PWLife®

Frequency: Five times a week

Goal: Improve fitness/endurance

Body type: Rectangle

	Exercise	Set	Don	Post	Part of body
1	Dumbbell Bicep Curls	3	Rep 20	Rest 30"	Arms (front)
y 1	Cable Preacher Curls	3	20	30"	Arms (front)
	Landmine 180's	4	20	15"	Abdomen
	Plate Side Bends	4	20	15"	Abdomen
Бау	Hyperextensions	3	20	30"	Back
-	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown		20	30"	Back
	·	3	60	45"	Calves
\blacksquare	Double-Leg Calf Raise		00	43	Caives
	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	20	30"	Chest
	Triceps kickbacks	3	20	30"	Arms (back)
2	Decline Chest Press	3	20	30"	Chest
Day	Push Up	3	20	30"	Chest
Δ	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
	Dumbbell Lateral Raise	3	20	30"	Shoulders
	Landmine Single Arm Jammer	3	20	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	3	20	30"	Arms (front)
	Plate Side Bends	3	20	30"	Arms (front)
3	Landmine 180's	4	20	15"	Abdomen
	Plate Side Bends	4	20	15"	Abdomen
Day	Hyperextensions	3	20	30"	Back
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Double-Leg Calf Raise	2	60	45'	Calves
	<u> </u>	<u> </u>			· ·
	· · · · · · · · · · · · · · · · · · ·				
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	20	30"	Chest
	Chest Press Machine Triceps kickbacks	3	20 20	30" 30"	Chest Arms (back)
, 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes	3 3 3	20 20 20	30" 30" 30"	Chest Arms (back) Chest
Jay 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls	3 3 3	20 20 20 20	30" 30" 30" 30"	Chest Arms (back) Chest Chest
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	3 3 3 3	20 20 20 20 20 20	30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3 3 3	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly	3 3 3 3 3 3	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3 3 3	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly	3 3 3 3 3 3	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders
Day 4	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	3 3 3 3 3 3 3	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day 4	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	3 3 3 3 3 3 3 3	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day	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	3 3 3 3 3 3 3 3 3 Set 4	20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	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	3 3 3 3 3 3 3 3 5 Set 4	20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 50" 30" 50" 515"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	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	3 3 3 3 3 3 3 3 5 Set 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" Fest 15" 15"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	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	3 3 3 3 3 3 3 3 3 Set 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 5" 15" 15" 15"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
5 Day	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	3 3 3 3 3 3 3 3 5 Set 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 5" 15" 15" 15"	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	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	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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)

	Exercise	Set	Rep	Rest	Period
Aerobic	Rope Jumping	6	50	45"	
	Treadmill (Walking)	1	5'	no rest	After training Days 1 - 3
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Crossover Mountain Climbers	1	10"	no rest	After training
	Wind Bike	1	15"	no rest	Days
	Stationary Rowing	1	10"	no rest	2 - 4
	Recumbent Stationary Bike	1	15"	no rest	Before training
	Step Mill	1	15"	no rest	Day 5

^{*} 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