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Dorian yates workout plan pdf

Dorian Yates' high-intensity training revolutionized bodybuilding in the '90s. As a six-time Mr. Olympia winner from 1992-97, he popularized HIT, making it relevant again. Let's dive into his full-body workout and see how he built a physique that transformed the sport. Before picking up weights in 1983, Yates read extensively on training science, influenced by Mike Mentzer's Heavy Duty. He modified Mentzer's approach through experimentation at Temple Gym in Birmingham, England. Yates' routine consisted of four to eight working sets per body part, focusing on low reps (around eight) and incorporating techniques like forced reps, drop sets, rest-pause, and negatives. By ARTICLE When preparing for a challenging workout, Dorian Yates emphasizes that having a well-planned routine is key to success. This includes setting specific goals, exercising techniques, weights, and rep counts. Keeping track of progress through a workout log is also crucial, with the goal of beating previous performances in each session. Before diving into intense exercises, one should start with 1-3 moderate-intensity warm-ups that gradually increase towards the working set's intensity. A pre-exhaustion method involves doing an isolation exercise to target specific muscles before moving on to compound exercises. Yates also stresses the importance of reaching near-failure in the final warm-up set but with lighter weights and higher rep counts compared to the working set. The working set is the most intense, beyond-failure effort per exercise. This involves pushing oneself until complete exhaustion at 6-8 reps, followed by additional reps through forced, rest-pause, or drop sets to further stress the muscles. For optimal muscle growth, Yates advocates for controlling weights and going beyond failure to fully engage the targeted muscle. He also uses machines frequently in his training regimen due to their ability to offer unique resistance patterns that can stimulate different muscle groups effectively. During workouts, focus is key, with Yates encouraging users to stay on track, avoid distractions, and save conversations for after gym sessions. Without a training partner, utilizing more machines and cables can allow for safer reaching of failure points and continued exercise beyond full-rep completion. When it comes to weight increases, Yates advises a gradual approach, only increasing the load when one comfortably reaches 10-12 reps. He also emphasizes the importance of training with intensity, giving each session your all to see maximum progress. Dorian Yates' Training Routine for Traps, Triceps, Abs, Back, and Rear Delts He developed a lower back exercise called "continuous tension deadlifts" that kept his back engaged throughout every rep. DAY 3: CHEST, BICEPS He started with barbell incline presses (12-8 reps), followed by hammer strength chest press (10-6 reps) and dumbbell incline flyes (10-8 reps). Then, he moved to cable crossover (10-12 reps) while getting spotted at 425 lbs. Yates used a hammer strength machine for this workout. For barbell incline presses, he pyramided up to one set before moving on. He emphasized the importance of proper form and range of motion when performing incline bench presses, advising not to force movements that cause shoulder strain. BICEPS Next, Yates trained his biceps with a single weekly workout consisting of three sets, lasting only 10 minutes. Unlike larger muscle groups like thighs and back, he never went past failure or performed forced reps on his biceps. He would sometimes go to failure, rest for 10 seconds, and then do two more reps in rest-pause fashion. DAY 4: LEGS QUADRICEPS Yates started with leg extensions (12-15 reps), followed by leg press (12 reps) and hack squat (12 reps). He typically used a narrower stance on both exercises to focus on his other quadriceps. The key was to maximize the stress on his quads throughout each of the three working sets. Dorian Yates' workout routine included curl exercises with a low-volume approach. This involved one warm-up set and then another set to total fatigue through heavy, low reps. He emphasized that skeletal muscle is skeletal muscle, regardless of location in the body, and requires intense training to grow. For calves, he used standing calf raise and seated calf raise exercises, performing 1-2 sets with 10-12 reps each. Dorian believed in treating all muscles equally, including calves, with heavy and intense training. He disagreed with the high-rep theory for calves, advocating instead for low-volume, high-intensity workouts. Dorian Yates' workout routine was known for its intensity and focus on growth. He trained for approximately 60 minutes each day, working one body part per session. His typical workout structure included: - Day 1: Shoulders, Triceps, Abs - Day 2: Back - Day 3: Rest - Day 4: Chest, Biceps - Day 5: Legs and Heavy Calves - Day 6: Rest - Day 7: Light Leg and Calf Workout During his competitive years, Dorian was known for lifting impressive weights. He recorded underhand rows of 435 pounds for 6-8 reps, incline presses of 425 pounds for 4 reps, and leg presses of 1265 pounds for 10-12 reps. Interestingly, despite being one of the strongest bodybuilders, Dorian did not squat throughout his professional career. Instead, he focused on hack squats and leg presses to target his quads and relieve knee pain. His training approach was characterized by high-intensity workouts, aiming to go beyond failure with 2-3 forced reps or rest-pause reps. This workout routine has been documented from 1987 to 1992 and is an example of an advanced bodybuilder's schedule during the middle of their competitive career. Dorian Yates' training style from 1987 to 1992 was characterized by a higher volume compared to his later "Blood n Guts" approach. During this period, he used 2 working sets for each muscle group, with both sets being AMRAP (As Many Reps As Possible) and performed until failure. The recommended rep ranges were provided in the spreadsheet, indicating that the last rep should be between 6-8 for optimal results. Yates also frequently employed drop sets and forced reps for his second set, resting for 45-60 seconds before reducing the load by 10 pounds and performing another set to failure. Yates divided his training into specific muscle groups per session, with only working sets shown in the provided tables. The Chest, Biceps, Triceps workout included triple drop sets for dumbbell flys, involving three sets of failure after dropping the weight each time. Other exercises like bench press, incline press, concentration curls, and lying tricep extensions were performed in specified rep ranges. The Legs, Calves workout consisted of two different sessions: a heavy workout and a light one. The heavy workout included leg extensions, leg press, hack squats or smith machine squats, leg curls, stiff leg deadlifts, and standing calf raises, all performed until failure with the recommended rep ranges provided. The Back, Shoulders workout featured close grip pull downs, weighted chins, bent over rows, hyperextensions, seated dumbbell presses, lateral raises, and shrugs, also performed in specified rep ranges. The information was compiled from Dorian Yates' spreadsheet and can be found on LiftVault.com, a website founded by Kyle Risley in 2016 to provide access to great powerlifting programs.