	L	M	M		6	Hanging Knee Raises	Wt.				
		Reps	8	8	8				Reps	12	12	12	
7	Triceps Dips	Wt.	BW	BW	BW		7	Reverse Crunch	Wt.				
		Reps	8	8	8				Reps	12	12	12	
8		Wt.					8	Core	Wt.				
		Reps							Reps				

## HIGH INTENSITY ROUTINE

Many professional bodybuilders use HIT - High Intensity Routines. They lift very heavy and to complete failure. They keep their workouts hard, short and intense.

High Intensity Routine													
Day 1 Chest & Arms							Day 3 Back, Shoulders & Abs						
Exercise		Set	1	2	3	4	Exercise		Set	1	2	3	4
1	Decline Bench Press	Wt.	L	M	H	H	1	Head Supported Rows	Wt.	L	M	H	H
		Reps	10	8	6	4			Reps	10	8	6	4
2	Incline Bench Press	Wt.	H	H			2	Lat Mach. Pull-downs	Wt.	M	H	H	
		Reps	6	4					Reps	8	6	4	
3	Flys	Wt.	H	H			3	Seated Cable Rows	Wt.	M	H	H	
		Reps	6	6					Reps	8	6	4	
4	Concentration Curls	Wt.	L	M	H		4	Military Presses	Wt.	L	L	M	H
		Reps	10	6	6				Reps	10	8	6	4
5	Hammer Curls	Wt.	M	H	H		5	Side Laterals	Wt.	L	M	M	
		Reps	8	6	6				Reps	10	8	6	
6	Narrow Grip Bench	Wt.	L	M	H		6	Rear Laterals	Wt.	L	L		
		Reps	10	8	6				Reps	10	8		
7	Power Push-downs	Wt.	M	H	H		7	Crunches	Wt.	BW	BW	BW	
		Reps	8	6	6				Reps	25	25	25	
8	Nose Crushers	Wt.	H	H			8	Hip Thrusts	Wt.	BW	BW	BW	
		Reps	6	6					Reps	25	25	25	
Day 2 Legs							9	Hanging Leg Raises	Wt.	BW	BW	BW	
									Reps	15	15	15	
1	Leg Extensions	Wt.	L	L	M	H							
		Reps	10	8	7	6							
2	Squats	Wt.	M	M	H	H							
		Reps	8	7	6	4							
3	Leg Curls	Wt.	L	L	M	H							
		Reps	10	8	7	6							
4	Standing Calf Raises	Wt.	L	M	H								
		Reps	12	10	8								
5	Seated Calf Raises	Wt.	L	M	H								
		Reps	12	10	8								

## MIDDLE GROUND ROUTINE

Bill Pearl was responsible for shaping my bodybuilding philosophies. Bill Pearl followed what I call “Middle Ground Routines”. These routines are midway between the High Intensity Routines and the High Volume Routines.

Middle Ground Routine													
Day 1 Biceps, Chest & Abs							Day 3 Triceps, Legs & Abs						
Exercise		Set	1	2	3	4	Exercise		Set	1	2	3	4
1	Barbell Curls	Wt.	L	M	M	M	1	Triceps Press-down	Wt.	L	M	M	M
		Reps	8	8	6	6			Reps	15	12	10	10
2	Preacher Curls	Wt.	L	M	M	M	2	Nose Crushers	Wt.	L	M	M	M
		Reps	12	10	10	8			Reps	10	10	8	8
3	Concentration Curls	Wt.	L	M	M	M	3	One Arm Tri Ext.	Wt.	L	M	M	
		Reps	12	10	10	10			Reps	15	12	12	
4	Bench Press	Wt.	L	M	M	H	4	Leg Extensions	Wt.	L	M	M	M
		Reps	8	8	6	6			Reps	15	12	12	12
5	Incline Bench Press	Wt.	L	M	M	M	5	Leg Press	Wt.	L	M	M	M
		Reps	8	8	6	6			Reps	10	10	8	8
6	Dumbbell Fly	Wt.	L	M	M		6	Squat	Wt.	L	M	M	M
		Reps	15	12	12				Reps	10	8	8	6
7	Incline Sit-up	Wt.					7	Standing Calf Raise	Wt.	L	L	L	L
		Reps	20	20	15	15			Reps	20	20	15	15
8	Hanging Leg Raise	Wt.					8	Seated Calf Raise	Wt.	L	L	L	L
		Reps	20	20	15	15			Reps	20	20	15	15
Day 2 Shoulders & Back							9	Incline Sit-up	Wt.	BW	BW	BW	BW
1	Military Press	Wt.	L	L	M	M			Reps	20	20	15	15
		Reps	8	8	6	6	10	Hanging Leg Raise	Wt.	BW	BW	BW	BW
2	Lateral Raise	Wt.	L	L	L	L			Reps	20	20	15	15
		Reps	12	12	10	10	11	Cable Crunch	Wt.	L	L	L	L
3	Upright Row	Wt.	L	M	M				Reps	20	20	15	15
		Reps	10	8	8								
4	Wide Grip Pull-downs	Wt.	L	M	M	M							
		Reps	12	12	10	10							
5	Barbell Rows	Wt.	L	M	M	M							
		Reps	8	8	6	6							
6	Seated Cable Rows	Wt.	L	M	M	M							
		Reps	15	12	12	12							

## HIGH VOLUME ROUTINES

Bodybuilders like Arnold generally utilized the volume approach. These workouts are hard and long. Very few people have the recoverability to do these routines. Be careful not to over-train.

High Volume Training Routine															
Monday & Thursday								8	Reverse Wrist Curls	Wt.	L	L	M	M	H
1	Bench Press	Reps	12	12	10	8	8			Reps	12	12	10	8	8
		2	Incline Bench Press	Wt.	L	L	M	M	H	9	Incline Sit-ups	Wt.	BW	BW	BW
Reps	12			12	10	8	8	Reps	25			25	25	25	25
Tuesday & Friday								Wednesday & Saturday							
3	Pullovers	Wt.	L	L	M	M	H	Exercise		SET	1	2	3	4	5
		Reps	12	12	10	8	8	1	Squats	Wt.	L	L	M	M	H
4	Chin-Ups	Do as many reps at a time as you can until you reach a total of 50.								2	Lunges	Wt.	L	L	M
		Reps	12	12	10	8	8	Reps	12			12	10	8	8
5	Rows	Wt.	L	L	M	M	H	3	Leg Curls	Wt.	L	L	M	M	H
		Reps	12	12	10	8	8			Reps	12	12	10	8	8
6	Deadlifts	Wt.	M	M	M	H	H	4	Standing Calf Raises	Wt.	L	L	L	L	L
		Reps	10	10	10	6	4			Reps	15	15	15	15	15
7	Leg Raises	Wt.	BW	BW	BW	BW	BW	5	Stiff-Legged Deadlifts	Wt.	M	M	M	H	H
		Reps	25	25	25	25	25			Reps	10	10	10	6	4
1	BB Clean & Press	Wt.	L	L	M	M	H	6	Leg Raises	Wt.	BW	BW	BW	BW	BW
		Reps	12	12	10	8	8			Reps	25	25	25	25	25
2	Lateral Raises	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								
3	Barbell Curls	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								
4	Seated DB Curls	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								
5	Narrow Bench Press	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								
6	Barbell Triceps Ext.	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								
7	Wrist Curls	Wt.	L	L	M	M	H								
		Reps	12	12	10	8	8								

## ADVANCED 5-DAY ROUTINE

MON	TUE	WED	THUR	FRI	SAT	SUN
DAY 1	DAY 2	OFF	DAY 3	OFF	DAY 4	DAY 5
CHEST, ARMS	LEGS	OFF	BACK, SHOULDERS	OFF	CHEST, ARMS	LEGS
ON	ON	OFF	ON	OFF	ON	ON

5 Day													
Day 1 and 4						Day 2 and 5							
Exercise		Set	1	2	3	4	Exercise		Set	1	2	3	4
1	Bench	Wt.	L	M	M	H	1	Squat	Wt.	L	M	M	H
		Reps	10	8	8	6			Reps	12	10	10	8
2	Incline Bench	Wt.	L	M	M		2	Lunge	Wt.	BW	BW	M	
		Reps	8	8	8				Reps	10	10	10	
3	Chest Dips	Wt.	BW	BW	M	M	3	Standing Calf	Wt.	BW	BW	M	
		Reps	8	8	8	8			Reps	10	10	10	
4	DB Curls	Wt.	L	M	M		4	Seated Calf	Wt.	M	M	M	
		Reps	8	8	8				Reps	10	10	10	
5	Hammer Curls	Wt.	L	M	M		5	Lat Pull-downs	Wt.	M	M	M	H
		Reps	8	8	8				Reps	10	10	8	6
6	Triceps Dips	Wt.	BW	BW	M	M	6	Pully Rows	Wt.	M	M	M	
		Reps	8	8	8	8			Reps	10	10	8	
7	French Curls	Wt.	L	M	M		7	DB Press	Wt.	M	M	M	M
		Reps	8	8	8				Reps	10	10	8	8
							8	Laterals	Wt.	L	M	M	
									Reps	8	8	8	
Abs and Core – Day 3 on next page.													

Day 3						
Exercise		Set	1	2	3	4
1	Lat Pull-downs	Wt.	L	M	M	M
		Reps	8	8	8	8
2	Cable Rows	Wt.	L	M	M	M
		Reps	8	8	8	8
3	Upright Rows	Wt.	L	M	M	M
		Reps	8	8	8	8
4	DB Presses	Wt.	L	M	M	M
		Reps	8	8	8	8
5	Lateral Raises	Wt.	L	L	M	M
		Reps	8	8	8	8
6	Rear Lateral Raises	Wt.	L	L	L	L
		Reps	8	8	8	8



## CONCLUSION

MY PERSONAL OPINION IS THAT YOU SHOULD TRAIN HARD AND SHORT. There is no reason to train longer than 45 minutes. For a natural bodybuilder, hard workouts over 45 minutes will result in over-training. So again, train Hard and keep your workouts Short. HARD = Taking “H” sets to positive concentric failure. SHORT = Workouts with a duration of 45 minutes or less.

Try Hard and Short workouts that do not exceed 45 minutes. This formula always works if your routine selection is appropriate. I have given you several good routines for you to consider. I would also suggest that you change routines every month.

## CRITICAL SUCCESS FACTORS

Remember, without the proper level of intensity, you will make little or no progress. The primary characteristics that differentiate a beginner or intermediate from an advanced bodybuilder is the ability to train intuitively, intensely, and to take designated sets to positive concentric failure!



<b>Weekly Plan</b>							
<b>Other Activities</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Aerobics							
Flexibility							
Other							
<b>Strength Training</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Chest							
Back							
Shoulders							
Biceps							
Triceps							
Quads							
Hamstrings							
Calves							
Abs							
Core							
<b>Nutrition Notes</b>							

Measurements													
Long Term Goals >6 Mo.													
Interim Term Goals 3-6 Mo.													
Short Term Goals <3 Mo.													
Other													
One Rep Max													
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
BB Bench													
Lat Pull-downs													
Cable Rows													
Military Press													
DB Press													
Laterals													
Triceps Push-downs													
French Presses													
Barbell Curls													
DB Curls													
Squats													
Leg Presses													
Leg Extension													
Leg Curls													
Measurements													
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Avg. Weight													
Avg. Fat %													
Rt. Thigh													
Lt. Thigh													
Rt. Calf													
Lt. Calf													
Waist													
Chest													
Rt. Bicep													
Lt. Bicep													