

# **My All Time Favorite Routine**

by

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Routines come and go and regularity in changing them is a necessity. I honestly believe in the forty plus years I have been involved in bodybuilding I have experimented with almost every routine and program you can think of. Since I believe there is nothing new under the sun and since forty years is a long time to have devoted to bodybuilding, I make my statement of experimenting with every routine with a fairly good sense of confidence. Still, I may have missed one along the way, I doubt it but after all, it is possible.

I have found many more routines productive and that I liked than ones I did not get a good response from. There were however, quite a few that did not suit me very well and fell way short of providing any meaningful results. I really believe many of the ones I discarded as non-productive were due to my genetic makeup rather than the routines themselves. This is not to say some routines were not completely useless anyway. I don't know how some routines even managed to get the exposure and publicity they have.

One example of a total waste is the routine that surfaces about every ten years or so, promoted as being able to add anywhere from one half to one full inch on your arm in a twenty-four hour time span. Without going into all the details, you are supposed to do one to three sets of barbell curls and one to three sets of triceps extensions every hour on the hour for twenty-four hours. Some modify this by instructing you to follow it for twelve or eighteen hours instead of the twenty-four. In addition, you are to take desiccated liver tablets every hour. There are several different versions of this routine but they all basically outline the same concept. Every ten years or so it resurfaces as a "*NEW*" wonder program designed to pack size onto the arms. I tried several different versions of the program several times, the first being back in the 1960's and I can

guarantee you that it was around well before I tried it in the 60's so that takes care of the "NEW" aspect of the routine.

The other aspect, results, well...none for me and none for others I have had try it or on their own tried the routine and discussed it with me. In fact, I actually lost size on the stupid thing. I can honestly say I personally do not know of one single person who followed this routine and had any success with it.

I mention just this one routine but there are many more I could list. In fact, I could probably write a book on routines that I have discovered as being useless or that I personally don't like. That's a strong statement for me because I have come to realize that most routines provide some level of benefit to those following them based upon their individual make up and genetics. Even with that being said, some routines provide a higher degree of benefit and at a faster rate.

Now that I have laid some groundwork, I will admit not everyone will feel as I do about the routine I am about to outline. I have used it many times over the years and always found it to provide growth and improvement. For me, it taxes the muscles and nerves just right.

## **Monday:**

### **Chest / Triceps / Abs**

#### **I. Chest**

|                        |       |
|------------------------|-------|
| Incline Dumbbell Press | 4 x 8 |
| Flat Dumbbell Flyes    | 4 x 8 |
| Bench Press to Neck    | 4 x 8 |

#### **II. Triceps**

|                             |       |
|-----------------------------|-------|
| Close Grip Press            | 4 x 8 |
| One Arm Dumbbell Extensions | 4 x 8 |

### **III. Abs**

|                   |             |
|-------------------|-------------|
| Crunches          | 4 x 15 - 20 |
| Bent Leg Leg Lift | 4 x 15 – 20 |

## **Tuesday:**

### **Back / Biceps / Forearms**

#### **I. Back**

|                       |          |
|-----------------------|----------|
| Chins                 | 4 x Max. |
| Bent Over Barbell Row | 4 x 8    |
| One Arm Dumbbell Row  | 4 x 8    |
| Dumbbell Shrug        | 3 x 10   |

#### **II. Biceps**

|                       |       |
|-----------------------|-------|
| Incline Dumbbell Curl | 4 x 8 |
| Barbell Curl          | 4 x 6 |

#### **III. Forearm**

|                    |             |
|--------------------|-------------|
| Reverse Curl       | 3 x 10 – 15 |
| Barbell Wrist Curl | 3 x 10 – 15 |

## **Wednesday:**

### **Delts / Abs**

#### **I. Delts**

|                           |       |
|---------------------------|-------|
| Standing Dumbbell Press   | 4 x 8 |
| Seated Side Laterals      | 3 x 8 |
| Seated Bent Over Laterals | 4 x 8 |

#### **II. Abs**

|                    |             |
|--------------------|-------------|
| Crunches           | 4 x 15 – 20 |
| Bent Leg Leg Lifts | 4 x 15 -20  |

## **Thursday:**

### **I. Legs / Chest / Triceps**

|                |                        |
|----------------|------------------------|
| Full Squats    | 5 x 10 – 8 – 8 – 6 – 6 |
| Leg Extensions | 4 x 10                 |
| Leg Curls      | 3 x 10                 |
| Calf Raises    | 5 x 12 – 15            |

### **II. Chest**

|              |          |
|--------------|----------|
| “V” Bar Dips | 3 x Max. |
|--------------|----------|

### **III. Triceps**

|                          |        |
|--------------------------|--------|
| Lying Triceps Extensions | 4 x 12 |
|--------------------------|--------|

## **Friday:**

### **Back / Biceps**

#### **I. Back**

|                      |        |
|----------------------|--------|
| One Arm Dumbbell Row | 3 x 12 |
|----------------------|--------|

#### **II. Biceps**

|                         |        |
|-------------------------|--------|
| Close Grip Barbell Curl | 3 x 12 |
|-------------------------|--------|

## **Saturday:**

### **Legs / Abs**

#### **I. Legs**

|                    |        |
|--------------------|--------|
| Sissy Squats       | 4 x 12 |
| Donkey Calf Raises | 4 x 12 |

#### **II. Abs**

|                    |        |
|--------------------|--------|
| Crunches           | 4 x 15 |
| Bent Leg Leg Lifts | 4 x 15 |

This program is performed in a straight set fashion although I did change it around and performed it in a super-set, tri-set, and giant-set manner from time to time. I also changed exercises quite often, for example; instead of Incline Dumbbell Curls, I might perform Standing Hammer Curls. I also played around with the poundage I used. It really just all depended on how I felt and what I was trying to accomplish. Sometimes I went heavy on every movement every set. Sometimes heavy one week and light the next. Sometimes heavy on the first set and lighter on the remaining sets. There is room for a lot of flexibility with this program.

Natural hard gainers have to strive for the right mix of exercises, sets, reps, and weights that work best. I discovered constant change worked best although I used the routine listed as my favorite. I also found it important to employ programs that would shock the muscles every so often. The harder you train the faster your muscles and body adapt and requires something different to spur on new gains.

Bodybuilders, especially hard gainers, must recognize that diet is the key in any program. In fact, it is diet more than the exercise that is responsible for success. Ultimate success is a combination of exercise, diet, supplements, dedication, and mental visualization. It takes them all.

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