PWLife®

Frequency: Five times a week

Goal: Improve cardiorespiratory system

Body type: Inverted triangle

	Body type: Inverted triangle				
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30"	Arms (front)
1	Bicycle crunches	3	30	30"	Abdomen
Day :	Coccons	4	30	30"	Abdomen
ă	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Leg Calf Raise	4	20	15"	Calves
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Γ	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	15	30"	Chest
	Triceps kickback	3	15	30"	Arms (back)
7	Push Up	3	15	30"	Chest
Day	Flat Bench Press	3	15	30"	Chest
۵	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Landmine Single Arm Jammer	3	15	15"	Shoulders
	Rear Delt Fly	2	20	30"	Shoulders
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	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	15	30"	Arms (front)
	Alternating Hammer Curl	3	15	30"	Arms (front)
3	Air Bike	4	30	15"	Abdomen
Day	Decline Oblique Crunches	4	30	15"	Abdomen
۵	Feet Elevated Inverted Rows	3	15	30"	Back
	Wide Grip Lat Pulldown	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
 	Double-Leg Calf Raise	4	20	15'	Calves
	Exercise	Set	Rep	Rest	Part of body
	BOSU - Push Ups (Hands On Flat Side)	2 Set		30"	Chest
			20		
•	LLICONG KICKDACK	• • • • • • • • • • • • • • • • • • • •	'''	2010	" INACVI
	Triceps kickback Decline Chest Press	2	20	30" 15"	Arms (back)
y 4	Decline Chest Press	3	15	15"	Chest
Day 4	Decline Chest Press Decline Dumbbell Flyes	3	15 15	15" 15"	Chest Chest
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	3 3 3	15 15 15	15" 15" 15"	Chest Chest Arms (back)
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3	15 15 15 15	15" 15" 15" 15"	Chest Chest Arms (back) Arms (back)
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise	3 3 3 3	15 15 15 15 15	15" 15" 15" 15" 30"	Chest Chest Arms (back) Arms (back) Shoulders
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3	15 15 15 15	15" 15" 15" 15"	Chest Chest Arms (back) Arms (back)
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise	3 3 3 3	15 15 15 15 15	15" 15" 15" 15" 30"	Chest Chest Arms (back) Arms (back) Shoulders
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press	3 3 3 3 3 4	15 15 15 15 15 20	15" 15" 15" 15" 30" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press	3 3 3 3 4	15 15 15 15 15 20	15" 15" 15" 15" 30" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees	3 3 3 3 4 Set 2	15 15 15 15 15 20 Rep 15	15" 15" 15" 15" 30" 15" Rest 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	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	3 3 3 3 4 Set 2 2	15 15 15 15 15 20 Rep 15	15" 15" 15" 15" 30" 15" Rest 45" 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
5 Day	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension	3 3 3 3 4 Set 2 2 2 2 3	15 15 15 15 15 20 Rep 15 15 15	15" 15" 15" 15" 30" 15" Rest 45" 45" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	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	3 3 3 3 4 Set 2 2 2 2 3 3	15 15 15 15 20 Rep 15 15 15 15	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.)
5 Day	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	3 3 3 3 4 Set 2 2 2 2 3 3 3	15 15 15 15 20 Rep 15 15 15 15 15 20	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	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	3 3 3 3 4 Set 2 2 2 2 3 3 3 2	15 15 15 15 20 Rep 15 15 15 15 15 20 20	15" 15" 15" 15" 30" 15" Rest 45" 45" 15" 15" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	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	3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2	15 15 15 15 20 Rep 15 15 15 15 20 20 20 30	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back)
5 Day	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	3 3 3 3 4 Set 2 2 2 2 3 3 3 2	15 15 15 15 20 Rep 15 15 15 15 15 20 20	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	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	3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2	15 15 15 15 20 Rep 15 15 15 15 20 20 20 30	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back)
5 Day	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)	3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set	15 15 15 15 15 20 Rep 15 15 15 15 15 20 20 30 20	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15" Rest	Chest Chest 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	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)	3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2 4	15 15 15 15 20 Rep 15 15 15 15 15 20 20 20 20	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15"	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
5 Day	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 Treadmill (Walking)	3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set	15 15 15 15 15 20 Rep 15 15 15 15 15 20 20 30 20 Rep	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15" Rest	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) Legs (back) Calves Period Before training
Day 5 Day	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 Treadmill (Walking)	3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set	15 15 15 15 20 20 15 15 15 15 15 15 20 20 20 Rep 20'	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15" Rest	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period Before training Day 5
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 20 20 15 15 15 15 15 15 20 20 30 20 Rep 20' 5' 30'	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" Rest Rest	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) Legs (back) Calves Period Before training
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set	15 15 15 15 15 15 15 15	15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15" Rest	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period Before training Day 5
5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 15 15 15 15	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" Rest Rest	Chest Chest 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 Period Before training Day 5
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 20 15 15 15 15 15 15 15 20 20 30 20 8ep 20' 5' 30' 20' 30' 20' 5'	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" T5" Rest no rest	Chest Chest 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 Period Before training Day 5
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Wind Bike	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 15 15 15 15	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" T5" Rest no rest	Chest Chest 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 Period Before training Day 5
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Wind Bike Stationary bike	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 15 15 15 15	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" T5" Rest no rest	Chest Chest 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 Period Before training Day 5
Day 5 Day	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 Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Wind Bike	3 3 3 3 3 4 Set 2 2 2 3 3 2 4 4 Set 1	15 15 15 15 15 15 15 15	15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" T5" Rest no rest	Chest Chest 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 Period Before training Day 5 After training Days 1 - 2

 $[\]ensuremath{^*}$ 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.

10'

100

6

no rest

1'

Step Mill

Rope Jumping

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