PWLife®

Frequency: Six times a week

Goal: Improve fitness/endurance

Body type: Apple

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	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
/ 1	Cable Preacher Curls	3	20	30"	Arms (front)
Day	Landmine Bent Over Two Arm Rows	3	20	30"	Back
1	Single-Arm Row	3	20	30"	Back
	Back Supported Hanging Knee Raises	3	60	30"	Abdomen
느	Alternating Heel Touches	3	60	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	20	30"	Arms (back)
, 2	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
Day 3	Flat Bench Press	3	20	30"	Chest
10	Push Up	3	20	30"	Chest
	Back Supported Hanging Knee Raises	3	20	30"	Shoulders
	Landmine 180's	4	30	30"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
Day 3	45 Degree Leg Press Shoulder Width Stance	4	20	45"	Legs (front)
	Barbell Stiff-Legged Deadlifts	4	20	45"	Legs (back)
	Cossack Squat	4	20	45"	Legs (int./ext.)
	Single-Leg Calf Raise	2	60	45"	Calves
	Seated Calf Raise (Leg Press Machine)	4	20	30"	Calves
	Air Bike	2	60	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
Day 4	Incline Inner Biceps Curl	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
	Feet Elevated Inverted Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
1	Decline Oblique Crunches	4	20	15"	Abdomen
	3:4 Sit Up	4	20	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Seated Rows	3	20	30"	Arms (back)
/ 5	Seated Rows Hyperextensions	3	20 20	30" 30"	Arms (back) Arms (back)
Jay 5	Seated Rows Hyperextensions Flat Bench Press	3 3 3	20 20 20	30" 30" 30"	Arms (back) Arms (back) Chest
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up	3 3 3 3	20 20 20 20	30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise	3 3 3 3	20 20 20 20 20 20	30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up	3 3 3 3	20 20 20 20	30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise	3 3 3 3 4	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift	3 3 3 3 4 Set 4	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 15" Rest 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine	3 3 3 3 4 Set 4	20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 15" Rest 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back)
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine	3 3 3 3 3 4 Set 4 4	20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 15" Rest 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 40	30" 30" 30" 30" 30" 15" Rest 45" 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 40 60	30" 30" 30" 30" 15" Rest 45" 45" 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike	3 3 3 3 3 4 Set 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 40	30" 30" 30" 30" 30" 15" Rest 45" 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise	3 3 3 3 4 Set 4 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike	3 3 3 3 3 4 Set 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 40 60 20	30" 30" 30" 30" 15" Rest 45" 45" 45" 45" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise	3 3 3 3 4 Set 4 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping	3 3 3 3 4 Set 4 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 40 60 20 8ep	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 4 Set 4 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 20 40 60 20 50 50	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 40 60 20 50 5' 30'	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" Rest 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 50 5' 30' 20'	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" Rest 45" 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 20' 30'	30" 30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 40 60 20 50 5' 30' 5'	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" Rest 45"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 20 50 50 5' 30' 20' 30' 5' 10"	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" 15" Rest 45" no rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 20' 30' 5' 10"	30" 30" 30" 30" 15" Rest 45" 45" 45" 15" Rest no rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training Days
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing	3 3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 40 60 20 50 5' 30' 5' 10" 15"	30" 30" 30" 30" 15" Rest 45" 45" 15" 15" no rest no rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training Days 3 - 4

^{*} 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.

 $[\]ensuremath{^{*}}$ On the day you train your legs, do aerobics first