PWLife®

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

	-		_		
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
Н	3:4 Sit Up	4	30	30"	Abdomen
Day	Plate Side Bends	4	30	30"	Abdomen
Δ	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
\vdash					
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Triceps kickbacks	3	12	30"	Arms (back)
7	Flat Bench Press	3	12	30"	Chest
Day	Push Up	3	12	30"	Chest
۵	Narrow Grip Bench Press	3	12	30"	Arms (back)
1	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
	Landmine Single Arm Jammer	3	15	30"	Shoulders
	Editatilité Single Attit sammei	3	13	30	Siloulacis
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
က	Bicycle crunches	4	30	30"	Abdomen
<u>~</u>	Coccons	4	30	30"	Abdomen
Day	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-Arm Now Single-Leg Calf Raise	4	15	30"	Calves
	Siligle-Leg Call Naise	4	13	30	Calves
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
4	·	3	12	30" 30"	Arms (back) Chest
3y 4	Narrow Grip Bench Press Push Up Decline Chest Press		1		Chest
Day 4	Push Up Decline Chest Press	3	12 12	30" 30"	Chest Chest
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down)	3 3 3	12	30" 30" 30"	Chest Chest Arms (back)
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3	12 12 12 12	30" 30" 30" 30"	Chest Chest Arms (back) Arms (back)
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly	3 3 3 3 3	12 12 12 12 12	30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3	12 12 12 12	30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3	12 12 12 12 15 15	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	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 15 15	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 Set 3	12 12 12 15 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
Day	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 Set 3	12 12 12 12 15 15	30" 30" 30" 30" 30" 30" Rest 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	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 3	12 12 12 15 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	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 Set 3 3 3	12 12 12 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	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 Set 3 3 3	12 12 12 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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	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	12 12 12 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	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	12 12 12 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest 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	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	12 12 12 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30" 30" 30" 30" 30" 30" 30"	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)
5 Day	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 4	12 12 12 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves
5 Day	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 4	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"	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)
5 Day	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 3 4	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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Legs (back) Legs (back)
5 Day	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 3 3 3 4	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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Legs (back) Legs (back)
5 Day	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 Set 3 3 3 3 3 4 Set 6	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"	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
Day 5 Day	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 (Running)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4	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"	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) Calves Period After training Days
Day 5 Day	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 Set 3 3 3 3 3 4 Set 6	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"	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
Day 5 Day	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 (Running)	3 3 3 3 3 3 Set 3 3 3 3 3 4 Set 6	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"	Chest Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3
5 Day	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 Set 3 3 3 3 3 4 Set 6	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"	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) Calves Period After training Days
Day 5 Day	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 (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6 1 1 1 1	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"	Chest Chest Chest Arms (back) Arms (back) Shoulders 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	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 (Running) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing	3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	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"	Chest Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3 After training Days 2 - 4
Day 5 Day	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 (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing Recumbent Stationary Bike	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6 1 1 1 1	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"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3 After training Days
Day 5 Day	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 (Running) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing	3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6 1 1 1 1 1	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"	Chest Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training Days 1 - 3 After training Days 2 - 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.

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