PWLife®

Frequency: Five times a week

Goal: Improve the strength

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
1	Landmine 180's	6	15	30"	Abdomen
Day	Plate Side Bends	5	10	30"	Abdomen
Ď	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	Double-Leg Calf Raise	4	10	30"	Calves
	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	3	1'	Chest
	Triceps kickbacks	2	4	1'	Arms (back)
2	Decline Chest Press	3	3	1'	Chest
Day ;	Push Up	3	3	1'	Chest
Ď	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Dumbbell Lateral Raise	2	6	1'	Shoulders
	Landmine Single Arm Jammer	2	6	1'	Shoulders
	Exercise	Set	Rep	Rest	Part of body
Day 3	3:4 Sit Up	2	4	1'	Arms (front)
	Plate Side Bends	2	4	1'	Arms (front)
	Landmine 180's	6	15	30"	Abdomen
	Plate Side Bends	5	10	30"	Abdomen
	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	- 11 15 - 1	_	4.0	30"	
	Double-Leg Calf Raise	4	10	30	Calves
	Double-Leg Calf Raise Exercise				
		4 Set 3	Rep	Rest	Part of body Chest
	Exercise	Set	Rep	Rest	Part of body
4	Exercise Chest Press Machine	Set 3	Rep 3	Rest 1'	Part of body Chest
ay 4	Exercise Chest Press Machine Triceps kickbacks	Set 3 2	Rep 3 4	Rest 1' 1'	Part of body Chest Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes	Set 3 2 3	Rep 3 4 3	Rest 1' 1' 1'	Part of body Chest Arms (back) Chest
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls	Set 3 2 3 3	Rep 3 4 3	Rest 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	Set 3 2 3 3 2	Rep 3 4 3 3 4	Rest 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	Set 3 2 3 3 2 2 2	3 4 3 4 4 4	Rest 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly	Set 3 2 3 3 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	Set 3 2 3 3 2 2 2 2 2	Rep 3 4 3 3 4 4 4 6	Rest 1' 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise	Set 3 2 3 3 2 2 2 2 2 2 Set	Rep 3 4 3 3 4 4 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' Rest	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges	Set 3 2 3 3 2 2 2 2 2 2 2 Set 2	Rep 3 4 3 3 4 4 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 8 Rep 4 4	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	Part of body Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift	Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 8 Rep 4 4 4 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine	Set 3 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 8 Rep 4 4 4 6 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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 Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 4 6 6 6 8 8 8 9 4 4 4 4 6 6 6 6	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	Set 3 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 8 4 4 4 6 6 6 4 4 4	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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)
Day 5 Day	Exercise Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	Set 3 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Rep 3 4 3 3 4 4 6 6 6 6 8 4 4 4 4 4 4 4 4 4 4 4 4 4	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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)
Day 5 Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	Set 3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 4	Rep 3 4 3 3 4 4 6 6 6 4 4 4 6 6 6 4 4 4 10	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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
5 Day	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down) Rear Delt Fly Dumbbell Lateral Raise Exercise weighted lunges Leg Extension Hex Bar Deadlift Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Double-Leg Calf Raise	Set 3 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 4 Set	Rep 3 4 3 3 4 4 6 6 6 4 4 4 10	Rest 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1' 1'	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

^{*} 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