## **PWLife®**

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

	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
l	3:4 Sit Up	4	30	30"	Abdomen
y 1	Plate Side Bends	4	30	30"	Abdomen
Day			+ +		
–	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Double-Leg Calf Raise	4	15	30"	Calves
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	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Triceps kickbacks	3	12	30"	Arms (back)
١_,	Flat Bench Press	3	12	30"	Chest
y 2			-		
Day	Push Up	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
	Landmine Single Arm Jammer	3	15	30"	Shoulders
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	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	·	3	12	30"	
	Cable Preacher Curls		+ +		Arms (front)
ω	Bicycle crunches	4	30	30"	Abdomen
Day	Coccons	4	30	30"	Abdomen
Ω	Feet Elevated Inverted Rows	3	20	30"	Back
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
		4			
	Single-Leg Calf Raise	4	15	30"	Calves
	Exercise	Set	Rep	Rest	Part of body
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1					_
	Chest Press Machine	3	12	30"	Chest
	Chest Press Machine Narrow Grip Bench Press	3	12 12	30" 30"	Chest Arms (back)
4,	Chest Press Machine Narrow Grip Bench Press Push Up	3 3 3	12 12 12	30" 30" 30"	Chest Arms (back) Chest
ay 4	Chest Press Machine Narrow Grip Bench Press	3	12 12	30" 30"	Chest Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up	3 3 3	12 12 12	30" 30" 30"	Chest Arms (back) Chest
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down)	3 3 3 3	12 12 12 12 12	30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3 3 3	12 12 12 12 12 12 12	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly	3 3 3 3 3 3	12 12 12 12 12 12 12 12	30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks	3 3 3 3 3 3	12 12 12 12 12 12 12	30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 3	12 12 12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise	3 3 3 3 3 3 3 3 Set	12 12 12 12 12 12 15 15	30" 30" 30" 30" 30" 30" 30" 30"	Chest Arms (back) Chest Chest Arms (back) Arms (back) Arms (back) Shoulders Shoulders Part of body
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance	3 3 3 3 3 3 3 3 3 Set	12 12 12 12 12 12 15 15 15	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)
Day 4	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift	3 3 3 3 3 3 3 3 Set	12 12 12 12 12 12 15 15	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)
Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance	3 3 3 3 3 3 3 3 3 Set	12 12 12 12 12 12 15 15 15	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)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges	3 3 3 3 3 3 3 3 3 Set 3	12 12 12 12 12 12 15 15 15 15	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)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat	3 3 3 3 3 3 3 3 3 Set 3 3 3	12 12 12 12 12 15 15 15 15 15	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.)
Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine	3 3 3 3 3 3 3 3 Set 3 3 3 3	12 12 12 12 12 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts	3 3 3 3 3 3 3 3 5 5et 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 12 15 15 15 15 15 15 15 15	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 (back)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	3 3 3 3 3 3 3 Set 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 12 15 15 15 15 15 15 15 15	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 (back) Legs (back)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts	3 3 3 3 3 3 3 3 5 5et 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 12 15 15 15 15 15 15 15 15	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 (back)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl	3 3 3 3 3 3 3 Set 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15	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 (back) Legs (back)
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)	3 3 3 3 3 3 3 3 3 Set 3 3 3 3 3 4 Set	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise Rope Jumping Treadmill (Walking)	3 3 3 3 3 3 3 3 3 Set 3 3 3 3 3 4 Set	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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
Day 5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 Set 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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
Day 5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 Set 3 3 3 3 3 4 Set	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging)	3 3 3 3 3 3 3 3 3 Set 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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  Period  After training Days 1 - 3
5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running)	3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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  Period  After training Days 1 - 3
Day 5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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 (int./ext.) Legs (back) Legs (back) Legs (back) Calves  Period  After training Days 1 - 3  After training
Day 5 Day	Chest Press Machine Narrow Grip Bench Press Push Up Decline Chest Press Rope Tricep Extensions (down) Triceps kickbacks Rear Delt Fly Dumbbell Lateral Raise  Exercise 45 Degree Leg Press Shoulder Width Stance Hex Bar Deadlift weighted lunges Cossack Squat Abductor/adductor machine Barbell Stiff-Legged Deadlifts Laying Hamstring Curl Glute Press Machine Seated Calf Raise (Leg Press Machine)  Exercise  Rope Jumping Treadmill (Walking) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Jogging) Treadmill (Running) Crossover Mountain Climbers Wind Bike	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 Set 6	12 12 12 12 12 12 15 15 15 15 15 15 15 15 15 15 15 15 15	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  Period  After training Days 1 - 3  After training Days

<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.

30'

no rest

Day 5

Step Mill

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