PWLife®

Frequency: Five times a week
Goal: Gain muscular mass

Body type: Apple

Day 1	Exercise	Set	Rep	Rest	Part of body
	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
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
$\overline{\Box}$	Francisco	C1	D	6	Best of head
	Exercise Charles Marking	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
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
3	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
Day	Decline Oblique Crunches	4	20	30"	Abdomen
ã	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
	boso Tush ops (Hunds of Flut side)		10	30	
	Tricens kickhack		10	30"	
l 🚅	Triceps kickback Decline Chest Press	4	10	30"	Arms (back)
ly 4	Decline Chest Press	4 3	12	30"	Arms (back) Chest
Day 4	Decline Chest Press Decline Dumbbell Flyes	4 3 3	12 10	30" 30"	Arms (back) Chest Chest
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	4 3 3 2	12 10 12	30" 30" 30"	Arms (back) Chest Chest Arms (back)
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down)	4 3 3	12 10	30" 30" 30" 30"	Arms (back) Chest Chest
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	4 3 3 2 2	12 10 12 12	30" 30" 30"	Arms (back) 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 Seated Arnold Press	4 3 3 2 2 4 4	12 10 12 12 12 8 8	30" 30" 30" 30" 30" 30"	Arms (back) 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	4 3 3 2 2 4 4 5et	12 10 12 12 8 8	30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees	4 3 3 2 2 4 4 Set 6	12 10 12 12 8 8 8	30" 30" 30" 30" 30" 30" Rest 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day 4	Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down) Dumbbell Lateral Raise Seated Arnold Press Exercise Burpees Leg Extension	4 3 3 2 2 4 4 5et 6 3	12 10 12 12 8 8 8 Rep 15	30" 30" 30" 30" 30" 30" Rest 30" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body 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 45 Degree Leg Press Shoulder Width Stance	4 3 3 2 2 4 4 Set 6 3	12 10 12 12 8 8 8 15 10	30" 30" 30" 30" 30" 30" Rest 30" 45"	Arms (back) 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 45 Degree Leg Press Shoulder Width Stance	4 3 3 2 2 4 4 Set 6 3 3	12 10 12 12 8 8 8 15 10 10	30" 30" 30" 30" 30" 30" Rest 30" 45" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body 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	4 3 3 2 2 4 4 Set 6 3 3 4	12 10 12 12 8 8 8 15 10 10	30" 30" 30" 30" 30" 30" 30" 45" 45" 45"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body 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	4 3 3 2 2 4 4 Set 6 3 3 4 4	12 10 12 8 8 8 15 10 10 10	30" 30" 30" 30" 30" 30" 30" 45" 45" 45"	Arms (back) 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	4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3	12 10 12 12 8 8 8 15 10 10 10 10	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45"	Arms (back) 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	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3	12 10 12 12 8 8 8 Rep 15 10 10 10 10 10 10	30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30"	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	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	4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3	12 10 12 12 8 8 8 15 10 10 10 10	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
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)	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3	12 10 12 12 8 8 8 15 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30" Rest	Arms (back) 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
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 Stationary Rowing	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3 3 4	12 10 12 12 8 8 8 15 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30"	Arms (back) 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
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)	4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3 4 4 Set	12 10 12 12 8 8 8 15 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30" Rest	Arms (back) 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

^{*} 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