

Layne Norton PHAT Workout Log

Day 1 – Upper Body (Strength)	Set 1	Set 2	Set 3	Set 4
Bent Over Rows (3 x 3-5)				X
Pull Ups (4 x 6-10)				
Flat Dumbbell Presses (3 x 3-5)				X
Dips (2 x 6-10)			X	X
Dumbbell Shoulder Presses (3 x 6-10)				X
Cambered Bar Bicep Curls (3 x 6-10)				X
Skull Crushers (3 x 6-10)				X
Day 2 – Lower Body (Strength)	Set 1	Set 2	Set 3	Set 4
Squats (3 x 3-5)				X
Leg Presses (2 x 6-10)			X	X
Leg Extensions (2 x 6-10)			X	X
Stiff-Legged Dead Lifts (3 x 5-8)				X
Lying Leg Curls (2 x 6-10)			X	X
Standing Calf Raises (3 x 6-10)				X
Seated Calf Raises (2 x 6-10)			X	X
Day 3 – Back & Shoulders (Hypertrophy)	Set 1	Set 2	Set 3	Set 4
Bent Over Rows (4 x 8-12)				
Pull Ups (3 x 8 -12)				X
Seated Cable Rows (3 x 8 -12)				X
Shrugs (2 x 12-15)			X	X
Close-Grip Pull Downs (2 x 15-20)			X	X
Seated Dumbbell Presses (3 x 8 -12)				X
Upright Rows (2 x 12-15)			X	X
Side Lateral Raises (2 x 12-20)			X	X
Day 4 – Lower Body (Hypertrophy)	Set 1	Set 2	Set 3	Set 4
Squats (4 x 8-12)				
Lunges (3 x 8 -12)				X
Leg Presses (2 x 12-15)			X	X
Leg Extensions (3 x 15-20)				X
Stiff-Legged Dead Lifts (3 x 8-12)				X
Lying Leg Curls (2 x 12-15)			X	X
Seated Leg Curls (2 x 15-20)			X	X
Standing Calf Raises (4 x 10-15)				
Seated Calf Raises (3 x 15-20)				X
Day 5 – Chest & Arms (Hypertrophy)	Set 1	Set 2	Set 3	Set 4
Flat Dumbbell Presses (4 x 8-12)				
Incline Dumbbell Presses (3 x 8-12)				X
Hammer Strength Chest Presses (3 x 12-15)				X
Incline Cable Flies (2 x 15-20)			X	X
Cambered Bar Preacher Curls (3 x 8-12)				X
Dumbbell Concentration Curls (2 x 12-15)			X	X
Spider Curls (2 x 15-20)			X	X
Seated Triceps Extension with Cambered Bar (3 x 8-12)				X
Cable Press Downs with Rope (2 x 12-15)			X	X
Cable Kickbacks (2 x 15-20)			X	X

Notes: I recommend taking a day off every 2-3 days, not following this plan for 5 consecutive days.