## **PWLife®**

Frequency: Six times a week
Goal: Gain muscular mass

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
1	Dumbbell Bicep Curls	4	8		Arms (front)
	Cable Preacher Curls	6	8		Arms (front)
Day	Landmine Bent Over Two Arm Rows	4	10	30"	Back
õ	Single-Arm Row	4	12	30"	Back
	Landmine 180's	3	20	30"	Abdomen
	3:4 Sit Up	3	30	30"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	<b>3et</b> 4	10		Arms (back)
2	Rope Tricep Extensions (down)	4	10		Arms (back)
	Flat Bench Press	4	12	30"	
Day	Push Up	6	10	30"	Chest
	Rear Delt Fly	6	10	30"	Shoulders
	Back Supported Hanging Knee Raises	4	20	30"	
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	Exercise	Set	Rep		
	Burpees	6	10		Legs (front)
/ 3	Laying Hamstring Curl	4	12		Legs (back)
Day	Cossack Squat	3	12		Legs (int./ext.)
-	Abductor/adductor machine	3	12		Legs (int./ext.)
	Double-Leg Calf Raise Landmine 180's	3	20	15" 30"	
ш	Landinine 1803	3	20	30	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	12		Arms (front)
4	Alternating Hammer Curl	4	10		Arms (front)
Day	Feet Elevated Inverted Rows	4	10		Back
	Wide Grip Lat Pulldown	4	10	30"	
	Plate Side Bends	4	25		Abdomen
	Alternating Heel Touches	4	30	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	4	10	30"	Arms (back)
2	Rope Tricep Extensions (down)	4	10	30"	Arms (back)
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ā	Decline Chest Press	4	12	30"	
Day	Decline Dumbbell Flyes	6	10	30"	Chest
Da	Decline Dumbbell Flyes Dumbbell Lateral Raise	6	10	30" 30"	Chest Shoulders
Da	Decline Dumbbell Flyes	6	10	30"	Chest
Da	Decline Dumbbell Flyes Dumbbell Lateral Raise	6	10	30" 30" 30"	Chest Shoulders Abdomen
Da	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches	6 6 4	10 10 20	30" 30" 30" Rest	Chest Shoulders Abdomen
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise	6 6 4 Set	10 10 20	30" 30" 30" Rest 30"	Chest Shoulders Abdomen
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift	6 6 4 Set 4	10 10 20 Rep 12	30" 30" 30" Rest 30"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back)
	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts	6 6 4 Set 4 4	10 10 20 Rep 12 12	30" 30" 30" Rest 30" 30"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back)
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine	6 6 4 Set 4 4 3	10 10 20 Rep 12 12	30" 30" 30" Rest 30" 30"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.)
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine Single-Leg Calf Raise	6 6 4 Set 4 4 3 2	10 10 20 Rep 12 12 12 25	30" 30" 30" Rest 30" 30" 30"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise  Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Bicycle crunches	6 6 4 <b>Set</b> 4 4 3 2 4 2	10 10 20 12 12 12 12 25 25 50	30" 30" 30" 30" 30" 30" 30" 45"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
Day 6	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Bicycle crunches	6 6 4 Set 4 4 3 2 4 2	10 10 20 12 12 12 12 25 25 50	30" 30" 30" 30" 30" 30" 30" 45"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period
Day 6	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Bicycle crunches  Exercise Rope Jumping	6 6 4 Set 4 4 3 2 4 2 Set 3	10 10 20 Rep 12 12 12 25 25 50	30" 30" 30" 30" 30" 30" 30" 45"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period Day 1 and 4
9	Decline Dumbbell Flyes Dumbbell Lateral Raise Decline Oblique Crunches  Exercise Hex Bar Deadlift Barbell Stiff-Legged Deadlifts Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Bicycle crunches	6 6 4 Set 4 4 3 2 4 2	10 10 20 12 12 12 12 25 25 50	30" 30" 30" 30" 30" 30" 30" 45"	Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period

<sup>\*</sup> 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.

 $<sup>\</sup>ensuremath{^{*}}$  On the day you train your legs, do aerobics first