PWLife®

Frequency: Five times a week

Goal: Improve the strength

Body type: Hourglass

	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
Day 1	Cable Preacher Curls	2	4	1'	Arms (front)
	Landmine 180's	6	15	30"	Abdomen
	Plate Side Bends	5	10	30"	Abdomen
ă	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	Double-Leg Calf Raise	4	10	30"	Calves
Day 2	For a disc		_		
	Exercise Stat Basela Basela	Set	Rep	Rest	Part of body
	Flat Bench Press	3	3	1' 1'	Chest
	Triceps kickbacks	2	4		Arms (back)
	Decline Chest Press	3	3	1'	Chest
	Push Up	3	3	1'	Chest
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Dumbbell Lateral Raise	2	6	1'	Shoulders
	Landmine Single Arm Jammer	2	6	1'	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	2	4	1'	Arms (front)
	Plate Side Bends	2	4	1'	Arms (front)
	Landmine 180's	6	15	30"	Abdomen
	Plate Side Bends	5	10	30"	Abdomen
	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Mide Crie Let Dullderne	_		1'	Back
	Wide Grip Lat Pulldown	2	6	1	Back
	Double-Leg Calf Raise	4	10	30"	Calves
	Double-Leg Calf Raise	4	10	30"	Calves
	Double-Leg Calf Raise Exercise	4 Set	10 Rep	30" Rest	Calves Part of body
	Double-Leg Calf Raise Exercise Chest Press Machine	4 Set 3	10 Rep 3	30" Rest 1'	Calves Part of body Chest
	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks	4 Set 3 2	10 Rep 3 4	30" Rest 1' 1'	Part of body Chest Arms (back)
ly 4	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes	4 Set 3 2 3	10 Rep 3 4 3	30" Rest 1' 1' 1'	Part of body Chest Arms (back) Chest
Day 4	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls	4 Set 3 2 3 3 3	10 Rep 3 4 3	30" Rest 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest
Day 4	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	4 Set 3 2 3 3 2 2	10 Rep 3 4 3	30" Rest 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back)
Day 4	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	4 Set 3 2 3 3 2 2 2 2	10 Rep 3 4 3 3 4 4	30" Rest 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back)
Day 4	Double-Leg Calf Raise Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	4 Set 3 2 3 3 2 2	10 Rep 3 4 3 3 4	30" Rest 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back)
Day 4	Double-Leg Calf Raise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	4 Set 3 2 3 3 2 2 2 2 2	10 Rep 3 4 3 3 4 4 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1'	Calves Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day 4	Double-Leg Calf Raise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	4 Set 3 2 3 3 2 2 2 2 2 Set	10 Rep 3 4 3 4 4 6 6 Rep	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' Rest	Calves Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges	4 Set 3 2 3 3 2 2 2 2 2 2 2 2	10 Rep 3 4 3 4 4 6 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day 4	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	10 Rep 3 4 3 4 4 6 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Double-Leg Calf Raise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 8 8 8 4 4 4 4 4 4 4 4 4 4 4 4	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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	Double-Leg Calf Raise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 4 6 6 6 Rep 4 4 4 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	Double-Leg Calf Raise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 4 6 6 6 Rep 4 4 4 6 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 Rep 4 4 4 6 6	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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)
5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 4 4 6 6 6 4 4 4	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 8 Rep 4 4 4 6 6 6 4 4 4 4 6 6 6 4 4 4 4 6 6 6 6 6 6 7	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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) Legs (back) Legs (back)
5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 4 4 6 6 6 4 4 4	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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)
Day 5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 8 Rep 4 4 4 6 6 6 4 4 4 4 6 6 6 4 4 4 4 6 6 6 6 6 6 7	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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) Legs (back) Legs (back)
Day 5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 4	Rep 3 4 3 3 4 4 6 6 6 4 4 4 6 6 6 4 4 4 4 1 1 1 1 1	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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) Legs (back) Legs (back) Calves
5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	4 Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 4 Set	Rep 4 4 4 6 6 6 4 4 4 10 Rep	30" Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Calves 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) 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