## **PWLife®**

Frequency: Five times a week
Goal: Hypertrophy
Body type: Inverted triangle

	Exercise	Set	Rep	Rest	Part of body
1y 1	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
		3	30	30"	Abdomen
Day	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
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
Day 2	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
	Exercise	Set	Rep	Rest	Part of body
Day 3	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
	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
	Double-Leg Calf Raise  Exercise	4 Set	Rep	Rest	
					Part of body Chest
	Exercise	Set	Rep	Rest	Part of body
4	Exercise  BOSU - Push Ups (Hands On Flat Side)	Set 4	Rep	Rest 30"	Part of body Chest
ay 4	Exercise  BOSU - Push Ups (Hands On Flat Side)  Triceps kickback	<b>Set</b> 4  4	10 10	Rest 30" 30"	Part of body Chest Arms (back)
Day 4	Exercise  BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press	Set 4 4 3	Rep 10 10 12	Rest 30" 30" 30"	Part of body Chest Arms (back) Chest
Day 4	Exercise  BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes	Set 4 4 3 3	10 10 12 10	Rest 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest
Day 4	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes Narrow Grip Bench Press	Set     4     4     3     3     2	Rep 10 10 12 10 12	Rest 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back)
Day 4	BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes  Narrow Grip Bench Press  Rope Tricep Extensions (down)	Set     4     4     3     3     2     2	Rep 10 10 12 10 12 12	Rest 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Exercise  BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Dumbbell Lateral Raise  Seated Arnold Press	Set     4     4     3     3     2     2     4     4	Rep 10 10 12 10 12 12 12 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day 4	BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Dumbbell Lateral Raise  Seated Arnold Press	Set     4     4     3     3     2     2     4     4  Set	Rep 10 10 12 10 12 12 12 8	Rest 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Dumbbell Lateral Raise  Seated Arnold Press  Exercise  Burpees	Set     4     4     3     3     2     2     4     4	Rep 10 10 12 10 12 12 12 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day	Exercise  BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3	Rep   10   12   12   12   8   8     Rep   15   10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	BOSU - Push Ups (Hands On Flat Side)  Triceps kickback  Decline Chest Press  Decline Dumbbell Flyes  Narrow Grip Bench Press  Rope Tricep Extensions (down)  Dumbbell Lateral Raise  Seated Arnold Press  Exercise  Burpees	Set     4     4     3     3     2     2     4     4  Set     6	Rep 10 10 12 10 12 12 8 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3	Rep 10 10 12 10 12 12 12 8 8 Rep 15 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3     4	Rep 10 10 12 10 12 12 8 8 8 Rep 15 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (front) Legs (int./ext.)
5 Day	BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3     4     4	Rep 10 10 12 10 12 12 12 8 8 8 Rep 15 10 10 10 10 11 10 11 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45"	Part of body Chest 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	Exercise  BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3     4     4     3	Rep 10 10 12 10 12 12 12 8 8 8 Rep 15 10 10 10 10 10 11 10 11 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45"	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3     4     4     3     3	Rep 10 10 12 10 12 12 12 8 8 8 Rep 15 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45"	Part of body Chest 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	Exercise  BOSU - Push Ups (Hands On Flat Side)  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)	Set  4 4 3 3 3 2 2 4 4 4  Set 6 3 3 4 4 4 3 4 4	Rep 10 10 12 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 10 10 10 10 10 10	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 30" 30"	Part of body Chest 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) Legs (back) Calves
Day 5 Day	Exercise  BOSU - Push Ups (Hands On Flat Side)  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)	Set  4 4 3 3 3 2 2 4 4 4  Set 6 3 3 4 4 4 Set 6 Set	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 8 Rep 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 45" Rest 30" Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
Day 5 Day	Exercise  BOSU - Push Ups (Hands On Flat Side)  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	Set     4     4     3     3     2     2     4     4  Set     6     3     3     4     4     3     3     4     4     Set     1	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 30	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Part of body Chest 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 Day 5
5 Day	Exercise  BOSU - Push Ups (Hands On Flat Side)  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)	Set  4 4 3 3 3 2 2 4 4 4  Set 6 3 3 4 4 4 Set 6 Set	Rep 10 10 12 12 12 12 8 8 8 Rep 15 10 10 10 10 10 10 10 8 Rep 15	Rest 30" 30" 30" 30" 30" 30" 30" 30" 30" 45" 45" 45" 45" 45" 45" 45" Rest 30" Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders  Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves

<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> On the day you train your legs, do aerobics first