## **PWLife®**

Frequency: Five times a week
Goal: Hypertrophy
Body type: Hourglass

	Exercise	Set	Rep	Rest	Part of body
1	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
Day	Coccons	3	30	30"	Abdomen
۵	Landmine Bent Over Two Arm Rows	4	10	30"	Back
	Single-Arm Row	4	10	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Leg Calf Raise	4	30	15"	Calves
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
7	Push Up	3	12	30"	Chest
Day	Flat Bench Press	3	10	30"	Chest
۵	Narrow Grip Bench Press	3	10	30"	Arms (back)
	Rope Tricep Extensions (down)	3	10	30"	Arms (back)
	Landmine Single Arm Jammer	4	8	30"	Shoulders
	Rear Delt Fly	4	8	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	10	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
m	3:4 Sit Up	3	20	15"	Abdomen
Day	Decline Oblique Crunches	4	20	30"	Abdomen
۵	Feet Elevated Inverted Rows	6	10	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Arm Row	2	12	30"	Back
	Double-Leg Calf Raise	4	30	15"	Calves
	Exercise	Set	Rep	Rest	Part of body
	BOSU - Push Ups (Hands On Flat Side)	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
4	Decline Chest Press	3	12	30"	Chest
Day 4	Decline Dumbbell Flyes	3	10	30"	Chest
ã	Narrow Grip Bench Press	2	12	30"	Arms (bask)
				30	Arms (back)
	Rope Tricep Extensions (down)	2	12	30"	Arms (back)
	Rope Tricep Extensions (down)  Dumbbell Lateral Raise		_		
		2	12	30"	Arms (back)
	Dumbbell Lateral Raise Seated Arnold Press	2 4 4	12 8 8	30" 30" 30"	Arms (back) Shoulders Shoulders
	Dumbbell Lateral Raise Seated Arnold Press  Exercise	2 4 4 Set	12 8 8 Rep	30" 30" 30" Rest	Arms (back) Shoulders Shoulders Part of body
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees	2 4 4 Set 6	12 8 8 Rep 15	30" 30" 30" Rest 30"	Arms (back) Shoulders Shoulders  Part of body Legs (front)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension	2 4 4 <b>Set</b> 6 3	12 8 8 Rep 15 10	30" 30" 30" <b>Rest</b> 30" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
/ 5	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance	2 4 4 Set 6	8 8 8 15 10	30" 30" 30" <b>Rest</b> 30" 45" 45"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat	2 4 4 Set 6 3 3	12 8 8 Rep 15 10	30" 30" 30" <b>Rest</b> 30" 45"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day 5	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine	2 4 4 Set 6 3 3 4	12 8 8 15 10 10	30" 30" 30" <b>Rest</b> 30" 45" 45"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat	2 4 4 5et 6 3 3 4 4	12 8 8 15 10 10 10	30" 30" 30" <b>Rest</b> 30" 45" 45" 45"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	2 4 4 5et 6 3 3 4 4 3	12 8 8 15 10 10 10 10	30" 30" 30" <b>Rest</b> 30" 45" 45" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	2 4 4 Set 6 3 3 4 4 4 3 3	12 8 8 15 10 10 10 10	30" 30" 30" <b>Rest</b> 30" 45" 45" 45" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back)
Day	Dumbbell Lateral Raise Seated Arnold Press  Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	2 4 4 Set 6 3 3 4 4 4 3 3 4	12 8 8 15 10 10 10 10 10 10 12 30	30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 45" 30"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
Day	Dumbbell Lateral Raise Seated Arnold Press  Exercise  Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	2 4 4 5et 6 3 3 4 4 4 3 3	12 8 8 15 10 10 10 10 10	30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30"	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back) Legs (back)
	Dumbbell Lateral Raise Seated Arnold Press  Exercise  Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	2 4 4 Set 6 3 3 4 4 4 3 3 4 4 4 5 5 5 5 6 5 7 7	8 8 8 15 10 10 10 10 10 10 10 Rep	30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30" Rest	Arms (back) Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves

<sup>\*</sup> 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.

<sup>\*</sup> On the day you train your legs, do aerobics first