PWLife®

Frequency: Five times a week
Goal: Lose weight
Body type: Apple

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	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
1	3:4 Sit Up	4	30	30"	Abdomen
Day	Plate Side Bends	4	30	30"	Abdomen
Ä	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Double-Leg Calf Raise	4	15	30"	Calves
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	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Triceps kickbacks	3	12	30"	Arms (back)
2	Flat Bench Press	3	12	30"	Chest
<u>``</u>	Push Up	3	12	30"	Chest
Day	Narrow Grip Bench Press	3	12	30"	Arms (back)
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	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
\square	Landmine Single Arm Jammer	3	15	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
y 3	Bicycle crunches	4	30	30"	Abdomen
Day	Coccons	4	30	30"	Abdomen
7	Feet Elevated Inverted Rows	3	20	30"	Back
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Single-Leg Calf Raise	4	15	30"	Calves
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	Exercise	Set	Rep	Rest	Part of body
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	Chest Press Machine	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
4	Narrow Grip Bench Press Push Up	3	12 12	30" 30"	Arms (back) Chest
ay 4	Narrow Grip Bench Press	3	12	30" 30" 30"	Arms (back)
Day 4	Narrow Grip Bench Press Push Up	3	12 12	30" 30"	Arms (back) Chest
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press	3 3 3	12 12 12	30" 30" 30"	Arms (back) Chest Chest
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down)	3 3 3 3	12 12 12 12	30" 30" 30" 30"	Arms (back) Chest Chest Arms (back)
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3	12 12 12 12 12	30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3	12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 Set	12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance	3 3 3 3 3 3 3 Set	12 12 12 12 12 15 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	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift	3 3 3 3 3 3 Set	12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance	3 3 3 3 3 3 3 Set	12 12 12 12 12 15 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)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift	3 3 3 3 3 3 3 3 Set 3	12 12 12 12 12 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges	3 3 3 3 3 3 3 3 Set 3 3	12 12 12 12 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat	3 3 3 3 3 3 3 3 Set 3 3 3	12 12 12 12 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 30" 30" 30" 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)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 30" 30" 30" 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)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Ashoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 3 3 3 3 3 3 3 4 Set	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves Period
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping	3 3 3 3 3 3 3 3 3 3 3 3 4 Set	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves Period
Day 5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 3 3 3 3 3 3 3 3 4 Set	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves Period After training Days
Day 5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves Period
Day 5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves Period After training Days
5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Ashoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3
Day 5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3
Day 5 Day	Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Chest Chest Arms (back) Arms (back) Ashoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3

^{*} 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.

30'

30'

no rest

no rest

Recumbent Stationary Bike

Step Mill

Before training

Day 5

^{*} On the day you train your legs, do aerobics first