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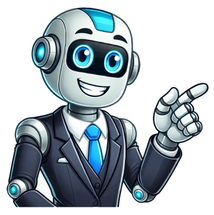

The all-rounder fitness star, Larry "Wheels" Williams, is launching a new powerbuilding program and shared a full workout on his Youtube channel. Wheels, who seems to excel at everything he does in fitness from powerlifting, bodybuilding, social media, business, and now arm wrestling, teamed up with the promising bodybuilding pro, Chinedu Andrew Jacked to go through this well thought out chest-based powerbuilding workout. View this post on Instagram A post shared by Larry (@larrywheels) Wheels begins the video welcoming back Andrew Jacked from his USA takeover; this video is shot at the Binous gym in Dubai, UAE. Wheels compliments Jacked on his recent achievements in bodybuilding, saying that they expect to see Jacked on stage at Mr. Olympia soon. Jacked talks about participating in multiple shows over the past year to improve his posing and performance before stepping into the big boy's league. Before starting the workout, Wheels and Jacked hurl niceties at each other, then they speak about the gym being flooded with people who are chasing their fitness New Year's goals and resolutions. Wheels tells us that this video introduces day 1 of his powerbuilding program that will be released in a mobile app soon. Wheels surprised Jacked by telling him that the first exercise they'll be doing is decline press. Let's get into the workout... Larry Wheels' Powerbuilding Program Chest Workout With Andrew Jacked DECLINE BENCH Now at the decline bench, Wheels briefly goes over what his program calls for "3 sets of 8 to 12 reps. Start at 12, then 10, then 8." Wheels and Jacked take turns smashing out some warm reps with 60 kg (132lb). Just after Jacked finishes his first warmup set, Wheels mentions that his biceps are super sore from arm wrestling practice before throwing on another 45 plate on each side. They both do another warm up set at 100 kg (220lb). Next up, 3 plates on each side for the last warmup set. Time to get serious as Wheels throws on some elbow wraps to help with his inflamed brachialis muscles from arm wrestling. Hopping back under the bar, Wheels knocks out another set of decline with 4 plates on each side. Jacked starts with 3 plates for his first set of 12 because he said he takes a little longer to warm up, and this is only the first exercise. After that, Wheels is ready to step it up to 5 plates on each side for a total of 220 kg (484lb) but makes sure to point out that the barbell they're using is a cheap one with a lot of flex and bounce, which makes lifting it more difficult. Jacked continues each working set with the same weight and similar rep range while Wheels finishes with 4 plates on each side, sticking to his original rep scheme. PEC DECK REAR DELT FLYS Up next is rear flys on the pec deck. It looks like they're using around a 10 stack of weight plates as they bust out 10-15 reps here. You can see the two pros really contract those rear delts as they squeeze their back. We only get to see two sets here, but the guys seem thoroughly warmed up at this point. SMITH MACHINE INCLINE Back to the chest for this exercise, it's interesting to note that we often see pro bodybuilders using the Smith Machine in their workouts. Starting with one plate on each side, they pump out some warmup reps. Then, another 15 kg (33lb) plate is added. Wheels stops to tell the viewers that the beast Illia 'Golem' Yefimchyk taught him to keep the elbows flared in this exercise to get maximum contraction of the upper chest. He's also careful to say that this is a compromising position for the elbows that why you should never do it with heavyweight, and he stays around 30% of his 1RM when he's doing this. The other crucial point is to use partial or half-reps to keep the constant tension on the pecs. Wheels has to actually check his phone to see what exercises are coming up next. For the incline of the Smith Machine, he reiterates 3 sets of 8-12 reps, but on the last set, you can try to go for AMRAP (as many reps as possible). SUPERSET: INCLINE TRICEPS EXTENSION X DB CONCENTRATION CURLS Time to pump up those arms as the camera shows Wheels gets into place on the incline bench, arms overhead holding 12 kg dumbbells. He fires off a set of triceps extensions then moves right into concentration biceps curls. He tells Jacked that he should use the grip for triceps extensions he prefers and that you can target different heads of the muscle depending on the grip. Jacked follows Wheels' advice then reps out the triceps extensions by turning his wrists inwards towards the top of the extension. Jacked also performs some super slow and controlled concentration curls with almost a 3 second eccentric and concentric phase. They both step up in weight using the 17.5 kg (38.5lb) dumbbells for the next set. Once again, we see two sets here; this time, it looks like a rep scheme of 10-15 depending on the exercise. LAT RAISES Coming into the last exercise of the workout, Wheels breakdowns the difference between strength training and bodybuilding. He says that with strength training, you just try to move the weight and bodybuilding; you try to control the weight and look for a mind-muscle connection. This is why you'll see jacked-up bodybuilders sometimes using what seems like the weight that is too light to be effective. They both finish up with 3 sets of 10-12 reps here with what seems like 5-10 kg (11-22lb). However, Andrew Jacked definitely bested Wheels on this exercise, Jacked says it's because he's super flexible. In closing, they said it was a comfortable workout for the most part. Wheels rehashed the workout and that it's chest-based but included tons of accessory lifts that help accentuate the main compound lift they did, the decline bench. SAMPLE LARRY WHEELS CHEST POWERBUILDING WORKOUT Here's the workout out boiled down into something you can try at your gym next time you workout. Warmup Decline Bench 3 sets x 10 reps Decline Bench: 3 sets x 12, 10, 8 reps Rear Flys: 2 sets x 10-15 reps Incline Smith Machine: 3 sets x 8-12 reps then finish with AMRAP last set (*Elbows flared, lightweight, partial reps) Superset: Incline Triceps Ext. x DB Concentration Curls: 2 sets x 10-15 reps (each exercise, super slow biceps curl eccentric phase) Lateral Raises: 3 sets x 10-12 reps Note: Keep rests between sets 45-90 seconds. View this post on Instagram A post shared by Larry (@larrywheels) For the latest news follow us on Facebook and Instagram. Let us know if you give this workout a try in the comments below. We also created our own 12-week powerbuilding program! Related: Flex Wheeler Runs Andrew Jacked Through Killer Upper Chest Workout Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. 0 ratings0% found this document useful (0 votes)2K viewsThis document outlines a 4-week training program with exercises prescribed for each day. Day 1 focuses on squats and bench press, with assistance work for back, hips, and rear delts. Day 2 i...AI-enhanced title and descriptionSaveSave LarryWheelsWorldRecordProgramVerision2StrengthPhas... For Later0%0% found this document useful, undefined Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Jeff Nippard and Larry Wheels pitted bro science against his science-based training philosophy. In a YouTube video shared on May 25, 2025, Nippard and Wheels worked together to build bigger chests with four exercises. After claiming runner-up at the 2023 Amateur Olympia, fans were curious when and if Larry Wheels would earn his IFBB Pro card. Despite some fan doubt, Wheels brought an improved package overseas to the 2025 Musclecontest Ireland, and as a result, earned his long-awaited Pro status. To continue his hot streak, he joined natural bodybuilder and powerlifter Jeff Nippard for a training session. Nippard is one of the most respected educators in the space, routinely diving into research to help his audience craft their ideal physiques. Together, they bonded over a pump, with Nippard offering Wheels some key pieces of advice. Jeff Nippard and IFBB Pro Larry Wheels Build Chest Together Find their exercise selections below, which were featured in Wheels' latest YouTube video: Incline Barbell Press Pec Deck Fly Cambered Bar Bench Press Machine Cable Front Raise Incline Barbell Press When asked about the best science-based lift to improve Wheels' upper chest, Nippard pointed to the incline barbell press. "My number one pick would probably be some kind of incline press. I usually do an incline barbell press again because of that strength background," Nippard shared. While Nippard prefers this movement to start, he doesn't believe exercise selections are inherently good or bad; it depends on the person and context. "The more tools in your toolbox, the more tools you have available to get the job done. It doesn't necessarily mean you need to use all of them every workout. I personally don't think there are any inherently good or bad exercises. There are some that are better than others, depending on the context and the person," he stated. Nippard favors the pec deck fly using a bench, but believes variations of this exercise come down to personal choice, just as long as the lifter can achieve a deep stretch and feel tension throughout the range of motion. "I feel like it's kind of personal choice at this point, as long as you can get a deep stretch and feel the tension through the range of motion," shared Nippard. He also offered form cue tips to Wheels during his set: "I think about driving my elbows together and keeping them up, though, not letting them dip down rather than just the hands together. This probably won't be a problem for you, but I find a lot of people when they think about hands, they have a tendency to press and use their triceps. But if you're driving through your elbows, it's only your pecs that can act, and a little front delts. Cambered Bar Bench Press Machine Nippard opened up on whether it's possible to build an Olympia-level physique with basic equipment and machines during their sets on the cambered bar bench press. "It might depend on the person but you can definitely build a good physique with traditional stuff but I would say it gives you a slight edge because it gives you extra shit. You still have all the basics but now you got a little extra." Cable Front Raise Pushing through their last exercise, Nippard addressed how he approaches re-feeds to keep his energy levels on point. "I don't know if I'd change the fats so much personally. I use the two re-feed days –I'm really trying to fill out and get a performance boost that's going to carry me through the week." Wheels has been doing the rounds within the bodybuilding community as of late. Ahead of acquiring his Pro card, he enlisted the help of former four-time Mr. Olympia Jay Cutler. They trained back together, and Cutler offered him advice on his posing. Having earned his IFBB Pro card, fans look forward to Wheels' next bodybuilding venture. He teased a potential showdown with Sam Sulek on the horizon. RELATED: Wesley Vissers Coaches Larry Wheels Through Push Day and Posing Routine for IFBB Pro Card Preparation Watch the full video from the Larry Wheels YouTube channel below: Facebook Twitter Reddit Flipboard LinkedIn Pinterest Regularly called the world's strongest bodybuilder, Larry Wheels is an athletic phenomenon whose story and advice never fail to inspire. Body This year I hit a 900lb deadlift, a 650lb bench, 440lb overhead squat and an 850lb squat. So, my strength is definitely at an all-time high. I attribute that to careful programing and keeping the frequency low. I only deadlift twice a month, I squat once a week and I bench once a week. By including triples (3×3 reps) and sets of five reps all the way up to my bodybuilding shows, it actually creates a linear progression even when I'm dropping carbs. This means I'm always getting stronger. For cardio during the off-seasons for both sports I do lots of AMRAPS and sets of 20 reps so my heart rate is very high. I only do cardio such as walking or doing the elliptical when I'm about 2-3 weeks out from my show. My advice to people who want to get into the powerlifting game is that YouTube can be a great teacher. It's how I learned when I didn't have a coach, it taught me the proper technique I needed. Nutrition My diet is mostly ground beef, white rice and carrots. I keep it very simple. Right now it is what my coach recommends because when you're eating the same foods day in and day out, you get better at digesting them and you can handle more of them. During the off-seasons for bodybuilding and powerlifting you have to force feed yourself so it's important to have food that is healthy, high in protein and carbs and is easy to digest. My supplements haven't changed, I stick to MHP's pre-workout, intra-workout and a post-workout. And that stays the same for both sports because these products comprehensively cover all my needs. Soul There are certain things that give me a confidence boost when I step into the gym or on the powerlifting platform. I write a check list. Am I getting eight hours sleep a night? Am I eating enough? Am I following the program? If I can tick all these things off I know I shouldn't hit a wall or plateau. Ever since I've had this check list, I've had a linear progression with my strength and muscle gains and have stayed injury-free. When I started working with an experienced powerlifting coach to teach me how to do these lifts correctly and safely that has made my healing so much faster. On top of that, I have a physical therapist to work with on a regular basis to diagnose any problems and to make sure my body is moving as optimally as possible. It's an investment and helps me stay competitive. They'll see things in you that you can't. Working with professionals has helped me stay injury-free and be at my best. Mind I feel like I owe it to the lifting community to live up to my potential. I realize I have a gift and it just wouldn't feel right to let it go to waste. When I first started powerlifting I had my coach tell me I was talented and at first it was hard to believe as I'd just stepped onto the scene. As of this year I realized that to hit my maximum potential I had to do both powerlifting and bodybuilding. This helped me get my physique into the best shape it can be in and I'm now aiming for a world record in powerlifting and to get my pro card in bodybuilding. I'm doing this because I know it's within my reach and it feels like it would be a waste not to pursue these achievements. I'm the guy who can be successful at both and show people that you don't have to be one or the other. You can be successful on multiple paths. What does Larry Wheels' workout routine look like? Larry Wheels is an American strongman, bodybuilder, and powerlifter. Wheels are best known for his incredible strength and muscle mass.He has a massive following on his social media and he also manages his own supplement and clothing company: PRLifestyle. He often posts his workout routine on social media such as Instagram.Don't forget to share this article, if you're a big fan of Larry Wheels or if you have a friend or a family member that is a huge fan of this guy. Within this article, we'll discuss Larry Wheels' workout routine, diet, and supplements: Current Stats Height: 185-5 cm – 6'1″ Weight: 111.1 – 115.7 – 245 – 255 poundsAge: 25 years old Birthday: 3rd of December, 1994 Accolades: PRLifestyle Workout PrinciplesLarry Wheels has to this day pushed himself to be one of the greatest powerlifters. He had to figure out everything by himself and today is one of the most successful powerlifters and bodybuilders. Wheels like to focus on different muscle groups each day and he makes sure to eat around 8-9 meals each day. He also makes sure that he has some time to recover from all of his workouts. Recommended Supplement StackLarry Wheels' Workout RoutineLarry Wheels works out 6 days per week and this allows him to gain an incredible size. In order to get more and more muscle mass, he makes sure to never have a cheat day. Wheels' is a powerlifter which means that his training has to be extremely intense, and for that reason, it's important that he gives his body time to recover as well. Here is Larry Wheels' workout routine: Monday: ChestLarry Wheels' performs his chest workout routine by doing 5 different exercises. Here is Larry Wheels' chest routine: 1. Barbell flat bench press (5 sets, 6-12 reps)2. Incline dumbbell bench press (5 sets, 8-12 reps)3. Decline barbell bench press (5 sets, 8-12 reps)4. Lat pulldown (5 sets, 10-12 reps)5. Pec deck machine (5 sets, 10-12 reps)Tuesday: BackWheels' perform this back routine by doing 6 different exercises with an average of 5 sets and 10 reps. Here is Larry Wheels' back routine: 1. Wide grip bodyweight pull-up (4 sets, 10-15 reps)2. Bent over cable lat pulldown (5 sets, 8-12 reps)3. Behind the neck lat pulldown (5 sets, 10-15 reps)4. Seated machine row (5 sets, 10-15 reps)5. Single-arm machine row (5 sets, 10-15 reps)6. Hammer Strength seated row (5 sets, 10-15 reps)Wednesday: ShouldersHe hits this shoulder routine by doing a total of 5 exercises. Here is Larry Wheels' shoulder routine: 1. Standing behind the neck shoulder press (5 sets, 6-12 reps)2. Seated dumbbell press (5 sets, 8-12 reps)3. Incline smith machine shoulder press (5 sets, 8-15 reps)4. Side lateral raise machine (5 sets, 10-15 reps)5. Reverse pec deck (5 sets, 10-15 reps)Thursday: LegsLarry Wheels' hits this leg routine by doing an average of 6 sets and 5 reps.Here is Larry Wheels' leg routine: 1. Barbell squat (6 sets, 5-8 reps)2. Barbell squat with resistance bands (6 sets, 5-8 reps)3. Barbell deadlift (6 sets, 5-8 reps)4. Smith machine squat (6 sets, 5-8 reps)5. Back extension (4 sets, 10-15 reps)Friday: ArmsHe performs this arm routine by doing a total of 6 exercises. Here is Larry Wheels' arm routine: 1. Cable triceps push down (4 sets, 10-15 reps)2. Seated dumbbell triceps extension (4 sets, 10-15 reps)3. Weighted bench dips (4 sets, 10-15 reps)4. Lying down cable curl (4 sets, 10-15 reps)5. Standing plate curl (4 sets, 10-15 reps)6. EZ bar curl (4 sets to failure) Larry Wheels' Diet Larry Wheels' follows a strict diet to maintain his strength and muscles.Some foods that we can see in his diet are beef, rice and avocados, chicken, salmon, and sweet potatoes. He normally eats around 8-9 meals each day depending on his current fitness goals.Here is Larry Wheels' diet: 1. Breakfast2. Snack3. Lunch 4. Snack5. DinnerGrilled Chicken BurgerFrench Fries6. Snack7. Night Snack 8. Night Snack 2Supplements Larry Wheels' uses the following supplements to help fuel his gains: Creatine BCAA MultivitaminWhey ProteinPre-WorkoutWhilst we don't know the exact brand of supplements Larry Wheels uses, we have some recommendations based on what he takes. These are the top picks from each category, featured on our ranked supplement lists:Summary Larry Wheels is one of the strongest powerlifters in the world.Wheels' has inspired many and he has come a long way since fitness became a big part of his life. Don't forget to share this article with your friends and family.If you enjoyed this routine, check out some of our other Youtuber workout routines:What do you think about Larry Wheels' workout routine and diet? Leave a comment below. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. This post may contain affiliate links (disclosure policy).Larry Williams aka Larry Wheels is an American strongman, bodybuilder, and powerlifter. He is best known for his incredible strength and muscle mass. Larry Wheels has fast become one of the most popular faces in the bodybuilding and powerlifting world. The guy lifts a shit ton of weight like it ain't nothing but a peanut. Wait, I think I've heard this somewhere before, but I digress. Wheels has been getting a lot of eyeballs for his crazy lifts. In fact, Ronnie Coleman, an 8X Mr. Olympia and one of the strongest bodybuilders of all time, went on record to praise the powerlifter's strength. Larry Wheels Stats Name: Larry Williams Height: 6'1″ Weight: 245–255 pounds Birthday: 3 December 1994 Profession: Powerlifting Larry Wheels Powerlifting Record Raw 2,275lbs total (810 lbs squat, 610 lbs bench press, 855 lbs deadlift) at 275 lbs of body weight The numbers mentioned above are from a 2017 powerlifting meet. Larry has since bested his PRs. His current best numbers are: Squat: 950 pounds Bench Press: 675 pounds Deadlift: 937 pounds Wheels' Instagram feed is nothing short of a work of art. Like a fine painter, he tries to outdo his masterpiece every time he has a go on the canvas. Larry has a tendency to push himself too hard. Although we have seen Larry Wheels lift insane weights without a care in the world, it has not gone so well for his training partners. In the recent past, Ryan Crowley and Mike Edwards have met with accidents on the bench press while training with Larry Wheels. On top of that, Wheels himself has suffered an injury while benching. Statistically speaking, a majority of Larry Wheels' injuries occur on the bench press. We have advice for people training with Wheels; do not hit the bench! The Larry Wheels Story Wheels grew up in extreme poverty in Bronx, New York. He started training for personal safety. He wanted to look bigger and stronger so nobody could bully him. Since Larry could not afford a gym membership initially, he began doing push-ups, pull-ups, and sit-ups every day at home. With the help of his mother, he later built himself a basic weight set consisting of two 40 lbs concrete blocks and a broomstick. Fast forward several years and training at a gym, Larry Wheels is now a professional powerlifter. He also made two powerlifting world records in 2017, making a name for himself in the sport in the process. "Because cinder blocks were so heavy, I'd have to swing the weight up. It wasn't pretty, but I did manage to do three sets of curls and military presses." – Larry Wheels Related: Larry Wheels Shares Throwback Video Before He Had Any Muscle Larry Wheels Diet Growing up, Wheels did not have the resources to find himself a professional coach who could help him with his training and nutrition program. But that did not push Larry to give up his passion for lifting weights. He learned everything about the sport through trial and error. Going by his physique and strength, it would be safe to say that Wheels has his shit figured out. Larry Wheels Diet Plan Wheels eats 8-9 meals every day. When trying to bulk up, he consumes around 5,500 calories a day. Beef, rice, and avocados are the staples in Larry's high-calorie diet. However, when cutting down for a show, Larry Wheels limits his calories intake to 4,400 calories a day. The staples for his shredding diet include salmon, chicken, sweet potatoes, and rice. Must Read: Larry Wheels Accepts And Completes Hafthor Bjornsson's Bench Press Challenge It should be noted that Larry's cutting diet can be an average bodybuilder's bulking diet. Larry William's bulking diet looks something like this: Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Grilled Chicken Burger French Fries Meal 6 Meal 7 Meal 8 Larry Wheels Workout Program Since Wheels came from humble beginnings, he could not afford a gym membership in his early years. After landing a job, the powerlifter paid for his first gym membership and started seeing dramatic progress in his physique. Although he was getting bigger and stronger, Larry lost interest in bodybuilding after six months of joining a gym and decided to train for strength instead. Training Principles Larry Wheels' workout routine revolves around the following principles: 1. Train Like a Powerlifter Wheels is more jacked than most powerlifters and stronger than most bodybuilders. He is one of the few successful powerbodybuilders. To achieve his incredible strength and muscle size, Larry alternates between powerlifting and bodybuilding programs. We will be breaking down his training part into two sections: Larry's Powerlifting Program Larry's Bodybuilding Program By the end of this article, you will have a concrete plan of how to build size and strength like Larry Wheels. Related: Larry Wheels Strict Curls 231 Lbs, Closes in on World Record 2. Rest is Key In his initial lifting days, Larry barely took any rest. He believed that the more he trained, the bigger and stronger he is going to get. Although it worked for him initially, Larry soon hit a plateau. According to him, he was stuck at 190 lbs, and the needle on the weighing machine would not budge no matter how hard he trained or how much he ate. He started seeing progress in his strength and size only after he reduced his workout frequency. Larry Wheels Powerlifting Program Wheels follows a three-day powerlifting training program. Traning heavy three days a week and taking the remaining four days off allows him enough time to recover from his intense training sessions. Here is what his training routine looks like: Monday: Squat Wednesday: Bench Press Friday: Deadlift After lifting heavy on the big 3 in his powerlifting program, Larry performs a few assistance exercises for his upper and lower body. As per Larry, he squats and bench presses once per week and deadlifts on alternate weeks. The low-frequency training program gives his body the optimal time it requires to recover from his workouts. It also puts less wear and tear on his body and helps him avoid injuries. Check Out: Larry Wheels Hits Massive Deadlift PR and Bleeds from His Neck! Monday: Squat Reverse band back squat: 3 sets of 1 rep Plank: 3 sets to failure Glute ham raise: 3 sets to failure Larry Wheels performs this workout a few weeks before his powerlifting meets. The Instagram icon goes super-heavy on squats. Note: we would not encourage beginners or intermediate lifters to emulate what he does in the gym. Larry likes the reverse bands as they let him get used to the feeling of an ultra-heavy weight on his back, and they take some of the pressure off his back and legs in the bottom position. Watch: Larry Wheels Sets New Personal Best With Massive 950lb Squat Wednesday: Bench Press Bench press: 3 sets of 1 rep Super yolk push press: 3 sets of 5 reps V-handle Seated cable row: 3 sets of 10-15 reps Standing cable external rotation: 3 sets of 10-15 reps Larry begins his second workout with a 1RM (one rep max) on the bench press. Remember: Wheels performs a thorough warm-up routine before starting his workouts. Do not make the blunder of attempting a 1RM without your joints properly warmed up. Watch: Larry Wheels Sets PR With 44 Reps Of 308 Pounds On Bench Press Friday: Deadlift For his deadlift workouts, Larry does not perform any accessory exercises. He works up to a heavy set of 1-10 reps on the deadlift and then calls it a day. As we said earlier, Larry Wheels only performs the deadlift every alternate week. On the weeks he does not deadlift, Larry does other upper body exercises. Watch: Larry Wheels Sets Deadlift PR With 7 Reps of 347kg Larry Wheels Bodybuilding Program When Larry trains like a bodybuilder his goal is to build muscle size while maintaining his overall strength levels. His bodybuilding training split includes: Day 1: Chest Day 2: Back Day 3: Shoulders Day 4: Legs Day 5: Arms Day 6: Off Day 7: Off Wheels is a freak of nature. He currently weighs around 300 lbs and usually sports a six-pack throughout the year. You could not say the same thing for most pro athletes. Larry trains each muscle group on a separate day so he can perform more volume per muscle. Day 1: Chest Workout Incline dumbbell bench press: 3 sets of 5-10 reps Standing cable fly: 3 sets of 10-15 reps Incline bench press: 3 sets of 10-15 reps Rope cable pushdown: 3 sets of 10-15 reps Wheels stays true to his powerlifting background even in his bodybuilding-style workouts. He does incline bench press with 200+ pound dumbbells. Day 2: Back Workout Barbell row: 3 sets of 5 reps Wide-grip Lat pull-down: 3 sets of 10-15 reps Pull-up: 3 sets to failure Hammer strength low row: 3 sets of 10-15 reps Why just five reps on the barbell row, you ask? Larry being Larry, performs barbell rows with almost 600 lbs. Now, do not load up your barbell with the same weight. Be mindful, and use a weight that can help you reach failure around five reps, safely. Wheels does pull-ups in the middle of his workout. For this exercise, perform as many reps as you can with just your bodyweight. However, if you can still do more than 20-reps, feel free to add resistance by using a dip belt. Check Out: Larry Wheels Shares Exercise To Build A Massive Back Day 3: Shoulders Workout Seated barbell overhead press: 3 sets of 1 rep Machine Viking press: 3 sets of 10-15 reps Seated dumbbell overhead press: 3 sets of 10-15 reps Standing dumbbell lateral raise: 3 sets of 10-15 reps To kick off his shoulder workout, Larry performs seated military press with almost 500 pounds. He limits the first exercise to a 1RM and does not perform 5-10 reps as he does in his other workouts. For the next three exercises, Wheels pumps up the volume and performs a higher number of reps for a better pump and muscle fiber recruitment and activation. If you never heard of the Viking press before, you are not alone. Larry Wheels picked up this exercise while training with the professional strongman competitor, Hafthor Bjornsson aka Thor. Next Read: Larry Wheels Sets New PR With 140lb Shoulder Press For 17 Reps Day 4: Legs Workout Machine leg extension: 3 sets of 8-12 reps Squat: 3 sets of 15 reps Leg press: 3 sets of 10-15 reps Seated leg curl: 3 sets of 10-15 reps Walking lunges: 3 sets of 10-15 reps (each leg) If you did not already know, Larry Wheels has incredible squatting strength. He likes to pre-exhaust his wheels with the leg extensions at the beginning of his workouts so he does not have to go super heavy on the squat (see what we did there?). Follow the same workout with the same intensity, and you will surely be limping around for a few days. Day 5: Arms Workout V-handle Cable pushdown: 3 sets of 10-15 reps Seated dumbbell French press: 3 sets of 10-15 reps Incline skull crusher: 3 sets of 10-15 reps Incline EZ-bar spider curl: 3 sets of 10-15 reps Unilateral machine preacher curl: 3 sets of 10-15 reps Although Larry Wheels has mountains for arms, he rarely goes heavy on arm day. He believes that since his arms are a secondary muscle group in his chest, shoulder, and back workouts, he does not need to push himself too hard on his arm day. While working his guns, Larry likes to train for muscle pumps. Day 6: Rest Day Day 7: Rest Day Training Advice Training like Larry Wheels is no joke. The Instagram sensation has endured many injuries on his way to stardom. You can check out some of his injury videos here, here, here, here, here, and here. Also, he faced a medical emergency while filming for Strength Wars: The Movie. These are an awful lot of injuries for a single athlete. That tells you something about Larry Wheel's training style. We recommend not going too hard on yourself, especially if you are a beginner. If you are a newbie, you would be better off starting with a beginner's training routine and then progressing to Larry Wheels' training and diet program under the guidance of a professional. Next Read: 'Strength Wars: The Movie' Clip – Larry Wheels Vs NDO Champ Supplements You certainly cannot lift the way Larry Wheels does without using supplements. Not only do sports supplements support your workouts, but they also help you recover post-training. Wheels' supplement stack includes: Creatine: Improves strength, increases lean muscle mass, and helps your muscles recover more quickly during exercise. BCAA: Helps in building and repairing muscles throughout the day. Multivitamin: Fills nutritional gaps and makes sure people get their daily allowance of under-consumed nutrients. Whey Protein: Helps improve muscle protein synthesis and promote muscle growth. Pre-workout: Psyches you up for your workouts, helps you recover and delays the onset of fatigue. Who is your favorite powerbodybuilder? Let us know in the comments below. Also, be sure to follow Generation Iron on Facebook and Twitter.