PWLife®

Frequency: Five times a week
Goal: Hypertrophy
Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
1	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
Day	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
\equiv	Forester				
	Exercise Chart Press Marking	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
y 2	Push Up	3	12	30"	Chest
Day 2	Flat Bench Press	3	10	30"	Chest
-	Narrow Grip Bench Press	3	10	30" 30"	Arms (back)
	Rope Tricep Extensions (down)	3	10		Arms (back)
	Landmine Single Arm Jammer	4	8	30" 30"	Shoulders Shoulders
<u>ل</u>	Rear Delt Fly	4	8	30	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	10	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
က	3:4 Sit Up	3	20	15"	Abdomen
Day	Decline Oblique Crunches	4	20	30"	Abdomen
٥	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
	DOCH Dealetter (Hearts On Flat Cide)	4	10	30"	Chest
	BOSU - Push Ups (Hands On Flat Side)	-	-		
	Triceps kickback	4	10	30"	Arms (back)
4			10 12	30" 30"	Arms (back) Chest
ay 4	Triceps kickback	4	12		· · ·
Day 4	Triceps kickback Decline Chest Press	4 3	+ -	30"	Chest
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes	4 3 3	12 10	30" 30"	Chest Chest
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	4 3 3 2	12 10 12	30" 30" 30"	Chest Chest Arms (back)
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press Rope Tricep Extensions (down)	4 3 3 2 2	12 10 12 12	30" 30" 30" 30"	Chest Chest Arms (back) Arms (back)
Day 4	Triceps kickback 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 8 8	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Triceps kickback 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 4	12 10 12 12 8 8 8	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Triceps kickback 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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day 4	Triceps kickback 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 Set 6 3	12 10 12 12 8 8 8 Rep 15	30" 30" 30" 30" 30" 30" Rest 30" 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Triceps kickback 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 5et 6 3 3	12 10 12 12 8 8 8 Rep 15 10	30" 30" 30" 30" 30" 30" 30" Rest 30" 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
5 Day	Triceps kickback 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	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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	Triceps kickback 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 4 Set 6 3 3 4 4	12 10 12 12 8 8 8 15 10 10 10	30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45"	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	Triceps kickback 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 5et 6 3 3 4 4	12 10 12 12 8 8 8 15 10 10 10	30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	Triceps kickback 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 4 Set 6 3 3 4 4	12 10 12 12 8 8 8 15 10 10 10	30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45"	Chest 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	Triceps kickback 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 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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
Day 5 Day	Triceps kickback 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 4 Set 6 3 3 4 4 4 3 3 4	12 10 12 12 8 8 8 15 10 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30"	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	Triceps kickback 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 5et 6 3 3 4 4 4 3 3 4 4	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" 45" Rest 30" Rest	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back)
Day 5 Day	Triceps kickback 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 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" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Legs (back) Legs (back) Legs (back)
5 Day	Triceps kickback 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 5et 6 3 3 4 4 4 3 3 4 4	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" 45" Rest 30" Rest	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back)

^{*} 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