



5 Day Training Programme

4 X SETS EACH EXERCISE

SET 1 X 10 REPS

SET 2 X 8 REPS

SET 3 X 8-6 REPS

SET 4 X 6-4 REPS

Monday (Chest and Biceps);

CHEST;

Flat Bench Press

Incline Bench Press

Decline Bench Press

Dumbbell Pullovers

Peck Deck or Cable Crossovers

BICEPS;

Seated Preacher Curls

Rope Curls

Standing Barbell Curls

Seated Dumbbell Curls

Dumbbell Concentration Curls

Tuesday (Back and Triceps);

BACK;

Wide Grip Behind Neck Pulldowns

Medium Grip Front Pulldowns

Close Grip Base Pully Rows

T-Bar Rows

Wide Grip Chins or Close Grip

TRICEPS;

Close Grip Pushdowns

Wide Grip Pushdowns

Reverse Grip Flat Bench Press

Close Grip Flat Bench Press

Cable Kickbacks or Reverse Dips

Wednesday (Shoulders)(front, rear, back and traps);

SHOULDERS;

Side Lateral Raises

Front Lateral Raises

Bent Over Flies

Front Smith Machine Press

Behind Neck Smith Machine Press

Cable Crossovers Side Lateral Raises

Upright Rows

Shrugs

Behind Neck Chins.

Thursday (Legs and Hamstrings);

LEGS;

Double Leg Extensions

Leg Press

Hack Squat/Slide

Squats

Seated Single Leg Extensions

HAMSTRINGS;

Double Leg Curls

Straight Leg Deadlift

Standing/Seated Single Leg Curl

Friday (Triceps and Biceps);

TRICEPS;

Close Grip Pushdowns

Wide Grip Pushdowns

Reverse Grip Flat Bench Press

Close Grip Flat Bench Press

Cable Kickbacks or Reverse Dips

BICEPS;

Seated Preacher Curls

Rope Curls

Standing Barbell Curls

Seated Dumbbell Curls

Dumbbell Concentration Curls



CALVES;

Choose 1 exercise everyday except Legs and Hamstrings day.

Also change the position of your feet each day.

1. Point feet out
2. Point feet forward
3. Point feet in

Choose from one of these exercises;

Seated Calve Raises

Standing Calve Raises

Leg Press Calve Raises

Hack Squat Calve Raise

WARM UP;

5-10 Minutes on any thing aerobic. Use the Bike, Rowing Machine, Stepper or Treadmill.

SHAUN "DINOSAUR" DAVIS

MR. UK

MR. BRITAIN

MR. EUROPE

MR. UNIVERSE

PRO- MR. UNIVERSE

Nabba & I.F.B.B.- PROFESSIONAL BODYBUILDER

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Shaun's Daily Diet When Training

Meal 1 (8am);

- Big Bowl of Porridge Oats with Milk & Sugar

Or

- 10 x Weetabix with Milk & Sugar

Or

- Pro-Brek

With

- 2 x Scoops of Whey Protein
- Milk
- 3-4 Pieces of Fruit
- 1 x t-spoon Glutamine
- (mix in Blender & drink)

With

- Pint of Cranberry or Grape Juice with Creatine Ethyl ester
- 1 x Tribulus

Meal 2 (10 am);

- 2-3 Pieces of Fruit Or Oatmeal.
- 2 x Scoops of Whey Protein
- Milk
- 1 x t-spoon Glutamine
- (mix in blender & drink)

Meal 3 (12 midday);

- 1 x Big Chicken Breast
- Big Bowl of Rice or 2 x Jacket Potatoes
- Big Salad

With

- Pint of Milk & a Flapjack
- 1 x Tribulus

Meal 4 (2pm);

- Same as Meal 2

Meal 5 (4pm before training);

- 1 x Fruit Smoothie (containing- 4-5 pieces of fruit, Glutamine and 2 x Scoop Complete Protein with Milk) blend and drink
- 1 x Flapjack
- 30 minutes before 1 x scoop of N.O with water

Meal 6 (6:30pm after training);

- 1/2 Pint of Cranberry or Grape Juice with Creatine

And

- 3 x Scoops of Complete Recovery
- Glutamine
- Milk
- (mix and Drink)

Meal 7 (8 pm)

- Very Big Spaghetti Bolognese with a Salad

Or

- Big plate of Boiled Potatoes, 2 x Chicken and Vegetables

Or

- Very Big Portion of Low Calorie Chicken Curry with Big Plate of Rice

With

- Low Fat Yoghurt
- 1 x Tribulus



Meal 8 (10 pm);

- Big Bowl of Ready Brek or Porridge with Milk & Sugar

With

- 1 x Scoop of Whey Protein & Milk

Or

- Pro-Brek

Before Bed;

- 2 x ZMA
- 2 x GH Enhancer

Through the night when I wake up;

I would drink;

- 2 x scoops of Complete Whey Protein Drink mixed with Milk, 1 x t-spoon Glutamine and Fruits (this would be made before bed and kept in fridge)

Supplements Daily;

- Complete Protein
- Complete Recovery
- Complete Glutamine Factor 3
- Creatine Monohydrate
- N.O
- ZMA
- Tribulus
- GH Enhancer

Best Wishes

Shaun "Dinosaur" Davis

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