PWLife®

Frequency: Six times a week
Goal: Improve the strength
Body type: Inverted triangle

	Exercise	Set	Rep	Rest	Part of body
Day 1	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
	Landmine Bent Over Two Arm Rows	2	6	1'	Back
	Single-Arm Row	2	6	1'	Back
	Back Supported Hanging Knee Raises	6	15	30"	Abdomen
	Alternating Heel Touches	5	20	30"	Abdomen
	Exercise	Set	Pon	Rest	Part of body
1	Narrow Grip Bench Press	2	Rep 4	1'	Arms (back)
١.,	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
y 2	Flat Bench Press	3	3	1'	Chest
Day	Push Up	3	3	1'	Chest
	Back Supported Hanging Knee Raises	2	6	1'	Shoulders
	Landmine 180's	3	4	30"	Abdomen
Day 3	Exercise	Set	Rep	Rest	Part of body
	45 Degree Leg Press Shoulder Width Stance	2	4		Legs (front)
	Barbell Stiff-Legged Deadlifts	2	4		Legs (back)
	Cossack Squat	2	6	1'	Legs (int./ext.)
	Single-Leg Calf Raise	4	10	30"	Calves
	Seated Calf Raise (Leg Press Machine)	4	10 20	30" 30"	Calves Abdomen
	Air Bike	4	20	30	Abdomen
4	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	2	4	1'	Arms (front)
	Alternating Hammer Curl	2	4	1'	Arms (front)
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ay 4	Feet Elevated Inverted Rows	2	6	1'	Back
Day 4	Feet Elevated Inverted Rows Single-Arm Row	2	6	1' 1'	Back Back
Day 4	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches	2 2 6	6 15	1' 1' 30"	Back Back Abdomen
Day 4	Feet Elevated Inverted Rows Single-Arm Row	2	6	1' 1'	Back Back
Day 4	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches	2 2 6 5	6 15	1' 1' 30"	Back Back Abdomen
Day 4	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up	2 2 6	6 15 20	1' 1' 30" 30"	Back Back Abdomen Abdomen
5 Day 4	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up	2 2 6 5	6 15 20 Rep	1' 1' 30" 30"	Back Back Abdomen Abdomen Part of body
5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows	2 2 6 5 Set 2	6 15 20 Rep 4	1' 1' 30" 30" Rest 1'	Back Back Abdomen Abdomen Part of body Arms (back)
Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions	2 2 6 5 Set 2 2	6 15 20 Rep 4 4	1' 1' 30" 30" Rest 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back)
5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press	2 2 6 5 Set 2 2 3	6 15 20 Rep 4 4 3	1' 1' 30" 30" Rest 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest
5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press Push Up	2 2 6 5 Set 2 2 3 3	6 15 20 Rep 4 4 3 3	1' 1' 30" 30" Rest 1' 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest
5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises	2 2 6 5 Set 2 2 2 3 3 2 3	6 15 20 Rep 4 4 3 3 6 4	1' 30" 30" Rest 1' 1' 1' 1' 1' 3'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen
5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises	2 2 6 5 Set 2 2 2 3 3 2 3 Set	6 15 20 Rep 4 4 3 3 6 4	1' 30" 30" Rest 1' 1' 1' 1' 1' Rest	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift	2 2 6 5 Set 2 2 3 3 2 3 5 Set 2	6 15 20 Rep 4 4 3 3 6 4	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises Exercise Hex Bar Deadlift Glute Press Machine	2 2 6 5 Set 2 2 3 3 2 3 5 Set 2 2 2 3 3 5	Rep 4 4 3 3 6 4 Rep 4 4	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'5"	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back)
Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 5 Set 2	6 15 20 Rep 4 4 3 3 6 4	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 3 2 2 3 5	Rep 4 4 3 3 6 4 Rep 4 4 6	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 3 2 2 3 3 5 5	Rep 4 4 4 4 6 110	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 30" Rest 1'15" 1'15" 1' 30"	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 Set 2 2 2 4 4 4	Rep 4 4 4 6 10 10 20	1' 1' 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 30" Rest 1'15" 1'15" 1'15" 30" 30"	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
Day 6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 3 Set 2 2 2 4 4 4	Rep 4 4 4 6 10 10 20 Rep	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 30" Rest 1'15" 1'15" 1'15" 30" 30" Rest	Back Back Abdomen Abdomen Part of body 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 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 Set 2 2 2 4 4 4	Rep 4 4 4 6 10 10 20	1' 1' 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 30" Rest 1'15" 1'15" 1'15" 30" 30"	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
6 Day 5 Day	Feet Elevated Inverted Rows Single-Arm Row Decline Oblique Crunches 3:4 Sit Up Exercise 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	2 2 6 5 Set 2 2 3 3 2 3 3 Set 2 2 2 4 4 4	Rep 4 4 4 6 10 10 20 Rep	1' 1' 30" 30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 30" Rest 1'15" 1'15" 1'15" 30" 30" Rest	Back Back Abdomen Abdomen Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen 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.

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