PWLife®

Frequency: Six times a week
Goal: Lose weight
Body type: Pear

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|-----------|---|---|--|--|---|
| | Exercise | Set | Rep | Rest | Part of body |
| | Incline Inner Biceps Curl | 3 | 12 | 30" | Arms (front) |
| / 1 | Cable Preacher Curls | 3 | 12 | 30" | Arms (front) |
| Day | Feet Elevated Inverted Rows | 3 | 12 12 | 30" 30" | Back Back |
| 1 | Wide Grip Lat Pulldown Bicycle crunches | 3 | 60 | 30" | Abdomen |
| | Coccons | 3 | 60 | 30" | Abdomen |
| | COCCOTIS | | 00 | 30 | Abdomen |
| 2 | Exercise | Set | Rep | Rest | Part of body |
| | Narrow Grip Bench Press | 3 | 12 | 30" 30" | Arms (back) |
| y 2 | Triceps kickbacks Flat Bench Press | 3 | 12 | 30" | Arms (back) Chest |
| Day | Push Up | 3 | 12 | 30" | Chest |
| | Standing Single Arm Neutral Grip Dumbbell Shoulder Press | 3 | 15 | 30" | Shoulders |
| | Plate Side Bends | 4 | 30 | 30" | Abdomen |
| Η | | | | | |
| | Exercise | Set | Rep | Rest | Part of body |
| Day 3 | Burpees Clubs Bress Machine | 3 | 15 | 30" | Legs (front) |
| | Glute Press Machine | 3 | 15 15 | 30" 30" | Legs (back) Legs (int./ext.) |
| | Cossack Squat Single-Leg Calf Raise | 4 | 20 | 30" | Calves |
| | Double-Leg Call Raise | 4 | 15 | 30" | Calves |
| | Air Bike | 3 | 30 | 15" | Abdomen |
| \vdash | | | | _ | |
| y 4 | Exercise Dumbhall Biogra Coulo | Set | Rep | Rest | Part of body Arms (front) |
| | Dumbbell Bicep Curls Alternating Hammer Curl | 3 | 20 | 30" 30" | Arms (front) |
| | Landmine Bent Over Two Arm Rows | 3 | 20 | 30" | Back |
| Day | Single-Arm Row | 3 | 20 | 30" | Back |
| | Decline Oblique Crunches | 4 | 20 | 15" | Abdomen |
| | Alternating Heel Touches | 4 | 20 | 15" | Abdomen |
| | | | | | |
| | Fyercise | Set | Ren | Rost | Part of body |
| | Exercise Rope Tricep Extensions (down) | Set 3 | Rep | Rest 30" | Part of body Arms (back) |
| 5 | Rope Tricep Extensions (down) Triceps kickbacks | Set 3 3 | | | Arms (back) |
| ay 5 | Rope Tricep Extensions (down) | 3 | 12 | 30" | |
| Day 5 | Rope Tricep Extensions (down) Triceps kickbacks | 3 | 12 12 | 30" 30" | Arms (back) Arms (back) |
| Day 5 | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer | 3 3 3 3 | 12 12 12 12 12 | 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders |
| Day 5 | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes | 3 3 3 3 | 12 12 12 12 | 30" 30" 30" 30" | Arms (back) Arms (back) Chest |
| Day 5 | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer | 3 3 3 3 | 12 12 12 12 12 | 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders |
| Day 5 | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up | 3 3 3 3 4 | 12 12 12 12 12 15 30 | 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up | 3 3 3 3 4 | 12 12 12 12 15 30 | 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine | 3 3 3 3 3 4 Set 3 3 | 12 12 12 12 15 30 Rep 15 15 | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) |
| Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) | 3 3 3 3 3 4 Set 3 3 3 4 | 12 12 12 12 15 30 Rep 15 15 15 | 30" 30" 30" 30" 30" 30" 8est 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise | 3 3 3 3 3 4 Set 3 3 3 4 4 | 12 12 12 15 30 Rep 15 15 15 15 | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) | 3 3 3 3 3 4 Set 3 3 3 4 | 12 12 12 12 15 30 Rep 15 15 15 | 30" 30" 30" 30" 30" 30" 8est 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise | 3 3 3 3 3 4 Set 3 3 3 4 4 | 12 12 12 15 30 Rep 15 15 15 15 | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves |
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| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches | 3 3 3 3 3 4 Set 3 3 3 4 4 4 3 | 12 12 12 15 30 Rep 15 15 15 15 20 15 | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen |
| 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) | 3 3 3 3 3 4 Set 3 3 3 4 4 4 3 | 12 12 12 15 30 Rep 15 15 15 20 15 30 \$\frac{1}{2}\$ | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen |
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| Day 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers | 3 3 3 3 4 Set 3 3 4 4 4 1 1 | 12 12 12 15 30 15 15 15 15 15 20 15 30 5' 30' 20' 30' 5' 20' | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training |
| Day 6 Day | Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing | 3 3 3 3 4 Set 3 3 4 4 4 1 1 1 | 12 12 12 15 30 15 15 15 15 30 20' 30' 5' 20' | 30" 30" 30" 30" 30" 30" 30" 30" 30" 30" | Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training Days 3 - 4 |
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^{*} 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