PWLife®

Frequency: Five times a week

Goal: Improve cardiorespiratory system

	Body type: Pear				
	Exercise	Set	Rep	Rest	Part of body
Day 1	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
	Coccons	4	30	30"	Abdomen
õ	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
1	Single-Leg Calf Raise	4	20	15"	Calves
y 2					
	Exercise Charles Marking	Set	Rep	Rest	Part of body
	Chest Press Machine	3	15	30"	Chest
	Triceps kickback	3	15	30"	Arms (back)
	Push Up	3	15	30"	Chest
Day	Flat Bench Press	3	15	30"	Chest
	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Landmine Single Arm Jammer	3	15	15"	Shoulders
	Rear Delt Fly	2	20	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
Day 3	Incline Inner Biceps Curl	3	15	30"	Arms (front)
	Alternating Hammer Curl	3	15	30"	Arms (front)
	Air Bike	4	30	15"	Abdomen
	Decline Oblique Crunches	4	30	15"	Abdomen
	Feet Elevated Inverted Rows	3	15	30"	Back
	Wide Grip Lat Pulldown	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Double-Leg Calf Raise	4	20	15'	Calves
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	Exercise POSITE Park Hay (Hayde On Flat Side)	Set	Rep	Rest	Part of body
	BOSU - Push Ups (Hands On Flat Side)	2	20	30"	Chest
	BOSU - Push Ups (Hands On Flat Side) Triceps kickback	2	20 20	30" 30"	Chest Arms (back)
y 4	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press	2 2 3	20 20 15	30" 30" 15"	Chest Arms (back) Chest
Jay 4	BOSU - Push Ups (Hands On Flat Side) Triceps kickback Decline Chest Press Decline Dumbbell Flyes	2 2 3 3	20 20 15 15	30" 30" 15" 15"	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	2 2 3 3 3	20 20 15 15 15	30" 30" 15" 15"	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)	2 2 3 3 3 3	20 20 15 15 15 15	30" 30" 15" 15" 15" 15"	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 Rope Tricep Extensions (down) Dumbbell Lateral Raise	2 2 3 3 3 3 3	20 20 15 15 15 15 15	30" 30" 15" 15" 15" 15" 30"	Chest Arms (back) Chest Chest 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)	2 2 3 3 3 3	20 20 15 15 15 15	30" 30" 15" 15" 15" 15"	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 Rope Tricep Extensions (down) Dumbbell Lateral Raise	2 2 3 3 3 3 3	20 20 15 15 15 15 15	30" 30" 15" 15" 15" 15" 30"	Chest Arms (back) Chest Chest 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	2 2 3 3 3 3 3 4	20 20 15 15 15 15 15 20	30" 30" 15" 15" 15" 15" 30" 15"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	BOSU - Push Ups (Hands On Flat Side)	2 2 3 3 3 3 4 Set	20 20 15 15 15 15 15 20	30" 30" 15" 15" 15" 30" 15"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
Day	BOSU - Push Ups (Hands On Flat Side)	2 2 3 3 3 3 4 Set 2	20 20 15 15 15 15 15 20 Rep	30" 30" 15" 15" 15" 15" 15" 8est 45"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body 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	2 2 3 3 3 3 4 Set 2 2	20 20 15 15 15 15 20 Rep 15	30" 30" 15" 15" 15" 15" 30" 15" Rest 45"	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)	2 2 3 3 3 3 3 4 Set 2 2	20 20 15 15 15 15 20 Rep 15 15	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
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	2 2 3 3 3 3 4 Set 2 2 2 3	20 20 15 15 15 15 20 Rep 15 15 15	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
5 Day	BOSU - Push Ups (Hands On Flat Side)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3	20 20 15 15 15 15 20 Rep 15 15 15 15	30" 30" 15" 15" 15" 30" 15" 8est 45" 45" 45" 15"	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	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	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3	20 20 15 15 15 15 20 Rep 15 15 15 15 15 20	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 15" 15" 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	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	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2	20 20 15 15 15 15 15 20 Rep 15 15 15 15 15 20 20 20	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 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	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)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 4	20 20 15 15 15 15 15 20 Rep 15 15 15 15 20 20 30 20	30" 30" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15"	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	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	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 4	20 20 15 15 15 15 15 20 Rep 15 15 15 15 15 15 20 20 20 30	30" 30" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 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) Legs (back)
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 Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 4	20 20 15 15 15 15 15 20 Rep 15 15 15 15 20 20 30 20	30" 30" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" 15"	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 Before training
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 Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2 4 4	20 20 15 15 15 15 20 Rep 15 15 15 20 20 30 20	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" Rest	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	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)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2 4 4	20 20 15 15 15 15 20 Rep 15 15 15 20 20 30 20	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" Rest	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 Before training
Day 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 Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Treadmill (Walking)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2 4 4	20 20 15 15 15 15 20 Rep 15 15 15 15 20 20 30 20 Rep	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" Rest	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 Before training Day 5
Day 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 Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Treadmill (Walking)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 3 2 2 4 4	20 20 15 15 15 15 20 Rep 15 15 15 20 20 20 Rep 20'	30" 30" 15" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 30" Rest	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 Before training Day 5
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 Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine) Exercise Treadmill (Walking) Treadmill (Jogging)	2 2 3 3 3 3 4 Set 2 2 2 2 3 3 2 2 4 4 4 Set	20 20 15 15 15 15 20 Rep 15 15 15 20 20 20 Rep 20'	30" 30" 15" 15" 15" 30" 15" Rest 45" 45" 45" 15" 30" 30" 30" 15" Rest	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 Before training Day 5

5'

10'

10'

10'

10'

100

1

1

6

no rest

no rest

no rest

no rest

1'

After training

Days 3 - 4

Treadmill (Running)

Wind Bike

Stationary bike

Stationary Rowing

Step Mill

Rope Jumping

^{*} 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.

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