## **PWLife®**

Frequency: Six times a week

Goal: Improve fitness/endurance

Body type: Rectangle

	Formation .				
	Dumbbell Bicep Curls	Set 3	Rep 20	Rest 30"	Part of body
١.	Cable Preacher Curls	3	20	30"	Arms (front) Arms (front)
y 1	Landmine Bent Over Two Arm Rows	3	20	30"	Back
Day	Single-Arm Row	3	20	30"	Back
	Back Supported Hanging Knee Raises	3	60	30"	Abdomen
L	Alternating Heel Touches	3	60	15"	Abdomen
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Day 2	Narrow Grip Bench Press	Set 3	Rep 20	Rest 30"	Part of body Arms (back)
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
	Flat Bench Press	3	20	30"	Chest
Da	Push Up	3	20	30"	Chest
	Back Supported Hanging Knee Raises	3	20	30"	Shoulders
	Landmine 180's	4	30	30"	Abdomen
H	Exercise	Cod	Don	Doct	Doub of body
143	45 Degree Leg Press Shoulder Width Stance	Set 4	Rep 20	Rest 45"	Part of body Legs (front)
	Barbell Stiff-Legged Deadlifts	4	20	45"	Legs (back)
	Cossack Squat	4	20	45"	Legs (int./ext.)
Day	Single-Leg Calf Raise	2	60	45"	Calves
	Seated Calf Raise (Leg Press Machine)	4	20	30"	Calves
	Air Bike	2	60	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
4	Incline Inner Biceps Curl	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
Day,	Feet Elevated Inverted Rows	3	20	30"	Back
õ	Single-Arm Row	3	20	30"	Back
	Decline Oblique Crunches	4	20	15"	Abdomen
	3:4 Sit Up	4	20	15"	Abdomen
$\vdash$	Exercise	Set	Rep	Rest	
	Exercise Seated Rows	Set 3	Rep 20		Part of body Arms (back)
5				Rest	Part of body
ay 5	Seated Rows	3 3 3	20	Rest 30"	Part of body Arms (back)
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up	3 3 3 3	20 20 20 20	Rest 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise	3 3 3 3	20 20 20 20 20 20	Rest 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up	3 3 3 3	20 20 20 20	Rest 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise	3 3 3 3	20 20 20 20 20 20	Rest 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders
Day 5	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises	3 3 3 3 3 4	20 20 20 20 20 20 20	Rest 30" 30" 30" 30" 30" 15" Rest 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine	3 3 3 3 4 Set 4	20 20 20 20 20 20 20 20 20	Rest 30" 30" 30" 30" 15" Rest 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back)
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine	3 3 3 3 3 4 Set 4 4	20 20 20 20 20 20 20 20 20 20 20	Rest 30" 30" 30" 30" 15" Rest 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4	20 20 20 20 20 20 20 20 20 20 20 40	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 40 60	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4	20 20 20 20 20 20 20 20 20 20 20 40	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise	3 3 3 3 3 4 Set 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 40 60	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike	3 3 3 3 3 4 Set 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 40 60 20	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise	3 3 3 3 4 Set 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" Rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 4 Set 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 20 40 60 20	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" Rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 40 60 20 <b>Rep</b> 50 5' 30'	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 15"  Rest 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 4 4 4 4 2 4	20 20 20 20 20 20 20 20 20 20 40 60 20 <b>Rep</b> 50 5' 30' 20'	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" Rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 20' 30'	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 15"  Rest 45" 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days
6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 50 5' 30' 5'	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" Rest 45"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days 1 - 2
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 20' 5' 10'	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 15"  Rest 45" no rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days 1 - 2  After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 5' 5' 10" 5'	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" no rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days 1 - 2  After training Days
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Treadmill (Running) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 20' 5' 10'	Rest 30" 30" 30" 30" 15"  Rest 45" 45" 15"  Rest 45" no rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days 1 - 2  After training
Day 6 Day	Seated Rows Hyperextensions Flat Bench Press Push Up Dumbbell Lateral Raise Back Supported Hanging Knee Raises  Exercise Hex Bar Deadlift Glute Press Machine Abductor/adductor machine Double-Leg Calf Raise Single-Leg Calf Raise Air Bike  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 4 Set 4 4 4 4 2 4 Set 6	20 20 20 20 20 20 20 20 20 20 40 60 20 5' 30' 5' 5' 10" 5'	Rest 30" 30" 30" 30" 30" 15"  Rest 45" 45" 45" 15" no rest	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen  Period  After training Days 1 - 2  After training Days

<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