PWLife®

Frequency: Five times a week

Goal: Improve fitness/endurance

Body type: Apple

	Europia	Cot	Bon	Post	- Double of books
	Exercise Dumph all Discon Cords	Set	Rep	Rest 30"	Part of body
	Dumbbell Bicep Curls Cable Preacher Curls	3	20	30"	Arms (front) Arms (front)
_	Landmine 180's	4	20	15"	Abdomen
7	Plate Side Bends	4	20	15"	Abdomen
Day	Hyperextensions	3	20	30"	Back
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Double-Leg Calf Raise	2	60	45"	Calves
	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	20	30"	Chest
	Triceps kickbacks	3	20	30"	Arms (back)
7	Decline Chest Press	3	20	30"	Chest
<u>``</u>	Push Up	3	20	30"	Chest
Day	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
	Dumbbell Lateral Raise	3	20	30"	Shoulders
	Landmine Single Arm Jammer	3	20	30"	Shoulders
	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	3	20	30"	Arms (front)
	Plate Side Bends	3	20	30"	Arms (front)
Day 3	Landmine 180's	4	20	15"	Abdomen
	Plate Side Bends	4	20	15"	Abdomen
	Hyperextensions	3	20	30"	Back
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Double-Leg Calf Raise	2	60	45'	Calves
	Exercise	-			5 . (1 . 1
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	Set 3	Rep 20	30"	Chest
			_		
4	Chest Press Machine	3	20	30"	Chest
ay 4	Chest Press Machine Triceps kickbacks	3	20 20	30" 30"	Chest Arms (back)
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes	3 3 3	20 20 20	30" 30" 30"	Chest Arms (back) Chest
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls	3 3 3	20 20 20 20	30" 30" 30" 30"	Chest Arms (back) Chest Chest
Day 4	Chest Press Machine Triceps kickbacks Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	3 3 3 3	20 20 20 20 20 20	30" 30" 30" 30" 30"	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)	3 3 3 3 3 3	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	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	3 3 3 3 3 3	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest 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	3 3 3 3 3 3 3 3	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30"	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	3 3 3 3 3 3 3 3 5	20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30"	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	3 3 3 3 3 3 3 3 3 3 5 4	20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" Rest 15"	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	3 3 3 3 3 3 3 3 3 5 4 4 4	20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 80" 15"	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	3 3 3 3 3 3 3 3 3 4 5et 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 50" 50" 515"	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	3 3 3 3 3 3 3 3 3 5 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 50" 50" 515" 55" 55"	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	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	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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 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	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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)
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	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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)
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	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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 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 Rope Jumping	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" 30" 8est 15" 15" 15" 15" 15" 15" 45"	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 Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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 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 Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 5 5 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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
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 Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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 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 Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 5 5 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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
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 Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 5 5 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	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

Wind Bike

Stationary Rowing

Recumbent Stationary Bike

Step Mill

15"

10"

15"

15"

1

1

1

no rest

no rest

no rest

no rest

Days

2 - 4

Before training

Day 5

^{*} 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