## **PWLife®**

Frequency: Five times a week

Goal: Improve the strength

Body type: Pear

|           | Exercise   | Set   | Rep  | Rest  | Part of body   |
|-----------|--|---|--|---|--|
|           | Dumbbell Bicep Curls   | 2   | 4  | 1'  | Arms (front)   |
| 1         | Cable Preacher Curls   | 2   | 4  | 1'  | Arms (front)   |
|           | Landmine 180's   | 6   | 15   | 30"   | Abdomen  |
| Day       | Plate Side Bends   | 5   | 10   | 30"   | Abdomen  |
| ۵         | 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   |
| Day 2     | Francisco  | Col   | D  | D 1   | David of books   |
|           | Exercise Flat Bench Press  | Set<br>3  | Rep<br>3   | Rest<br>1'                                  | Part of body<br>Chest  |
|           |  | 2   | 4  | 1'  |  |
|           | Triceps kickbacks  |   | 3  | 1<br>1'                                     | Arms (back)<br>Chest   |
|           | Decline Chest Press  | 3   | -  |   |  |
|           | Push Up  | 3 2   | 3  | 1'<br>1'                                    | Chest  |
|           | Narrow Grip Bench Press  | 2   | 4  | 1<br>1'                                     | Arms (back) Arms (back)  |
|           | Rope Tricep Extensions (down)  Dumbbell Lateral Raise  | 2   | 6  | 1'  | Shoulders  |
|           | Landmine Single Arm Jammer   | 2   | 6  | 1'  | Shoulders  |
|           | Landinine Single Arm Janine  |   | U  |   | Silodiders   |
| Day 3     | Exercise   | Set   | Rep  | Rest  | Part of body   |
|           | 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   |
|           |  |   |  |   |  |
|           | Double-Leg Calf Raise  | 4   | 10   | 30"   | Calves   |
|           | Double-Leg Calf Raise  Exercise  | 4<br>Set  | 10<br>Rep  | 30"<br>Rest                                 | Part of body   |
|           |  | Į   |  |   |  |
|           | Exercise   | Set   | Rep  | Rest  | Part of body   |
| 4         | Exercise  Chest Press Machine  | Set<br>3  | Rep<br>3   | Rest<br>1'                                  | Part of body<br>Chest  |
| ay 4      | Exercise  Chest Press Machine  Triceps kickbacks   | Set 3 2   | <b>Rep</b> 3 4   | Rest<br>1'<br>1'                            | Part of body<br>Chest<br>Arms (back)   |
| Day 4     | Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes   | Set 3 2 3   | 3<br>4<br>3  | 1' 1' 1'                                    | Part of body<br>Chest<br>Arms (back)<br>Chest  |
| Day 4     | Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls  | Set 3 2 3 3   | 3<br>4<br>3<br>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<br>3<br>4<br>3<br>3<br>4   | 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<br>4<br>3<br>3<br>4<br>4   | 1' 1' 1' 1' 1' 1'                           | Part of body Chest Arms (back) Chest Chest 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 Dumbbell Lateral Raise   | Set     3     2     3     3     2     2     2     2   | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>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  | 3<br>4<br>3<br>3<br>4<br>4<br>4<br>6   | Rest 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  |
| 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  Exercise weighted lunges   | Set 3 2 3 3 2 2 2 2 2 2 Set   | Rep 3 4 3 4 4 6 6  | Rest 1' 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 Legs (front)   |
| 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 2 Set 2   | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6  | Rest 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   | 3 4 3 4 4 6 6 6 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)   |
| 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<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6<br>8<br>Rep<br>4<br>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) Legs (int./ext.)  |
| 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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2   | Rep 3 4 4 6 6 6 Rep 4 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) Legs (front) Legs (front) Legs (int./ext.) 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  | 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 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) Arms (back) Shoulders Shoulders Part of body 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 6 6 6  Rep 4 4 6 6 6 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) Legs (int./ext.) 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 Barbell Stiff-Legged Deadlifts   | Set 3 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2   | Rep<br>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 | 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 2 4  | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>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) Shoulders Shoulders Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves                              |
| 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     4     Set | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>10<br>Rep<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>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) Shoulders Shoulders Shoulders Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves                              |
| 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  Exercise  Crossover Mountain Climbers | Set  3 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 4 Set 1  | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>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  Period Day 5 |
| 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     4     Set | Rep<br>3<br>4<br>3<br>3<br>4<br>4<br>6<br>6<br>6<br>4<br>4<br>4<br>6<br>6<br>6<br>8<br>4<br>4<br>4<br>6<br>6<br>7<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8       | 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) Legs (back) Legs (back) Calves                              |

<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.

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