PWLife®

Frequency: Five times a week

Goal: Improve fitness/endurance

Body type: Hourglass

	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Cable Preacher Curls	3	20	30"	Arms (front)
_	Landmine 180's	4	20	15"	Abdomen
<u>></u>		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
ay	Push Up	3	20	30"	Chest
Δ	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)
y 3	Plate Side Bends	3	20	30"	Arms (front)
	Landmine 180's	4	20	15"	Abdomen
	Plate Side Bends	4	20	15"	Abdomen
Day		3	20	30"	
	Hyperextensions			30"	Back
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20		Back
	Double-Leg Calf Raise	2	60	45'	Calves
	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	20	30"	Chest
	Tricons kickbacks	_	20	30"	Arme (hack)
	Triceps kickbacks	3	20	50	Arms (back)
4	Decline Dumbbell Flyes	3	20	30"	Chest
ay 4	·	_	_		
Day 4	Decline Dumbbell Flyes	3	20	30"	Chest
Day 4	Decline Dumbbell Flyes Dumbbell Bicep Curls	3	20 20	30" 30"	Chest Chest
Day 4	Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press	3 3 3	20 20 20	30" 30" 30"	Chest Chest Arms (back)
Day 4	Decline Dumbbell Flyes Dumbbell Bicep Curls Narrow Grip Bench Press Rope Tricep Extensions (down)	3 3 3 3	20 20 20 20	30" 30" 30" 30"	Chest Chest Arms (back) Arms (back)
Day 4	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	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders
Day 4	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 Set	20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	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 Set 4	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" Rest 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front)
Day 4	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	3 3 3 3 3 3 3 Set 4 4	20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front)
5 Day 4	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 Set 4 4 4	20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front)
5 Day	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 Set 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" 15" 15" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.)
Day	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 Set 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15"	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	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	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	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back)
5 Day	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 Set 4 4 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15"	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	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 Set 4 4 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" Rest 15" 15" 15" 15" 15" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back)
5 Day	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 Set 4 4 4 4 4 4 4 4	20 20 20 20 20 20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 15"	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	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 Set 4 4 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" Rest 15" 15" 15" 15" 15" 15"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Calves
5 Day	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 Set 4 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" Rest 15" 15" 15" 15" 15" 15" 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (int./ext.) Legs (back) Legs (back)
5 Day	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 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" Rest 15" 15" 15" 15" 15" 45" Rest	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) Calves
5 Day	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 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" Rest 15" 15" 15" 15" 15" 45" Rest	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training
Day 5 Day	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 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" Rest 15" 15" 15" 15" 15" 45" Rest	Chest Chest Arms (back) Arms (back) Shoulders 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
Day 5 Day	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 Set 4 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45"	Chest Chest Arms (back) Arms (back) Shoulders Shoulders Shoulders Part of body Legs (front) Legs (front) Legs (front) Legs (int./ext.) Legs (back) Legs (back) Legs (back) Calves Period After training
Day 5 Day	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 Set 4 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45"	Chest Chest Arms (back) Arms (back) Shoulders 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
5 Day	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 Set 4 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45"	Chest Chest Arms (back) Arms (back) Shoulders 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
Day 5 Day	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) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 5 5 1	20 20 20 20 20 20 20 20 20 20 20 20 20 2	30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45"	Chest Chest Arms (back) Arms (back) Shoulders 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	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) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 5 1 1	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45" no rest	Chest Chest Arms (back) Arms (back) Shoulders 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 After training
Day 5 Day	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) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 3 3 3 3 Set 4 4 4 4 4 4 4 2 Set 6	20 20 20 20 20 20 20 20	30" 30" 30" 30" 30" 30" 30" 30" Rest 15" 15" 15" 15" 45" Rest 45" no rest	Chest Chest Arms (back) Arms (back) Shoulders 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 After training Days

^{*} 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.

15"

no rest

Day 5

Step Mill

^{*} On the day you train your legs, do aerobics first