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Mike Mentzer's Ideal Program Day 1: Chest - Back

1: Peck Deck 6-10 reps - superset

2: Incline Press 1-3 reps

3: Close Grip Pulldown 6-10 reps

4: Deadlift 5-8 reps

Day 2: Legs

1: Leg Extensions 8-15 reps - superset

2: Leg Press 8-15 reps

3: Calf Raise 12-20 reps

Day 3: Delts - Arms

1: Lateral Raise 6-10 reps

2: Bent Over Raise 6-10 reps

3: Barbell Curl 6-10 reps

4: Triceps Extensions 6-10 reps - superset

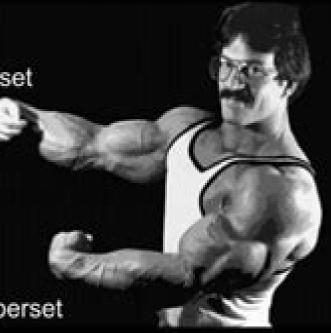
5: Dips 3-5 reps

Day 4: Legs

1: Leg Extensions 1 rep Static Hold - superset

2: Squats 8-15 reps

3: Calf Raise 12-20 reps



Mike Rashids Full Body Program

Raffaela Di Napoli

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