

DENNIS WOLF

5-DAY BODYBUILDING SPLIT

Classic 2006–2009-inspired body-part split • Intermediate–advanced • Five training days + two rest days

The weekly muscle-group schedule is based on published coverage of Wolf’s training. Exercise selections, sets and reps below are practical reconstructions, not verified transcripts of his exact sessions.

Full article and training history: [Read the Dennis Wolf Workout Routine](#)

WEEKLY SCHEDULE

DAY	MUSCLE GROUPS
Monday	Chest, triceps, calves
Tuesday	Biceps, hamstrings, calves
Wednesday	Quadriceps
Thursday	Back, calves
Friday	Shoulders, calves
Saturday + Sunday	Rest / optional easy walking

How to use: Warm up before lifting; use lighter preparation sets for demanding exercises. Rest about 1–3 minutes between working sets, longer if needed. Choose loads that allow controlled reps and adjust volume to recovery.

EXERCISE INSTRUCTIONS

Only green underlined exercise names are clickable. They lead to pages with instructions for performing that movement. Other exercises are unlinked rather than sending you to unrelated workout routines.

MONDAY | Chest · Triceps · Calves

EXERCISE	SETS	REPS
Incline Barbell Bench Press	3	8-12
Flat Dumbbell Bench Press	3	8-12
Machine Chest Press	2	10-12
Cable Crossover	2	12-15
Cable Triceps Pushdown	3	10-12
Overhead Cable Triceps Extension	2	10-12
Standing Calf Raise	3	12-15

TUESDAY | Biceps · Hamstrings · Calves

EXERCISE	SETS	REPS
Barbell Curl	3	8-10
Alternating Dumbbell Curl	3	8-10
One-Arm Dumbbell Preacher Curl	3	8-10
Lying Leg Curl	3	10-12
Romanian Deadlift	3	8-12
Seated Leg Curl	2	12-15
Seated Calf Raise	3	12-15

TRAINING NOTES

- Record weights and repetitions. When all working sets reach the upper end of the rep range with good technique, increase the load slightly.
- If recovery or performance declines, reduce sets or take an additional rest day.
- This high-frequency body-part split is not the best starting point for a complete beginner.

WEDNESDAY | Quadriceps

EXERCISE	SETS	REPS
Barbell Squat	3	8-12
Leg Press	3	10-12
Hack Squat	2	10-12
Leg Extension	3	12-15

THURSDAY | Back · Calves

EXERCISE	SETS	REPS
Wide-Grip Lat Pulldown	3	10-12
Barbell Bent-Over Row	3	8-12
Seated Cable Row	3	10-12
Straight-Arm Cable Pulldown	2	12-15
Standing Calf Raise	3	12-15

FRIDAY | Shoulders · Calves

EXERCISE	SETS	REPS
Seated Dumbbell Shoulder Press	3	8-12
Dumbbell Lateral Raise	3	10-15
Cable Lateral Raise	2	12-15
Reverse Pec Deck	3	12-15
Seated Calf Raise	3	15-20

WEEKEND | RECOVERY

Saturday and Sunday: No scheduled lifting. Optional easy walking or mobility work.

MORE FROM THE FITNESS PHANTOM

[Original Dennis Wolf article](#) |

Source context: The split schedule was reported in a 2006 FLEX feature and a July 2009 Muscular Development profile. See the original article for fuller discussion, references and other training phases.