PWLife®

Frequency: Five times a week
Goal: Gain muscular mass

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
3y 1	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
	Coccons	3	30	30"	Abdomen
Day	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
	Single Leg cui Nuise	· ·	30	13	
	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
	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
₈	Incline Inner Biceps Curl	4	10	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
	3:4 Sit Up	3	20	15"	Abdomen
ay	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
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	Exercise	Set	Rep	Rest	Part of body
	Exercise BOSU - Push Ups (Hands On Flat Side)	Set 4	Rep	Rest 30"	Part of body Chest
	Exercise BOSU - Push Ups (Hands On Flat Side) Triceps kickback	Set 4 4	10 10	Rest 30" 30"	Part of body Chest Arms (back)
ly 4	Exercise BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press	Set 4 4 3	Rep 10 10 12	Rest 30" 30" 30"	Part of body Chest Arms (back) Chest
Day 4	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes	Set 4 4 3 3	Rep 10 10 12 10	Rest 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	Set	Rep 10 10 12 10 12	Rest 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back)
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down)	Set 4 4 3 3 2 2	Rep 10 10 12 10 12 12	Rest 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back)
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise	Set	Rep 10 10 12 10 12	Rest 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press	Set 4 4 3 3 2 2 4 4	Rep 10 10 12 10 12 12 12 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press	Set 4 4 3 3 2 2 4 4 Set	Rep 10 10 12 10 12 12 12 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees	Set 4 4 3 3 2 2 4 4 Set 6	Rep 10 10 12 10 12 12 12 8 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension	Set 4 4 3 3 2 2 4 4 Set 6 3	Rep 10 10 12 10 12 12 8 8 8 Rep 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance	Set 4 4 3 3 2 2 4 4 Set 6 3 3	Rep 10 10 12 10 12 12 8 8 8 Rep 15 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
5 Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4	Rep 10 10 12 12 12 12 8 8 Rep 15 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat Abductor/adductor machine	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4	Rep 10 10 12 12 12 8 8 Rep 15 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45"	Part of body Chest 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	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3	Rep 10 10 12 10 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45"	Part of body Chest 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	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3	Rep 10 10 12 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3 4	Rep 10 10 12 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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)	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3 4 4 4	Rep 10 10 12 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 30" 30"	Part of body Chest 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	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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)	Set 4 4 3 3 3 2 2 4 4 4 Set 6 3 3 4 4 4 Set 6 Set	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 45" Rest 30" Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves Period
Day 5 Day	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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) Exercise Stationary Rowing	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3 4 4 4	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 30	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 30" 30"	Part of body Chest 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	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) 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)	Set 4 4 3 3 3 2 2 4 4 4 Set 6 3 3 4 4 4 Set 6 Set	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 45" Rest 30" Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves Period

^{*} 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