PWLife®

Frequency: Six times a week

Goal: Improve cardiorespiratory system

Body type: Rectangle

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	Exercise Incline Inner Bisens Coul	Set 3	Rep 15	Rest 30"	Part of body
1	Incline Inner Biceps Curl Alternating Hammer Curl	3	15	30"	Arms (front) Arms (front)
y 1	Hyperextensions	3	15	30"	Back
Day 3	Wide Grip Lat Pulldown	3	15	30"	Back
	Air Bike	4	50	30"	Abdomen
	Decline Oblique Crunches	6	30	15"	Abdomen
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	Narrow Grip Bench Press	Set 3	Rep 15	Rest 30"	Part of body Arms (back)
	Triceps kickbacks	3	15	30"	Arms (back)
Day 2	Flat Bench Press	3	15	30"	Chest
õ	Push Up	3	15	30"	Chest
	Dumbbell Lateral Raise	6	12	30"	Shoulders
	Landmine 180's	6	40	30"	Abdomen
\equiv	Exercise	Set	Pon	Post	Part of body
	45 Degree Leg Press Shoulder Width Stance	3	Rep 15	Rest 30"	Legs (front)
3	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
Day 🤅	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Seated Calf Raise (Leg Press Machine)	4	15	15"	Calves
	Double-Leg Calf Raise	4	15	15"	Calves
	Alternating Heel Touches	6	30	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
Day 4	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Coccons	4	50	30"	Abdomen
ш	Bicycle crunches	6	30	15"	Abdomen
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	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	15	30"	Arms (back)
,5	Narrow Grip Bench Press Rope Tricep Extensions (down)	3	15 15	30" 30"	Arms (back) Arms (back)
Jay 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	3 3 3 3 6	15 15 15 15 15	30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders
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 Chest Shoulders Abdomen
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 15 12 40	30" 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 Exercise Leg Extension	3 3 3 3 6 6 6	15 15 15 15 12 40 Rep 15	30" 30" 30" 30" 30" 30" Rest 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
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	3 3 3 6 6 6 Set 4	15 15 15 15 12 40 Rep 15	30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back)
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	3 3 3 3 6 6 6 Set 4 4	15 15 15 15 12 40 Rep 15 15	30" 30" 30" 30" 30" 30" 30" 8est 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
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 15 12 40 Rep 15 15 15	30" 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	3 3 3 3 6 6 6 Set 4 4	15 15 15 15 12 40 Rep 15 15	30" 30" 30" 30" 30" 30" 30" 8est 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
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 15 12 40 Rep 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 8est 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	3 3 3 3 6 6 6 Set 4 4 4 4	15 15 15 15 12 40 Rep 15 15 15 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 Double-Leg Calf Raise	3 3 3 6 6 6 Set 4 4 4 4 4	15 15 15 15 12 40 Rep 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 8est 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	3 3 3 6 6 6 Set 4 4 4 4 4 6	15 15 15 15 12 40 Rep 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 8est 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 6	15 15 15 15 12 40 Rep 15 15 15 15 15 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 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)	3 3 3 6 6 6 Set 4 4 4 4 4 6 Set	15 15 15 15 12 40 Rep 15 15 15 15 15 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
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 4 6 Set	15 15 15 12 40 Rep 15 15 15 15 15 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) Treadmill (Jogging) Treadmill (Running)	3 3 3 6 6 6 Set 4 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" 50" 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	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	15 15 15 15 15 15 15 15	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
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' 5' 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 (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	15 15 15 12 40 15 15 15 15 15 15 15 15 30 20' 30' 5' 30' 200' 200'	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 1	15 15 15 15 12 40 15 15 15 15 15 15 15 30 20' 30' 5' 30' 5' 30' 20' 20' 25' 25'	30" 30" 30" 30" 30" 30" 30" 30" 30" 15" 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 1-2-4-5) 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 Step Mill	3 3 3 3 6 6 6 Set 4 4 4 4 6 Set 1 1 1 2 1	15 15 15 12 40 15 15 15 15 15 15 15 15 30 20' 30' 5' 30' 200' 200'	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

^{*} 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