PWLife®

Frequency: Six times a week

Goal: Improve cardiorespiratory system

Body type: Apple

	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	15	30"	Arms (front)
/ 1	Alternating Hammer Curl	3	15	30"	Arms (front)
Day	Hyperextensions	3	15	30"	Back
-	Wide Grip Lat Pulldown Air Bike	3	15 50	30" 30"	Back Abdomen
	Decline Oblique Crunches	6	30	15"	Abdomen
느	Decline Oblique Crufferies	U	30	13	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	15	30"	Arms (back)
Day 2	Triceps kickbacks	3	15	30"	Arms (back)
Day	Flat Bench Press	3	15 15	30" 30"	Chest
	Push Up Dumbbell Lateral Raise	3 6	12	30"	Shoulders
	Landmine 180's	6	40	30"	Abdomen
느		ŭ	70	30	Abdomen
	Exercise	Set	Rep	Rest	Part of body
Day 3	45 Degree Leg Press Shoulder Width Stance	3	15	30"	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Abductor/adductor machine	3	15 15	30" 15"	Legs (int./ext.) Calves
	Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise	4	15	15"	Calves
	Alternating Heel Touches	6	30	15"	Abdomen
느	Aitemating free Touches	U	30	13	I
Day 4	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30" 30"	Arms (front)
	Landmine Bent Over Two Arm Rows Single-Arm Row	3	15 15	30"	Back Back
1	Coccons	4	50	30"	Abdomen
	Bicycle crunches	6	30	15"	Abdomen
			_	_	
	Exercise Narrow Grin Bonch Pross	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	15	30"	Arms (back)
ıy 5	Narrow Grip Bench Press Rope Tricep Extensions (down)	3	15 15	30" 30"	Arms (back) Arms (back)
Day 5	Narrow Grip Bench Press	3	15	30"	Arms (back)
Day 5	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press	3 3 3	15 15 15	30" 30" 30"	Arms (back) Arms (back) Chest
Day 5	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press Dumbbell Bicep Curls	3 3 3 3	15 15 15 15	30" 30" 30" 30"	Arms (back) Arms (back) Chest
Day 5	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press Dumbbell Bicep Curls Seated Arnold Press Butt-Ups	3 3 3 3 6 6	15 15 15 15 12 40	30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen
Day 5	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press Dumbbell Bicep Curls Seated Arnold Press Butt-Ups Exercise	3 3 3 3 6	15 15 15 15 15	30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
Day	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press Dumbbell Bicep Curls Seated Arnold Press Butt-Ups	3 3 3 3 6 6	15 15 15 15 12 40	30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen
Day	Narrow Grip Bench Press Rope Tricep Extensions (down) Decline Chest Press Dumbbell Bicep Curls Seated Arnold Press Butt-Ups Exercise Leg Extension	3 3 3 3 6 6 6	15 15 15 15 12 40 Rep	30" 30" 30" 30" 30" 30" Rest 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
Day 6 Day 5	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	3 3 3 3 6 6 6 Set 4 4 4	15 15 15 12 40 Rep 15 15 15	30" 30" 30" 30" 30" 30" Rest 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
Day	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	3 3 3 3 6 6 6 Set 4 4 4 4	15 15 15 12 40 Rep 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 8est 30" 30" 30" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
Day	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	3 3 3 3 6 6 6 Set 4 4 4	15 15 15 12 40 Rep 15 15 15	30" 30" 30" 30" 30" 30" Rest 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
Day	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	3 3 3 6 6 6 Set 4 4 4 4 4	15 15 15 12 40 Rep 15 15 15 15 15 15 30	30" 30" 30" 30" 30" 30" 30" 8est 30" 30" 30" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
Day	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	3 3 3 3 6 6 6 Set 4 4 4 4	15 15 15 12 40 Rep 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 15" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen
Day	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)	3 3 3 6 6 6 Set 4 4 4 4 4	15 15 15 12 40 15 15 15 15 15 15 15 5'	30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 15" 15"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period
Day	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)	3 3 3 6 6 6 Set 4 4 4 4 6 Set	15 15 15 12 40 Rep 15 15 15 15 15 30	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period
Day	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)	3 3 3 6 6 6 Set 4 4 4 4 4	15 15 15 12 40 Rep 15 15 15 15 5' 30 Rep 5' 30'	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest	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	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)	3 3 3 6 6 6 Set 4 4 4 4 6 Set	15 15 15 15 12 40 Rep 15 15 15 15 30 Rep 5' 30' 20' 30'	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest	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	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)	3 3 3 6 6 6 Set 4 4 4 4 6 Set	15 15 15 15 12 40 Rep 15 15 15 15 30 Rep 5' 30' 20' 30' 5'	30" 30" 30" 30" 30" 30" 30" 30" 50" 30" 30" 15" 15" no rest	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	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)	3 3 3 6 6 6 Set 4 4 4 4 6 Set	15 15 15 15 12 40 Rep 15 15 15 15 30 Rep 5' 30' 20' 30'	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest	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	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)	3 3 3 6 6 6 Set 4 4 4 4 6 Set	15 15 15 15 12 40 Rep 15 15 15 15 30 Rep 5' 30' 20' 30' 5'	30" 30" 30" 30" 30" 30" 30" 30" 50" 30" 30" 15" 15" no rest	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	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	3 3 3 3 6 6 6 Set 4 4 4 4 6 Set 1	15 15 15 12 40 15 15 15 15 15 15 30 Rep 5' 30' 20' 30' 5' 30' 5'	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Everyday (days 1 2-4-5) Day 1 and 4
Day 6 Day	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 Rope Jumping	3 3 3 3 6 6 6 Set 4 4 4 4 6 Set 1	15 15 15 12 40 15 15 15 15 15 15 15 30 8ep 5' 30' 20' 30' 5' 30' 20'	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest no rest	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	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	3 3 3 3 6 6 6 Set 4 4 4 4 6 Set 1 1 1 2 1	15 15 15 15 12 40 15 15 15 15 15 15 15 30 20' 30' 5' 30' 5' 30' 200' 200'	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" Rest no rest	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 2 and 5
Day 6 Day	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 Rope Jumping Step Mill	3 3 3 3 6 6 6 Set 4 4 4 4 6 Set 1 1 1 2 1 1	15 15 15 12 40 Rep 15 15 15 15 15 30 8ep 5' 30' 5' 30' 5' 30' 5' 20' 20' 20' 20' 20' 20'	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 15" no rest 1' no rest	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

^{*} 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.

 $[\]ensuremath{^{*}}$ On the day you train your legs, do aerobics first