PWLife®

Frequency: Five times a week
Goal: Hypertrophy
Body type: Apple

	Exercise	Set	Pon	Post	Part of body
ıy 1	Dumbbell Bicep Curls	3et 4	Rep 10	Rest 30"	Part of body 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
Day 2	Single Leg can Naise		30	13	carves
	Exercise	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
	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
ă	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
	Exercise BOSU - Push Ups (Hands On Flat Side)	Set 4	Rep	Rest 30"	Part of body Chest
	Exercise BOSU - Push Ups (Hands On Flat Side) Triceps kickback	Set 4 4	10 10	Rest 30" 30"	Part of body Chest Arms (back)
y 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	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) Arms (back) Arms (back) 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	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	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 Set	Rep 10 10 12 10 12 12 12 8 8	Rest 30" 30" 30" 30" 30" 30" 30" 30" Rest	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 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)
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 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 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)
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	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.)
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	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	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 Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back)
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	Set 4 4 3 3 2 2 4 4 Set 6 3 3 4 4 3 3 4	Rep 10 10 12 10 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" 30"	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) Legs (back) Legs (back)
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	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 Shoulders 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 2 2 4 4 Set 6 3 3 4 4 3 3 4	Rep 10 10 12 10 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" 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) Exercise Stationary Rowing	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 8 8 8 Rep 15 10 10 10 10 10 10 10 30	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
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	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 Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves

^{*} 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