PWLife®

Frequency: Five times a week

Goal: Improve fitness/endurance

Body type: Pear

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	Exercise Dumphhall Biogra Code	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Cable Preacher Curls	3	20	30" 15"	Arms (front) Abdomen
7	Landmine 180's Plate Side Bends	4	_	15"	
Day		+	20	30"	Abdomen Back
_	Hyperextensions	3	20	30"	
	Feet Elevated Inverted Rows	3	20		Back
	Wide Grip Lat Pulldown Double-Leg Calf Raise	3 2	20 60	30" 45"	Back Calves
	Double-Leg Call Raise		60	45	Caives
	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	20	30"	Chest
	Triceps kickbacks	3	20	30"	Arms (back)
7	Decline Chest Press	3	20	30"	Chest
Day	Push Up	3	20	30"	Chest
_	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
	Dumbbell Lateral Raise	3	20	30"	Shoulders
	Landmine Single Arm Jammer	3	20	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	3	20	30"	Arms (front)
	Plate Side Bends	3	20	30"	Arms (front)
	Landmine 180's	4	20	15"	Abdomen
	Plate Side Bends	4	20	15"	Abdomen
	Hyperextensions	3	20	30"	Back
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Double-Leg Calf Raise	2	60	45'	Calves
	Exercise	Set	Rep	Rest	Part of body
					Classic
	Chest Press Machine	3	20	30"	Chest
	Chest Press Machine Triceps kickbacks	3	20	30"	Arms (back)
4			_		ł
3y 4	Triceps kickbacks	3	20	30"	Arms (back)
Day 4	Triceps kickbacks Decline Dumbbell Flyes	3	20	30" 30" 30"	Arms (back) Chest
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls	3 3 3	20 20 20	30" 30"	Arms (back) Chest Chest Arms (back)
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	3 3 3 3	20 20 20 20	30" 30" 30" 30" 30"	Arms (back) Chest Chest
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3 3	20 20 20 20 20 20	30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 3	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 3 5	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges	3 3 3 3 3 3 3 5 Set 4	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" Rest	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day 4	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension	3 3 3 3 3 3 3 3 Set 4	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	3 3 3 3 3 3 3 Set 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 8est 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	3 3 3 3 3 3 3 Set 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 15" 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine	3 3 3 3 3 3 3 Set 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 8est 15" 15" 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts	3 3 3 3 3 3 3 Set 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 15" 15" 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	3 3 3 3 3 3 3 3 3 3 4 4 4 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15" 15"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 15" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back)
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 15" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
Day 5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 45" Rest 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
Day 5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 15" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves Period After training
Day 5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 45" Rest 45"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves Period After training Days
5 Day	Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" 15" 45" Rest 45"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days

15"

10"

15"

15"

1

no rest

no rest

no rest

no rest

Days

2 - 4

Before training

Day 5

Wind Bike

Stationary Rowing

Recumbent Stationary Bike

Step Mill

^{*} The number of repetitions is only a reference for quantity. If the repetitions are below, decrease the weight. If the repetitions are above, increase the weight.

^{*} On the day you train your legs, do aerobics first