PWLife®

Frequency: Five times a week Goal: Hypertrophy

Body type: Pear

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
	Coccons	3	30	30"	Abdomen
õ	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
Day 2	Forester				
	Exercise Chart Proce Marking	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
	Push Up	3	12	30"	Chest
	Flat Bench Press	3	10	30"	Chest
	Narrow Grip Bench Press	3	10	30"	Arms (back)
	Rope Tricep Extensions (down)	3	10	30"	Arms (back)
	Landmine Single Arm Jammer	4	8	30"	Shoulders
	Rear Delt Fly	4	8	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	10	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
	3:4 Sit Up	3	20	15"	Abdomen
	Decline Oblique Crunches	4	20	30"	Abdomen
ã	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
		366	10	30"	
	BOSII - Push Lins (Hands On Flat Side)	4			Chest
	BOSU - Push Ups (Hands On Flat Side) Tricens kickback	4	_		Chest Arms (hack)
L.	Triceps kickback	4	10	30"	Arms (back)
ıy 4	Triceps kickback Decline Chest Press	4 3	10 12	30" 30"	Arms (back) Chest
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes	4 3 3	10 12 10	30" 30" 30"	Arms (back) Chest Chest
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	4 3 3 2	10 12 10 12	30" 30" 30" 30"	Arms (back) 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	10 12 10 12 12	30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	4 3 3 2	10 12 10 12	30" 30" 30" 30"	Arms (back) Chest Chest 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	10 12 10 12 12 12 8 8	30" 30" 30" 30" 30" 30" 30"	Arms (back) 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 5	10 12 10 12 12 8 8	30" 30" 30" 30" 30" 30" 30"	Arms (back) 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	10 12 10 12 12 12 8 8 Rep 15	30" 30" 30" 30" 30" 30" 30" Rest 30"	Arms (back) 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 5et 6 3	10 12 10 12 12 8 8 8 Rep 15	30" 30" 30" 30" 30" 30" 30" 8est 30" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
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 Set 6 3	10 12 10 12 12 8 8 8 Rep 15 10	30" 30" 30" 30" 30" 30" 30" Rest 30" 45"	Arms (back) 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	10 12 10 12 12 8 8 8 Rep 15 10 10	30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45"	Arms (back) 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	10 12 10 12 12 8 8 8 8 15 10 10	30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45"	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	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	10 12 10 12 12 8 8 8 15 10 10 10	30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45"	Arms (back) 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 Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3 3	10 12 10 12 12 8 8 8 Rep 15 10 10 10 10	30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45"	Arms (back) 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 Glute Press Machine	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3	10 12 10 12 12 8 8 8 Rep 15 10 10 10 10 10 10	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) 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	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3 3	10 12 10 12 12 8 8 8 Rep 15 10 10 10 10	30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) 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	4 3 3 2 2 4 4 Set 6 3 3 4 4 4 3	10 12 10 12 12 8 8 8 Rep 15 10 10 10 10 10 10	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) 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	10 12 10 12 12 12 8 8 Rep 15 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Ashoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves
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 Set 6 3 3 4 4 3 3 4 4 Set	10 12 10 12 12 8 8 8 15 10 10 10 10 10 12 30	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 45" 45" 45" 45" 45" 30" 30" Rest	Arms (back) Chest Chest Arms (back) Arms (back) Ashoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period

^{*} 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