

Destroy your knobby-knee toothpick sized legs and build solid lead pipes with Dorian Yates crushing leg workout. Dorian Yates' Training Program: bb.



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**PDF The Dorian Yates Training Strategies - The Fitness Phantom**

# DORIAN YATES

## WORKOUT ROUTINE

### 4 DAY SPLIT

#### DR WORKOUT

#### MONDAY (SHOULDER, TRICEPS, AND ABS)

- Smith machine shoulder presses 2 x (10-12) warm-up sets, 1 x (8-10)
- Dumbbell lateral raises 2 x (10-12) warm-up sets, 1 x (8-10)
- One-arm cable lateral raises 1 x (10-12) warm-up set, 1 x (8-10)
- Dumbbell shrugs 1 x (10-12) warm-up set, 1 x (8-10)
- Cable press downs 2 x (10-12) warm-up sets, 1 x (8-10)
- Lying EZ-Bar Triceps Extensions 1 x (10-12) warm-up sets, 1 x (6-8)
- Roman chair sit-ups 1 x 20
- Crunches 1 x 20
- Reverse Crunches 1 x 20

#### TUESDAY: BACK AND REAR DELTS

- Dumbbell Pullover 2 x (10-12) warm-up sets, 1 x (8-10)
- Hammer Pulldowns 2 x (10-12) warm-up sets, 1 x (8-10)
- Reverse-grip Hammer Pulldowns 1 x (10-12) warm-up set, 1 x (8-10)
- One-Arm Dumbbell Row 1 x (10-12) - warm-up set, 1 x (8-10)
- Wide-Grip Seated Cable Row 1 x (10-12) warm-up set, 1 x (8-10)
- Barbell Deadlift 1 x (10-12) warm-up set, 1 x (8-10)
- Hyperextension 1 x (8-10) working set

#### WEDNESDAY: REST DAY

#### THURSDAY (CHEST, BICEPS, AND ABS)

- Incline Barbell Bench Press 2 x (10-12) warm-up sets, 1 x (8-10)
- Machine Chest Press 2 x (10-12) warm-up sets, 1 x (8-10)
- Decline Bench Press 2 x (10-12) warm-up sets, 1 x (8-10)
- Incline Dumbbell Flys (at a 45 degrees incline) 2 x (10-12) warm-up sets, 1 x (8-10)
- Flat Bench Dumbbell Flys 2 x (10-12) warm-up sets, 1 x (8-10)
- Cable Crossover 2 x (10-12) warm-up sets, 1 x (8-10)
- Incline Dumbbell Biceps Curl 2 x (10-12) warm-up sets, 1 x (8-10)
- Standing EZ Bar Biceps Curl 2 x (10-12) warm-up sets, 1 x (8-10)
- Machine Preacher Curl 1 x (10-12) - warm-up set, 1 x (8-10)

#### FRIDAY: REST DAY

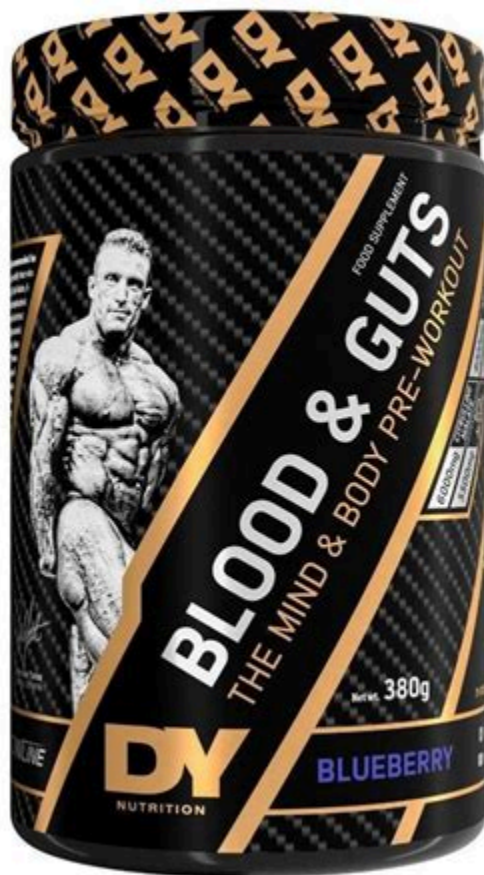
#### SATURDAY (QUADRICEPS, HAMSTRINGS, AND CALVES)

- Leg Extensions 2 x (12-14) warm-up sets, 1 x (10-12)
- Leg Press 2 x (12-14) - warm-up sets, 1 x (10-12)
- Hack Squat 2 x (12-14) - warm-up sets, 1 x (10-12)
- Seated Hamstring Curl 2 x (12-14) - warm-up sets, 1 x (10-12)
- 5-minute break
- Stiff-Legged Deadlifts 1 x (10-12) warm-up set, 1 x (10-12)
- Calf Presses 3 rest-pause sets to failure, as many reps as possible in each set
- Seated Calf Raises 1 x (10-12) warm-up set, 1 x (6-8)

#### SUNDAY: REST DAY

Dorian Yates became the first and only English bodybuilder (so far) to win the Mr. Olympia. . However, Yates explained why despite following his Blood and Guts training, not everyone can conquer .

## Dorian Yates Blood And Guts Training! (Updated 2023)



Hi Vikings!!! Today: In "Dorian Yates Workout: Blood and Cuts", the bodybuilding legend takes you to the limit with a high-intensity training session. Discov.

## 6-Week Intense Dorian Yates Workout Routine To Build Muscle - WildnSwole



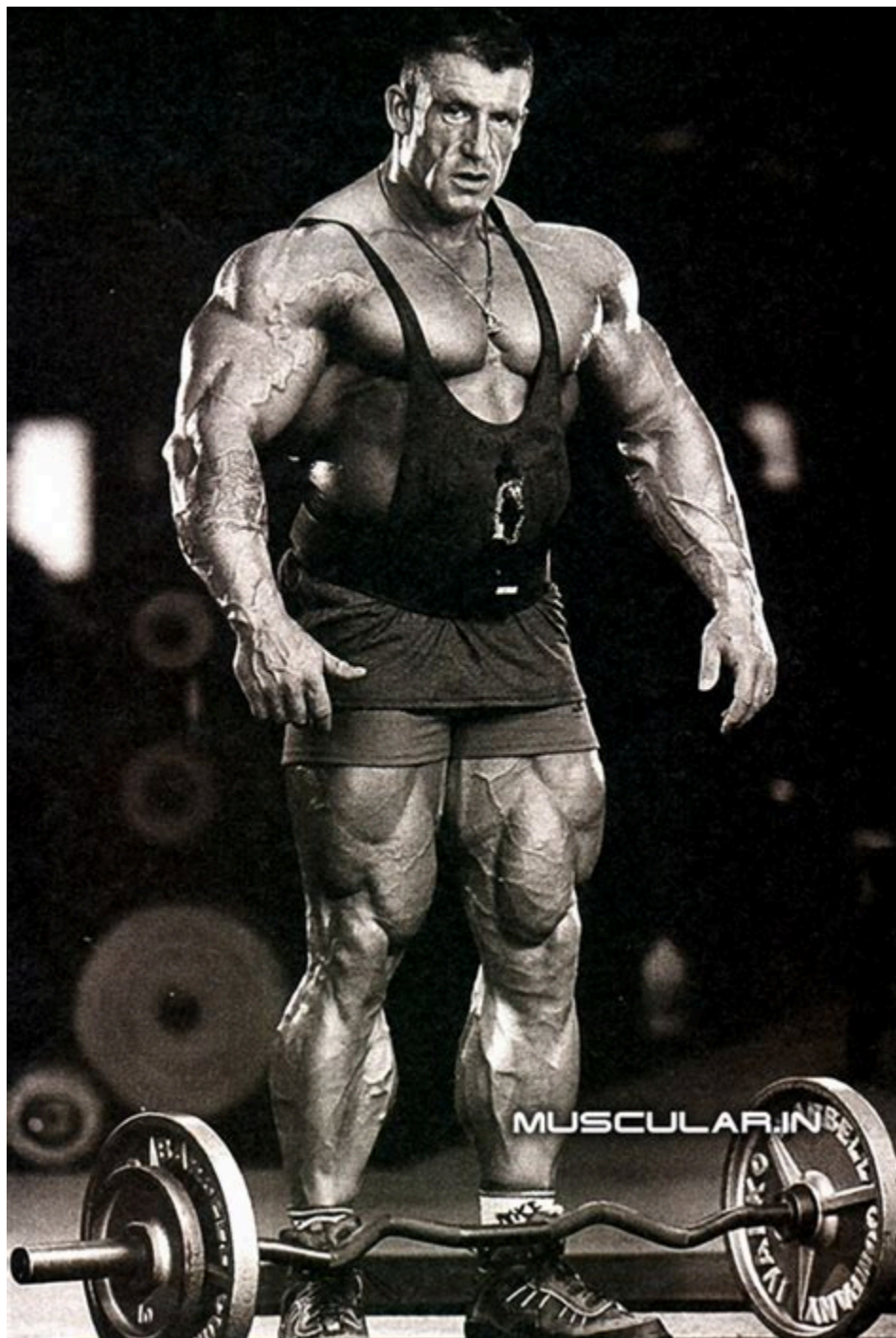
The Shadow Line is here. Get it now @ [dynutrition/the-shadow-line](https://www.instagram.com/dynutrition/the-shadow-line) Create a Legacy.

### Bodybuilding Delts & Triceps Workout | Dorian Yates' Blood & Guts



Dorian Yates workout routine from 1987 to 1992 is an advanced bodybuilder routine that he followed during the middle of his competitive bodybuilding career. This routine is a 4 or 5 day body part split that hits the following muscle groups per day: Day 1: Chest, Biceps, Triceps Day 2: Legs, Calves (Heavy) Day 3: Rest Day 4: Back, Shoulders

## Dorian Yates 'Blood & Guts' Style Workout For Serious Growth



Grab that chisel and let's get to work. Fine-tune your deltoids and triceps with 7 exercises from the master himself, Dorian Yates. Dorian Yates' Training P.

## Use Bodybuilder Dorian Yates' "Blood and Guts" Back . - BarBend



The "Blood and Guts" routine he came up with is that of legend. We're about to step into the shadows and uncover the secrets that fueled Dorian Yates's ascent to bodybuilding immortality - a journey through iron, sweat, and a relentless pursuit of excellence that still inspires generations of lifters worldwide. Table of Contents:

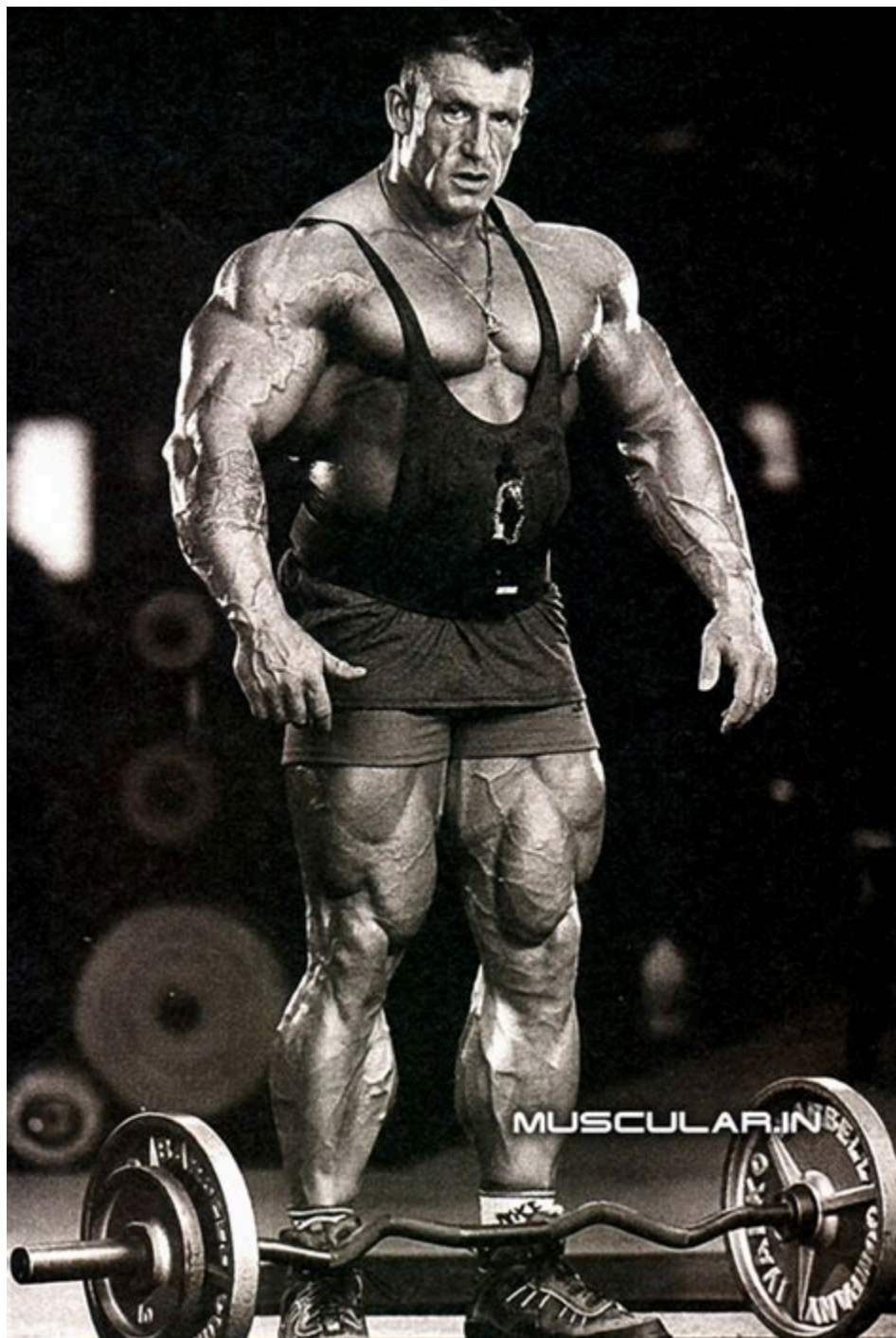
## Dorian Yates Workout Routine And Diet Plan - Exercise With Style



10 Essential Bodybuilding Tips | Dorian Yates' Blood & Guts - YouTube 0:00 / 15:24 Arnold Schwarzenegger Listen to what Dorian Yates has to say about lifting intelligently, using your.



## Dorian Yates Workout: Blood & Guts Review - CheckMeowt



Celebrity News Dorian Yates Blood And Guts Training! (Updated 2023) Are you curious about the Dorian Yates Blood And Guts program? Do you want to know Dorian Yates trained to become the 6x Mr. Olympia champion, and one of the greatest bodybuilders of all BY Dr. Mike Jansen PUBLISHED August 5, 2022 Next

## How To Follow The Dorian Yates Workout Routine & Diet



1. Smith machine shoulder press (2 warm up sets, 10-12 reps, & 1 working set, 8-10 reps)
2. Dumbbell lateral raise (2 warm up sets, 10-12 reps, & 1 working set, 8-10 reps)
3. One arm cable lateral raise (1 warm up set, 10-12 reps, & 1 working set, 8-10 rep)
4. Dumbbell shrugs (1 warm up set, 10-12 reps, & 1 working set, 8-10 rep)
- 5.

### What is the Dorian Yates Blood and Guts Workout? - Sportskeeda



The Ultimate Dorian Yates Workout Plan (Blood & Guts) SUMMARY Suggested Program Duration: 12 Weeks Split Type: Dorian Yates Blood & Guts Sessions/week: 4 days a week Duration/session: 60-90 minutes Program Goal: Promote Strength and Hypertrophy Target Gender: Men Workout Difficulty: Intermediate to Advanced SCHEDULE

## 10 Essential Bodybuilding Tips | Dorian Yates' Blood & Guts



He's famous for his grainy physique and "blood and guts" HIT (high-intensity training) style. This intense routine is designed to help you build hard, dense muscle mass, along with strength. I like to think his philosophy on training is: go heavy, go hard, and never back down because that's exactly how he trained during his reign.

## Dorian Yates Workout Routine [1987-1992] Spreadsheet

Source: [One More Rep: Lessons from the World's Biggest, Strongest, and Best Bodybuilders](#)

**Monday: Chest, Biceps, Triceps**

Exercise Movement	Sets	Reps	Weight	Total Reps	Volume
Bench Press (warm up)	2	12			0
Bench Press (AMRAP)	2	6-8			
Incline Press (warm up)	1	10			
Incline Press (AMRAP)	2	6-8			
Dumbbell Flys (warm up)	1	12			
Dumbbell Flys (Triple DS)	2	6-8			
Concentration Curls (warm up)	2	20			
Concentration Curls (AMRAP)	2	6-8			
Barbell Curls (AMRAP)	2	8-10			
Hammer Curls (AMRAP)	2	10-12			
Cable Extensions (warm up)	2	12			
Cable Extensions (AMRAP)	2	10-12			
Lying Tricep Extensions (warm up)	1	10			
Lying Tricep Extensions (AMRAP)	2	8-10			
One Arm Dumbbell Extensions	2	8-10			

**Tuesday: Legs, Calves (Heavy Day)**

Exercise Movements	Sets	Reps	Weight	Total Reps	Volume
Leg Extensions (warm up)	3	8-12			
Leg Extensions (AMRAP)	2	8-12			
Leg Press (warm up)	1-2	8-12			
Leg Press (AMRAP)	2	8-12			
Hack Squats or Smith Machine Squats (warm up)	1	8-12			
Hack Squats or Smith Machine Squats (AMRAP)	2	8-12			
Leg Curls (warm up)	1	8-12			
Leg Curls (AMRAP)	2	8-12			
Stiff Leg Deadlifts (warm up)	1	8-12			
Stiff Leg Deadlifts (AMRAP)	2	8-12			
Standing Calf Raises (warm up)	1	8-12			
Standing Calf Raises (AMRAP)	2	8-12			

**Thursday: Back, Shoulders**

Exercise Movement	Sets	Reps	Weight	Total Reps	Volume
Close Grip Pull Downs (warm up)	2	8-10			
Close Grip Pull Downs (AMRAP)	2	8-10			
Weighted Chins (warm up)	1	6-8			

Updated September 23, 2023 This post may contain affiliate links at no additional cost to you. As an Amazon Associate I earn from qualifying purchases. Click to view our full disclosure. What's inside Known as The Shadow, the first mass monster built with blood and guts, Dorain Yates is regarded as one of the all-time greats of bodybuilding.

# Leg Crushing Workout Part 1 | Dorian Yates' Blood & Guts

**HIITACADEMY**


Time: < 10 Minutes  
Equipment: Dumbbells

MUSCLE GROUPS

LEGS    CARDIO

**COMPLETE 3 ROUNDS**


20 reps    ALTERNATING LUNGES



15 reps    GOBLET SQUATS



20 reps    ALTERNATING STEP UPS



10 reps    BURPEES

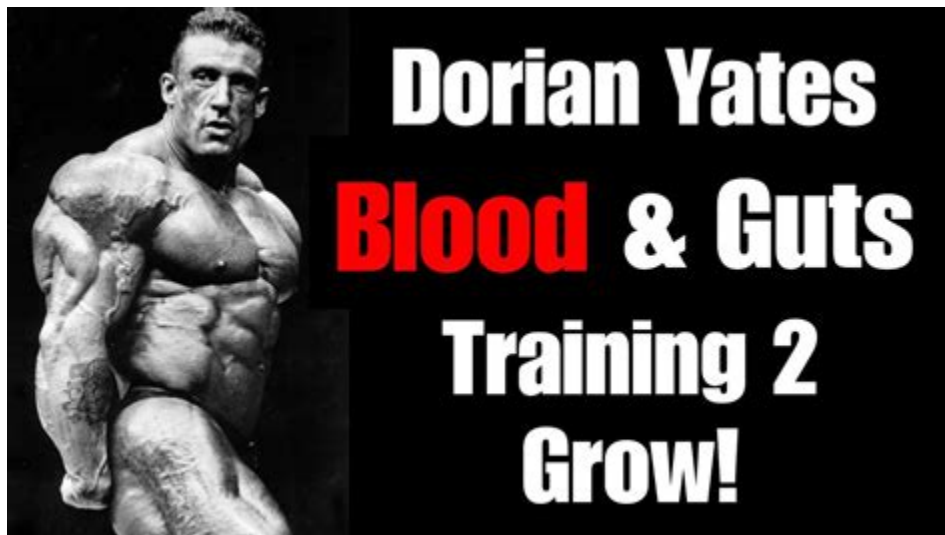


Rest 30 - 60 Seconds and then repeat

**HIITACADEMY.COM    @HIITACADEMY**

Dorian Yates' routine will fireplace you up, and his 'Blood & Guts' strategy to coaching will catapult your progress to a complete new stage. Dorian feels that his high-intensity coaching strategy is probably the most environment friendly and efficient approach to achieve muscular mass.

## Dorian Yates' Blood and Guts Program (Full Review) - Noob Gains



Celebrity News Uncover the Dorian Yates Blood and Guts Workout Routine Dorian Yates, the legendary former professional bodybuilder, is widely recognized for his high-intensity training style known as "Blood and Guts. " This revolutionary workout routine propelled him to win an unprecedented six consecutive Mr. Olympia BY Dr. Mike Jansen

**12 Week Dorian Yates Workout Routine with PDF**

# DORIAN YATES

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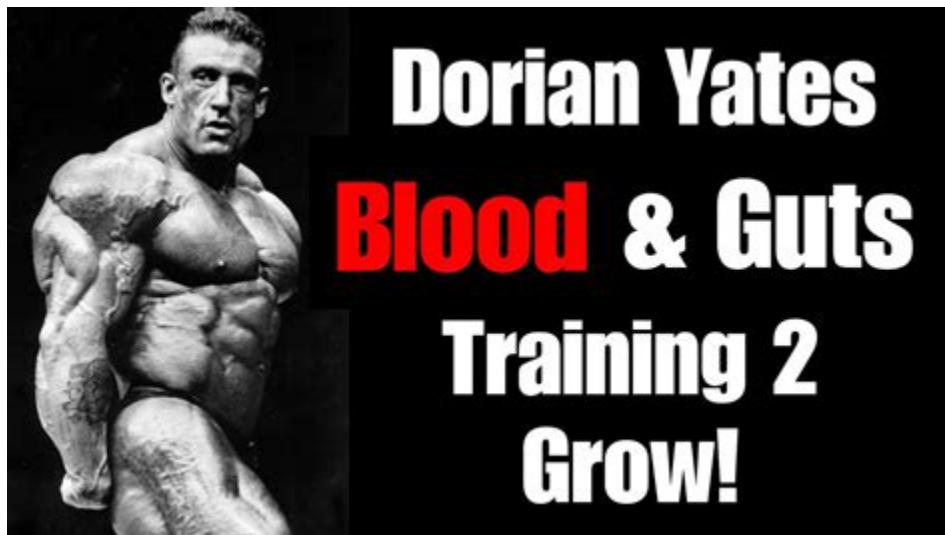
Use Bodybuilder Dorian Yates' "Blood and Guts" Back Workout for Next-Level Gains Learn how Yates' one-and-done approach can elevate your back gains. Written by Jake Dickson, NASM-CPT,.

## Dorian Yates Workout: Complete Guide - The Barbell



If you're one of the fitness enthusiasts looking for his complete HIT Blood & Guts 4 day split program, you can explore this routine. I've structured his routine in the best possible way that will help you train in an organized manner and achieve maximum results.

## DORIAN YATES WORKOUT- BLOOD AND GUTS FULL VIDEO - YouTube



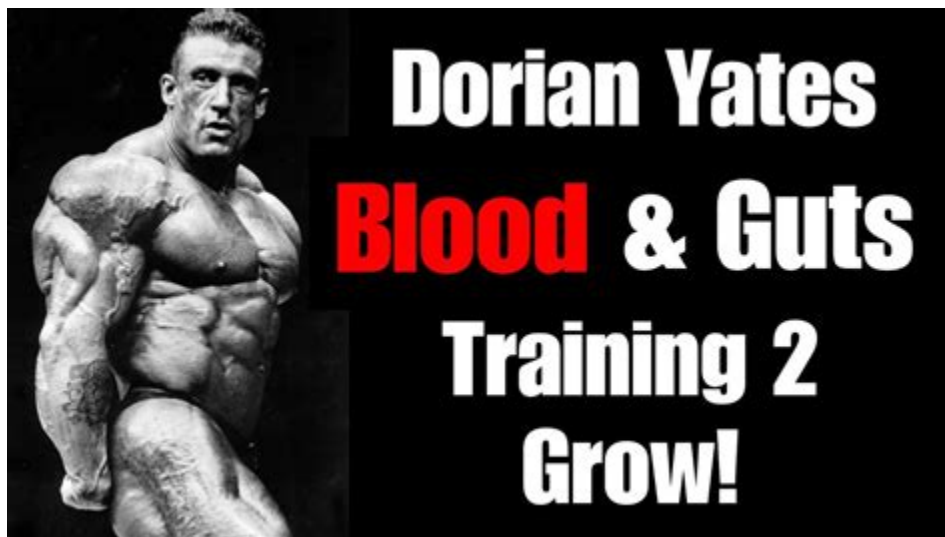
Dorian Yates was the ultimate high-intensity bodybuilder. This is your complete guide to his workouts and training style. . YouTube / "Blood and Guts" screen capture / Kevin Horton. . barbell rows were always the core of his back routine. REAR DELTOIDS. Hammer Strength Machine Rear Delt Fly — 1 set x 8-10 reps. Bent-over Dumbbell Rear .

## **Dorian Yates - BACK AND REAR DELTS - Blood & Guts - YouTube**



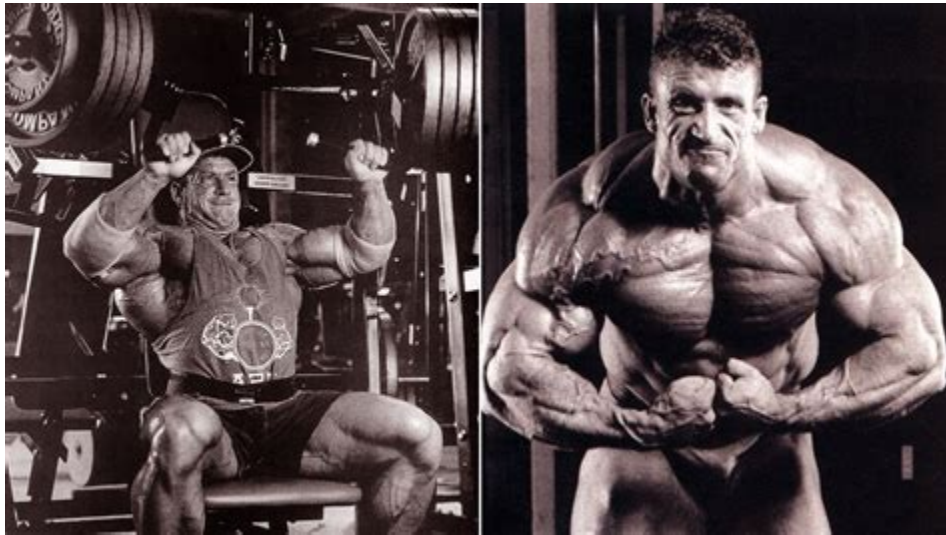
Yates' approach to training, which he called "blood and guts," involved short but incredibly hard workouts and was inspired by the writings and philosophy of fellow bodybuilder Mike Mentzer. Despite having retired from competition over 20 years ago, Dorian Yates is still in great shape and is still a stalwart of the bodybuilding scene.

## **What Is The Dorian Yates Blood And Guts Workout? - FitnessClerk**



798 61K views 11 years ago It's time to saddle up and blast your chest and biceps. 6-time Mr. Olympia, Dorian Yates has 5 muscle-pounding exercises that you can use to build fully automatic.

## Dorian Yates Workout: Train Like a Champion - Fitness Volt



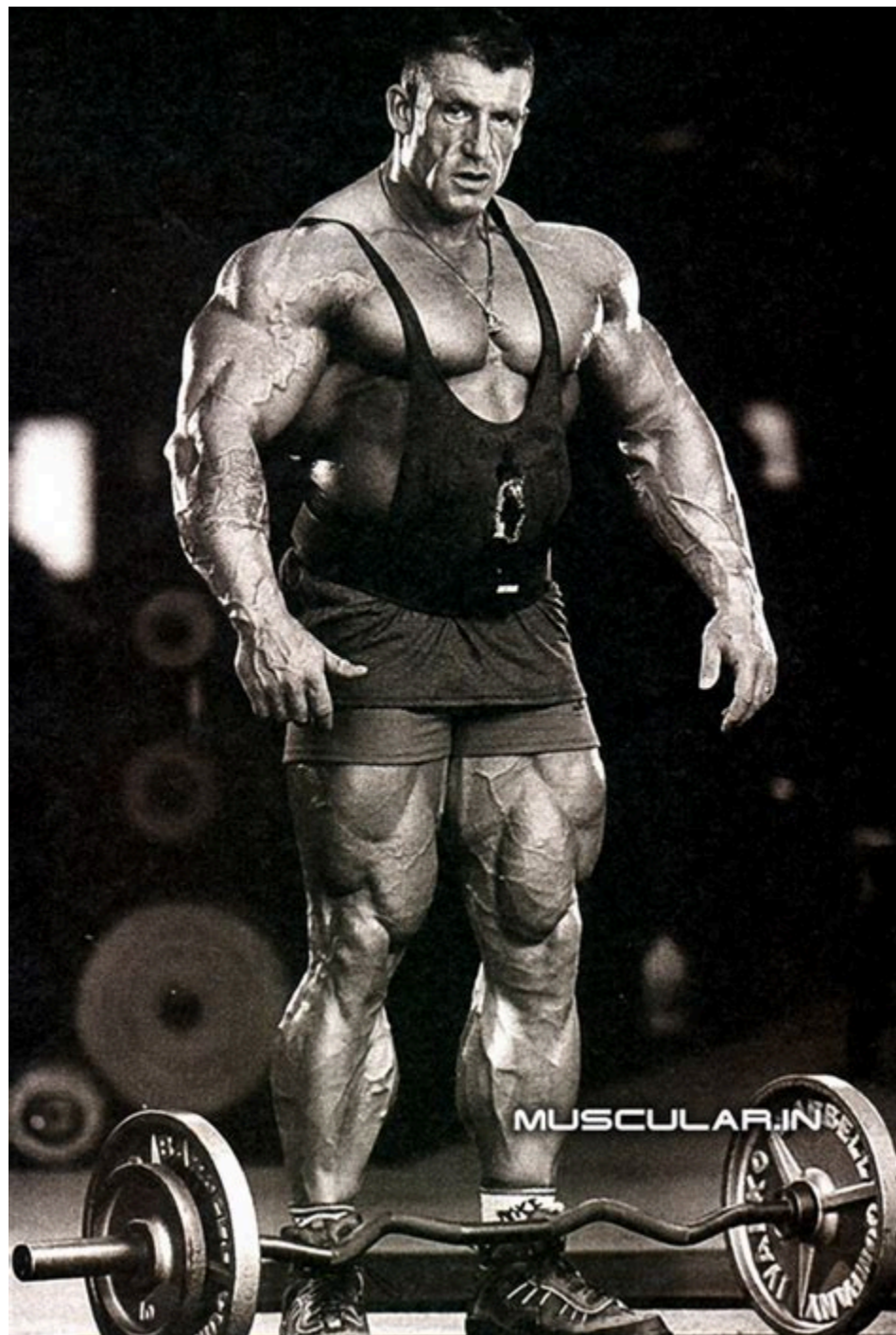
The Blood and Guts routine does a great job of targeting all of your primary muscle groups across 6 days with a mixture of single-joint exercises (barbell curls, cable lateral raises etc) and multi-joint exercises (hack squats, deadlifts, dumbbell bench press etc). . Dorian Yates' Blood and Guts workout is a tried and tested mass-building .

## Dorian Yates Workout Routine - Jacked Gorilla



Is Dorian Yates' Blood and Guts Program going to be any good, has HIIT run its course, and can any normal human even survive? Let's see what's what. About the Creator - Dorian Yates As mentioned before, Dorian was a prolific bodybuilder back in the 80s and 90s.

## Dorian Yates - Blood & Guts. Chest & Biceps - YouTube



By Tooba Hashmi Modified Nov 25, 2023 11:15 GMT Follow Us Comment Dorian Yates has won Mr Olympia contest 6 times (Image by Gorilla Freak) Dorian Yates' routine will fire you up, and his.

## The six-time Mr. Olympia credited his training partners - MSN



Back Day Triceps & Shoulders Heavy Leg Day Dorian Yates the Original Mass Monster As one of the original "mass monsters", Yates changed the bodybuilding game forever. With many seeing the success he had with this 'Blood & Guts' style of training, the bar was set even higher than before.

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