

DENNIS WOLF

2007 GIANT-SET TRAINING

Milos Sarcev-inspired six-day bodybuilding split • Advanced level

This is an adaptation based on Sarcev's published split and training approach, not a verified day-by-day transcript of Dennis Wolf's 2007 training. Exercise sequences are presented as in the article; repetition targets are guidance.

Full article: [Dennis Wolf Workout Routine — TheFitnessPhantom.com](#)

WEEKLY SCHEDULE

DAY	FOCUS
Monday	Chest & calves
Tuesday	Quadriceps
Wednesday	Shoulders & calves
Thursday	Biceps & triceps
Friday	Hamstrings & glutes
Saturday	Back & traps
Sunday	Rest

HOW TO PERFORM GIANT SETS

One set per exercise: Move through the exercises in order, performing each movement once per rotation.

Between exercises: Only enough time to move equipment, often around 10-20 seconds when practical.

Between rotations: Rest 2-5 minutes or longer as needed. Do not repeat all rotations unless your plan specifically calls for it.

Warm-up: Perform general movement and exercise-specific preparation sets before heavy or technical lifts.

Important: These sequences are very demanding. A shorter selection of exercises is more appropriate for most recreational lifters.

Exercise links are included only when a specific instructional resource is verified; routine or exercise-index pages are not substituted for how-to instructions.

MONDAY - CHEST AND CALVES

Perform the seven listed chest exercises consecutively as one giant-set rotation.

Chest Giant Set

ORDER	EXERCISE	REPS
1	Cable Crossover	10-12
2	Weighted Dips	10-12
3	Incline Flyes	10-12
4	Flat Bench Press	8-10
5	Incline Barbell Press	8-10
6	Decline Barbell Press	8-10
7	Low-Incline Press with Partial Lockouts	10 (with static stops)

Calf Superset

EXERCISE	REPS
Standing Calf Raise	12-15
Seated Calf Raise	15-20

Perform 2-3 calf supersets after the chest workout.

TUESDAY - QUADRICEPS

Quadriceps Giant Set (Complete all exercises, rest for 3-5 minutes, then move to the supersets)

ORDER	EXERCISE	REPS
1	Smith Machine Bench Squat	10-12
2	Smith Machine Regular Squat	10-12
3	Barbell Forward Lunges	8 per leg
4	Smith Machine Bench Squat (wide stance)	10-12
5	Smith Machine Back Squat (short-stance)	10-12

Quadriceps Supersets & Triset

EXERCISE	REPS	ROUNDS
Leg Press + Leg Extensions	10-12	2
Sissy Squats + Hack Squat (on same machine)	10-12	2
Short Stance Back Squat > Hack Squats > Leg Press	10-12	1

Keep the weights manageable. If your squat or lunge technique deteriorates, take additional rest.

WEDNESDAY - SHOULDERS AND CALVES

Start your workout with cable bent-over and standing lateral raises, one set each of 10-12 reps, then move to the giant sets.

Giant Set 1 (Complete all exercises, rest for 3-4 minutes, then move to the second circuit)

ORDER	EXERCISE	REPS
1	Seated Dumbbell Overhead	8-10
2	Bent-over Dumbbell Lateral Raises	8-10
3	Seated Dumbbell Front Raises	10-12
4	Seated Dumbbell Lateral Raises	10-12
5	Rear Delt Dumbbell Flyes	10-12
6	Barbell Overhead Press	10-12
7	Barbell Upright Row	10-12
8	Cable External Rotations (Dual-arm)	10-12

Giant Set 2 (Complete all exercises, rest for 2-3 minutes, then move to the final burnout set)

ORDER	EXERCISE	REPS
1	Standing DB Around The World Inward*	10-12
2	Standing DB Around The World Outward*	8-10
3	Standing Barbell Explosive Overhead Press	8-10
4	Seated Dumbbell Around The World Outward	8-10

*Around The World: Make a circle against the body. Lift the dumbbells up to your sides, then lower them slowly, making a circle. For the second variation, raise the dumbbells up in front of you, then bring them out in a circular motion to meet at the bottom.

Final Burnout Set

ORDER	EXERCISE	REPS
1	Alternating Single-arm Overhead Machine Press	10/side
2	Partial Overhead Press (Explosive)	10-12
3	Smith Machine Incline Bench Press	10-12
4	Smith Machine Seated Overhead Press	10-12

Perform 3-4 sets of seated and standing calf raises to end the workout.

THURSDAY - BICEPS AND TRICEPS

Start your workout with a warm-up set of 10-12 triceps pushdowns, preacher curls, hammer curls, drag curls, and close-grip bench presses. It will help your biceps and triceps prepare for brutal arm training.

Source: Dennis Wolf Trains Biceps and Triceps with Milos Sarcev

This session will have three rotations or giant sets.

Rotation 1 involves alternating back-to-back exercises, pairing a triceps movement directly with a biceps movement.

Rotation 2 contains nine listed biceps exercises, each performed once.

The final rotation lists twelve triceps exercises, each performed once.

Giant Set 1: The Bicep/Tricep Alternating Giant Set (Perform 10-12 exercises, rest for 2-3 minutes, then complete the remaining exercises)

ORDER	EXERCISE	REPS
1	Cable Triceps Pushdowns	10-12
2	Standing Barbell Curls	10-12
3	Overhead Triceps Extensions	10-12
4	EZ Barbell Preacher Curls	10-12
5	Bar Dips	10-12
6	Cable Biceps Curls Lying on an Incline Bench	10-12
7	Rope Triceps Pushdown	10-12
8	EZ Bar Drag Curls	10-12
9	V-bar Triceps Pushdown	10-12
10	Reverse EZ Bar Preacher Curls	10-12
11	Dumbbell Overhead Triceps Extensions	10-12
12	Barbell Spider Curls	10-12
13	Triceps Kickback	10-12
14	Seated Barbell Curls	10-12
15	Wide Grip Triceps Pushdown	10-12
16	Cable Biceps Curls Lying on a Decline Bench	10-12
17	Triceps Extensions Lying on a Decline Bench	10-12
18	High-to-Low Cable Biceps Curls	10-12
19	Reverse Grip Triceps Extension	10-12
20	Seated Dumbbell Hammer Curls	10-12
21	Seated Dumbbell Overhead Triceps Extension	10-12

ORDER	EXERCISE	REPS
22	Cable Biceps Curls (Leaning Back)	10-12
23	Triceps Pushdown	10-12

Giant Set 2: Biceps Isolation

ORDER	EXERCISE	REPS
1	Seated Dumbbell Biceps Curls	10-12
2	Barbell Preacher Curls	10-12
3	Overhead Cable Curls	10-12
4	Lying Cable Face Biceps Curls	10-12
5	Reverse Preacher Curls	10-12
6	Standing EZ Bar Curls	10-12
7	Cable Hammer Curls	10-12
8	Dumbbell Hammer Curls	10-12
9	Lying Cable Curls	Not specified

Giant Set 3: Triceps Isolation

ORDER	EXERCISE	REPS
1	Triceps Pushdown on Machine	10-12
2	Close Grip Bench Press	10-12
3	Overhead Barbell Triceps Extensions	10-12
4	Cable Triceps Pushdown	10-12
5	Lying Triceps Extension	10-12
6	Bar Dips	10-12
7	Incline Lying Triceps Extensions	10-12
8	Close Grip Triceps Pushdown	10-12
9	Reverse Grip Triceps Pushdown	10-12
10	Wide Grip Triceps Pushdown	10-12
11	Rope Triceps Overhead Extensions	10-12
12	Lying Triceps Forward Extensions	10-12

Use controlled movements rather than momentum, especially toward the end of each round.

FRIDAY - HAMSTRINGS AND GLUTES

This session emphasizes knee flexion and hip extension exercises.

Source: Dennis Wolf Trains Hamstrings with Milos Sarcev

Hamstrings and Glutes Giant Set

ORDER	EXERCISE	REPS
1	Romanian deadlifts	8-10
2	Single-leg hamstring curls	10 per leg
3	Dumbbell forward lunges	8-10 per leg
4	Stiff-leg deadlifts	8-10
5	Lying leg curls	10-12
6	Roman Chair Hyperextensions	10-12
7	Lying leg curls	10-12
8	Quad Extensions	10-12
9	Stiff-leg deadlifts	8-10
10	Quad Extensions	10-12
11	Seated leg curls	10-12
12	Seated Machine Hip Abduction	10-12
13	Seated Machine Hip Adduction	10-12
14	Lying Leg Curls	10-12
15	Single-leg Hamstring Curls	10 per leg

Take extra rest before Romanian deadlifts if needed. Do not perform technical hip-hinge movements when fatigue prevents you from maintaining proper form.

SATURDAY - BACK AND TRAPS

This workout combines vertical pulling, horizontal rowing, and isolation movements.

Source: Dennis Wolf Trains Back with Milos Sarcev

Back Giant Set (1st Rotation: 1-8 exercises, 2nd Rotation: 9-13 exercises, 3rd Rotation: 14-25)

ORDER	EXERCISE	REPS
1	Close-Grip Lat Pulldown	10-12
2	Chest-Supported Dumbbell Row	10-12
3	Chest-Supported Dumbbell Shrugs	10-12
4	Seated Barbell Shrugs	10-12
5	Bent-over Barbell Row	10-12
6	Barbell Deadlifts (Partial)	10-12
7	Bent-over Dumbbell Row (palms down)	10-12
8	Underhand Grip Bent-over Row	10-12
9	Chest Supported T-bar Row	10-12
10	Wide Lat Pulldown	10-12
11	Low Machine Row	10-12
12	Neutral Grip Lat Pulldown	10-12
13	Seated Dumbbell Shrugs	10-12
14	Medium Grip Lat Pulldown	10-12
15	V-handle Lat Pulldown	10-12
16	Behind-the-Neck Lat Pulldown	10-12
17	Neutral Grip Lat Pulldown	10-12
18	Standing Lat Pullover	10-12
19	Seated Cable Row	10-12
20	Neutral Grip Pull-ups	10-12
21	Seated Straight-bar Row	10-12
22	Overhand Pull-ups	6-10
23	Seated Cable Row (D-handles)	10-12
24	Close-grip Lat Pulldown	10-12
25	Seated Cable Reverse Fly (High to low)	10-12

TRAINING NOTES & SOURCES

For each rotation, the exercise order and one-set structure are the focus. Repetitions are targets, not a claim about Wolf's exact performance. If technique breaks down, extend rest or stop the circuit. In particular, avoid heavy deadlift variations when exhausted.

This six-day example follows Sarcev's published schedule; the long exercise sequences are adapted from the article and should not be presented as a verified 2007 training diary.

Original article, training history, and source links:

<https://thefitnessphantom.com/dennis-wolf-workout-routine>

Source context: GMV Productions, Dennis Wolf: Hungry Like a Wolf (2007); JYM Supplement Science, Milos Sarcev's Hyperemia Advantage Training System.