PWLife®

Frequency: Six times a week
Goal: Lose weight
Body type: Rectangle

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	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	12	30"	Arms (front)
1	Cable Preacher Curls	3	12	30"	Arms (front)
Day :	Feet Elevated Inverted Rows	3	12	30"	Back
10	Wide Grip Lat Pulldown	3	12	30"	Back
	Bicycle crunches	3	60	30"	Abdomen
	Coccons	3	60	30"	Abdomen
2	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
Day	Flat Bench Press	3	12	30"	Chest
۵	Push Up	3	12	30"	Chest
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	3	15	30"	Shoulders
	Plate Side Bends	4	30	30"	Abdomen
	Exercise	Cot	Don	Post	Dort of body
Day 3		Set 3	Rep 15	Rest 30"	Part of body
	Burpees Glute Press Machine	3	15	30"	Legs (front) Legs (back)
	Cossack Squat	3	15	30"	Legs (int./ext.)
	Single-Leg Calf Raise	4	20	30"	Calves
	Double-Leg Call Raise	4	15	30"	Calves
	Air Bike	3	30	15"	Abdomen
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Day 4	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Decline Oblique Crunches	4	20	15"	Abdomen
	Alternating Heel Touches	4	20	15"	Abdomen
	Exercise	Set	Rep	Rest	Part of body
	Exercise Rope Tricep Extensions (down)	Set 3	Rep	Rest 30"	Part of body Arms (back)
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ay 5	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
Day 5	Rope Tricep Extensions (down) Triceps kickbacks	3	12 12	30" 30"	Arms (back) Arms (back)
Day 5	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press	3 3 3	12 12 12	30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders
Day 5	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes	3 3 3 3	12 12 12 12	30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest
Day 5	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up	3 3 3 3 3 4	12 12 12 12 12 15 30	30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen
Day 5	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up	3 3 3 3	12 12 12 12 12 15	30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension	3 3 3 3 4	12 12 12 12 12 15 30	30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front)
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up	3 3 3 3 4 Set 3	12 12 12 12 15 30 Rep 15	30" 30" 30" 30" 30" 30" Rest 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body
Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts	3 3 3 3 4 Set 3 3	12 12 12 12 15 30 Rep 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back)
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine	3 3 3 3 3 4 Set 3 3 3	12 12 12 12 12 15 30 Rep 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.)
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 4 Set 3 3 3 4	12 12 12 12 15 30 Rep 15 15 15	30" 30" 30" 30" 30" 30" 30" Rest 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches	3 3 3 3 4 Set 3 3 4 4 4 4	12 12 12 12 15 30 Rep 15 15 15 15 20 15 30	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches	3 3 3 3 3 4 Set 3 3 4 4 4 3	12 12 12 12 15 30 Rep 15 15 15 15 15 15 20 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping	3 3 3 3 4 Set 3 3 4 4 4 4	12 12 12 12 15 30 Rep 15 15 15 15 20 15 30	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches	3 3 3 3 3 4 Set 3 3 4 4 4 3	12 12 12 12 15 30 Rep 15 15 15 15 15 15 20 15	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping	3 3 3 3 3 4 Set 3 3 4 4 4 3	12 12 12 12 15 30 Rep 15 15 15 15 20 15 30	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 4 Set 3 3 4 4 4 3	12 12 12 12 15 30 Rep 15 15 15 15 20 15 30	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 3 3 4 4 4 3 Set 6	12 12 12 12 15 30 Rep 15 15 15 15 20 15 30 Rep 50 5' 30' 20'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 4 Set 3 3 4 4 4 3 Set 6	12 12 12 12 15 30 15 15 15 15 20 15 30 8ep 5' 30' 20' 30'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 3 3 4 4 4 3 Set 6	12 12 12 12 15 30 15 15 15 20 15 30 8ep 50 5' 30' 20' 30' 5'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 4 Set 3 3 4 4 4 3 Set 6	12 12 12 12 15 30 15 15 15 15 20 15 30 8ep 5' 30' 20' 30'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 4 Set 3 3 4 4 4 3 Set 6	12 12 12 12 15 30 15 15 15 20 15 30 8ep 50 5' 30' 20' 30' 5'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days Days After training Days
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 4 Set 3 3 4 4 4 1 1	12 12 12 12 15 30 15 15 15 20 15 30 8ep 15 50 5' 30' 20' 30' 5' 30' 5' 20' 20' 20' 20' 20' 20' 20' 20' 20' 20	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days 1 - 2 After training
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike Stationary Rowing	3 3 3 3 4 Set 3 3 4 4 3 Set 6	12 12 12 15 30 Rep 15 15 15 15 15 15 30 8ep 50 5' 30' 20' 5' 20' 20' 20' 20'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Abdomen Period After training Days 1 - 2 After training Days 3 - 4
Day 6 Day	Rope Tricep Extensions (down) Triceps kickbacks Decline Chest Press Decline Dumbbell Flyes Landmine Single Arm Jammer 3:4 Sit Up Exercise Leg Extension Barbell Stiff-Legged Deadlifts Abductor/adductor machine Seated Calf Raise (Leg Press Machine) Double-Leg Calf Raise Decline Oblique Crunches Exercise Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 4 Set 3 3 4 4 4 1 1 1	12 12 12 15 30 15 15 15 15 15 15 20 15 30 8ep 50 50 30' 20' 30' 5' 20' 20' 20'	30" 30" 30" 30" 30" 30" 30" 30" 30" 30"	Arms (back) Arms (back) Chest Chest Shoulders Abdomen Part of body Legs (front) Legs (back) Legs (int./ext.) Calves Calves Abdomen Period After training Days Days 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.

 $[\]ensuremath{^{*}}$ On the day you train your legs, do aerobics first