## **PWLife®**

Frequency: Six times a week

Goal: Improve cardiorespiratory system

Body type: Hourglass

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	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	15	30"	Arms (front)
y 1	Alternating Hammer Curl	3	15	30" 30"	Arms (front)
Day	Hyperextensions Wide Grip Lat Pulldown	3	15 15	30"	Back Back
	Air Bike	4	50	30"	Abdomen
	Decline Oblique Crunches	6	30	15"	Abdomen
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Day 2	Exercise Newson Cris Banch Press	Set	Rep 15	Rest 30"	Part of body Arms (back)
	Narrow Grip Bench Press  Triceps kickbacks	3	15	30"	Arms (back)
	Flat Bench Press	3	15	30"	Chest
Da	Push Up	3	15	30"	Chest
	Dumbbell Lateral Raise	6	12	30"	Shoulders
	Landmine 180's	6	40	30"	Abdomen
$\equiv$	Exercise	Set	Rep	Rest	Part of body
m	45 Degree Leg Press Shoulder Width Stance	3	15	30"	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
Day	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
õ	Seated Calf Raise (Leg Press Machine)	4	15	15"	Calves
	Double-Leg Calf Raise	4	15	15"	Calves
	Alternating Heel Touches	6	30	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	15	30"	Arms (front)
4	Cable Preacher Curls	3	15	30"	Arms (front)
Day	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
L	Coccons	4	50	30"	Abdomen
	Ricycle crunches				
Щ	Bicycle crunches	6	30	15"	Abdomen
F	Exercise	Set	Rep	Rest	Part of body
	Exercise  Narrow Grip Bench Press	Set 3	Rep	Rest 30"	Part of body Arms (back)
7.5	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)	<b>Set</b> 3 3	<b>Rep</b> 15 15	Rest 30" 30"	Part of body Arms (back) Arms (back)
Day 5	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press	Set 3 3 3	Rep 15 15 15	30" 30" 30"	Part of body Arms (back) Arms (back) Chest
Day 5	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls	Set 3 3 3 3	Rep 15 15 15 15	Rest 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest
Day 5	Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press	Set     3     3     3     3     6	Rep 15 15 15	30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders
Day 5	Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups	Set 3 3 3 6 6 6	Rep 15 15 15 15 15 12 40	Rest 30" 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen
Day 5	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise	Set 3 3 3 3 6 6 6 Set	Rep 15 15 15 15 15 12 40	Rest 30" 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension	Set 3 3 3 3 6 6 6 Set 4	Rep 15 15 15 15 12 40 Rep 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl	Set 3 3 3 3 6 6 6 Set	Rep 15 15 15 15 15 12 40	Rest 30" 30" 30" 30" 30" 30"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back)
Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension	Set 3 3 3 3 6 6 6 Set 4 4	Rep 15 15 15 15 12 40 Rep 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine	Set     3     3     3     6     6     Set     4     4	Rep 15 15 15 15 12 40 Rep 15 15	Rest 30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.)
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise	Set     3     3     3     6     6     Set     4     4     4	Rep 15 15 15 15 12 40 Rep 15 15 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15"	Part of body Arms (back) Arms (back) Chest Chest Shoulders Abdomen  Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise	Set     3     3     3     3     6     6     Set     4     4     4     4     6	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 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	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise	Set     3     3     3     6     6     Set     4     4     4     4	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30	Rest 30" 30" 30" 30" 30" 30" 8est 30" 30" 30" 15" 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	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)	Set     3     3     3     3     6     6     Set     4     4     4     4     6	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 15 5 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 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  Period
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)	Set     3     3     3     3     6     6     Set     4     4     4     4     6     Set	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 5 15 30	Rest 30" 30" 30" 30" 30" 30" 30"  Rest 30" 30" 5" 15" 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
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Running)	Set     3     3     3     3     6     6     Set     4     4     4     4     6	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30 Rep 5' 30'	Rest 30" 30" 30" 30" 30" 30" 30"  Rest 30" 30" 5" 15" 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 Everyday (days 1
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Jogging)	Set     3     3     3     3     6     6     Set     4     4     4     4     6     Set	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30 8ep 5' 30' 20' 30'	Rest 30" 30" 30" 30" 30" 30" 30"  Rest 30" 30" 5" 15" 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
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Running)	Set     3     3     3     3     6     6     Set     4     4     4     4     6     Set	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30 8ep 5' 30' 5'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 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 Everyday (days 1
6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension Laying Hamstring Curl Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Running)  Treadmill (Running)  Stationary Rowing	Set     3     3     3     6     6     Set     4     4     4     4     5     Set	Rep 15 15 15 15 12 40 Rep 15 15 15 15 15 30 8ep 5' 30' 20' 30' 5' 30'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest 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 Everyday (days 1
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension Laying Hamstring Curl Abductor/adductor machine Single-Leg Calf Raise Double-Leg Calf Raise Toe Touchers  Exercise  Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Stationary Rowing Rope Jumping	Set     3     3     3     6     6     Set     4     4     4     4     5     Set     1	Rep 15 15 15 12 40 Rep 15 15 15 15 15 15 30 8ep 5' 30' 20' 30' 5' 30' 20'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest 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 Everyday (days 1 2-4-5)
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Running)  Stationary Rowing  Rope Jumping  Step Mill	Set  3 3 3 3 6 6 6  Set 4 4 4 6  Set 1 1 1 2 1	Rep 15 15 15 15 15 15 15 15 15 15 15 30 8ep 5' 30' 5' 30' 5' 30' 5' 20' 200' 200'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 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 Everyday (days 1 2-4-5)
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Running)  Stationary Rowing  Rope Jumping  Step Mill  Stationary Rowing	Set     3     3     3     3     6     6     Set     4     4     4     4     5     Set	Rep 15 15 15 15 12 40 Rep 15 15 15 15 30 30' 5' 30' 5' 30' 5' 20' 20' 25' 25'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15" no rest 1' no rest 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 Everyday (days 1 2-4-5)  Day 1 and 4
Day 6 Day	Exercise  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Decline Chest Press  Dumbbell Bicep Curls  Seated Arnold Press  Butt-Ups  Exercise  Leg Extension  Laying Hamstring Curl  Abductor/adductor machine  Single-Leg Calf Raise  Double-Leg Calf Raise  Toe Touchers  Exercise  Treadmill (Walking)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Jogging)  Treadmill (Running)  Stationary Rowing  Rope Jumping  Step Mill	Set  3 3 3 3 6 6 6  Set 4 4 4 6  Set 1 1 1 2 1	Rep 15 15 15 15 15 15 15 15 15 15 15 30 8ep 5' 30' 5' 30' 5' 30' 5' 20' 200' 200'	Rest 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 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 Everyday (days 1 2-4-5)  Day 1 and 4

<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