## **PWLife®**

Frequency: Five times a week
Goal: Lose weight
Body type: Inverted triangle

	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
⊣	3:4 Sit Up	4	30	30"	Abdomen
Day	Plate Side Bends	4	30	30"	Abdomen
Ω	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
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	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Triceps kickbacks	3	12	30"	Arms (back)
Day 2	Flat Bench Press	3	12	30"	Chest
	Push Up	3	12	30"	Chest
۵	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
	Landmine Single Arm Jammer	3	15	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
Day 3	Cable Preacher Curls	3	12	30"	Arms (front)
	Bicycle crunches	4	30	30"	Abdomen
	Coccons	4	30	30"	Abdomen
	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-Leg Calf Raise	4	15	30"	Calves
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	Francisco				
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	Set 3	Rep 12	30"	Part of body Chest
	Chest Press Machine Narrow Grip Bench Press			30" 30"	
4	Chest Press Machine	3	12	30"	Chest
ay 4	Chest Press Machine Narrow Grip Bench Press	3	12 12	30" 30"	Chest Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up	3 3 3	12 12 12	30" 30" 30"	Chest Arms (back) Chest
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press	3 3 3	12 12 12 12	30" 30" 30" 30"	Chest Arms (back) Chest Chest
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down)	3 3 3 3	12 12 12 12 12	30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3 3	12 12 12 12 12 12	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press 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 12 12 12 15	30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly	3 3 3 3 3 3	12 12 12 12 12 12 12 15	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 3	12 12 12 12 12 12 12 15	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	Chest Press Machine Narrow Grip Bench Press 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 3 5	12 12 12 12 12 12 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 3 5 <b>Set</b> 3	12 12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 <b>Set</b> 3	12 12 12 12 12 12 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 Set 3 3 3 3	12 12 12 12 12 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 Set 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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	Chest Press Machine Narrow Grip Bench Press 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 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 Set 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 Set 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 Set 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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 Narrow Grip Bench Press 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 Set 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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)
5 Day	Chest Press Machine Narrow Grip Bench Press 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 12 12 15 15 15 15 15 15 15 15 15 15 15 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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 Narrow Grip Bench Press 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 4 Set	12 12 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 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) Calves  Period
5 Day	Chest Press Machine Narrow Grip Bench Press 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 Set	12 12 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 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) Calves  Period
Day 5 Day	Chest Press Machine Narrow Grip Bench Press 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 4 Set	12 12 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 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) Calves  Period  After training Days
Day 5 Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 3 3 3 3 3 4 Set 6	12 12 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 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) Calves  Period
Day 5 Day	Chest Press Machine Narrow Grip Bench Press 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 4 Set 6	12 12 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 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) Calves  Period  After training Days
5 Day	Chest Press Machine Narrow Grip Bench Press 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 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 5 15 5 5 5 5 30' 20' 30'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	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) Calves  Period  After training Days
Day 5 Day	Chest Press Machine Narrow Grip Bench Press 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 (Running)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 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 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  Period  After training Days 1 - 3
Day 5 Day	Chest Press Machine Narrow Grip Bench Press 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 (Running) Crossover Mountain Climbers	3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 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 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  Period  After training Days 1 - 3

<sup>\*</sup> 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.

30'

no rest

Day 5

Step Mill

<sup>\*</sup> On the day you train your legs, do aerobics first