PWLife®

Frequency: Five times a week
Goal: Gain muscular mass

Body type: Pear

	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
Ď	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
\equiv	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
2	Push Up	3	12	30"	Chest
Ĭ,	Flat Bench Press	3	10	30"	Chest
Day	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
	Eversies	Carl		Deat	Best of heats
	Exercise	Set 4	Rep	Rest 30"	Part of body
	Incline Inner Biceps Curl Alternating Hammer Curl	4	10	30"	Arms (front) Arms (front)
	3:4 Sit Up	3	20	15"	Abdomen
y 3	Decline Oblique Crunches	4	20	30"	Abdomen
Day	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)
y 4	Decline Chest Press Decline Dumbbell Flyes	3	12 10	30" 30"	Chest
Day	Narrow Grip Bench Press	2	12	30"	Chest
	•				Arme (hack)
	Rone Tricen Extensions (down)		+		Arms (back)
	Rope Tricep Extensions (down) Dumbhell Lateral Raise	2	12	30"	Arms (back)
	Dumbbell Lateral Raise		+		` '
	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 Set 6 3	12 8 8 Rep 15	30" 30" 30" Rest 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 3 3	12 8 8 8 15 10	30" 30" 30" Rest 30" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
lay 5	Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension 45 Degree Leg Press Shoulder Width Stance Cossack Squat	2 4 4 5 et 6 3 3 4	12 8 8 15 10 10	30" 30" 30" Rest 30" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) 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 5 Set 6 3 3 4 4	12 8 8 15 10 10 10	30" 30" 30" Rest 30" 45" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) 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 Barbell Stiff-Legged Deadlifts	2 4 4 5et 6 3 3 4 4 3	12 8 8 15 10 10 10 10	30" 30" 30" Rest 30" 45" 45" 45" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
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 5 Set 6 3 3 4 4	12 8 8 15 10 10 10	30" 30" 30" Rest 30" 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 5	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" Rest 30" 45" 45" 45" 45" 45" 45"	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) 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 Seated Calf Raise (Leg Press Machine)	2 4 4 5et 6 3 3 4 4 4 3 3 4 4	12 8 8 15 10 10 10 10 10 12 30	30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 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) Exercise	2 4 4 5et 6 3 3 4 4 4 3 3 4 4 4 5 5 5 5 6 5 7 7 8 7 8 8 7 8 7 8 8 7 8 7 8 8 7 8 8 7 8 8 7 8 8 8 8 7 8 8 8 8 7 8 8 8 8 7 8	8 8 8 15 10 10 10 10 10 12 30	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 (back) 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) Exercise Stationary Rowing	2 4 4 5et 6 3 3 4 4 4 3 3 4 4 4	8 8 8 15 10 10 10 10 10 12 30	30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30" Rest no rest	Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back) Calves Period Day 5
Aerobic Day 5	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	2 4 4 5et 6 3 3 4 4 4 3 3 4 4 4 5 5 5 5 6 5 7 7 8 7 8 8 7 8 7 8 8 7 8 7 8 8 7 8 8 7 8 8 7 8 8 8 8 7 8 8 8 8 7 8 8 8 8 7 8	8 8 8 15 10 10 10 10 10 12 30	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 (back) Legs (back) Legs (back) Legs (back) Calves

^{*} 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