

Frank Medrano's Routine

*6 day
a week
routine

WORKOUTS



Monday

Monday: Chest

- 30 muscle -ups,
- 100 standard push ups,
- 4 sets /10 reps incline dumbbell press,
- 4 sets/10 reps flat dumbbell press,
- 5 sets/ 20 reps dips,
- 200 standard push ups,
- 50 decline push ups,
- 50 narrow push ups,
- 50 raised push ups,
- 15 minutes HIIT cardio,
- Continuous 15 crunches - 15 side crunches (both sides)
- 15 leg raises - 3 sets

Tuesday

Tuesday: Back

- 30 muscle ups,
- 100 overhand pullups,
- 4 sets/ 10 reps single arm dumbbell roll,
- 4 sets/10 reps pullovers,
- 50 under hand pull ups,
- 50 over hand pullups,
- 10 muscle ups,
- 15 minutes HIIT cardio,
- Continuous 15 crunches - 15 side crunches (both sides)
- 15 leg raises - 3 sets

Wednesday

Wednesday: Shoulders/Abs

- 100 push ups,
- 4 sets/10 reps standing dumbbell presses,
- 4 sets/10reps lateral dumbbell raises,
- 4 sets/10 reps bent down dumbbell lateral raises,
- 100 crunches,
- 50 crossovers,
- 50 high intensity crunches,
- 2 minute flutter kicks (3 sets),
- 60 second crunch holds (3 times),
- Continuous 15 crunches- 15 side crunches (both sides),
- 15 leg raises - 3 sets,
- Handstands till failure,
- 15 minutes HIIT cardio,

Thursday

Thursday: Biceps/Triceps

- 30 muscle ups,
- 50 underhand pull ups,
- 4sets/10 reps preacher curl,
- 4 sets/10 reps hammer curls,
- 4 sets/10reps reverse grip preacher curl,
- 100 dips,
- 100 push-ups,
- 4 sets/10 reps overhead triceps extension,
- 4 sets/10reps reverse grip triceps pull down
- 20 slow pull ups,
- 20 slow dips,
- 15 minutes HIIT cardio,

Friday

Friday: Legs

- 4 sets/reps barbell squats,
- 4 sets of 20 yard lunges,
- 100 body weight squats,
- 4 set/10 reps pistol squats,
- 4 sets/ 10 reps stiff legged deadlifts,
- 4 sets/ 10 reps standing calve raises,
- 4 sets /10 reps seated calve raises,
- 100 body weight standing calve raises,
- 15 minutes HIIT cardio.

Saturday

Saturday: Overall body weight training

- 100 crunches,
- 8 100meter sprints,
- 100 pull ups,
- 200 pushups,
- 100 dips,
- 30 muscle ups,
- 50 crossovers,
- 50 high intensity crunches,
- 2 minute flutter kicks (3 sets),
- 60 second crunch holds (3 times),

Sunday

Day 7 (REST)