

date / week

	warm up	
CIRCUIT SET	15 REPS	15 REPS
pull-up	r _____	r _____
push-up	r _____	r _____
squat	w _____	w _____
crunch	r _____	r _____
CIRCUIT SET	15 REPS	15 REPS
incline press	w _____	w _____
bent-over row	w _____	w _____
reverse alternating lunge	w _____	w _____
plank twist-twist	r _____	r _____
CIRCUIT SET	15 REPS	15 REPS
1,1,2 military press	w _____	w _____
post delt raise	rt: w _____	rt: w _____
	lt: w _____	lt: w _____
stiff leg deadlift	w _____	w _____
russian twist	r _____	r _____
CIRCUIT SET	15 REPS	15 REPS
bicep curl-up hammer-dn	w _____	w _____
tricep extension-kickback	rt: w _____	rt: w _____
	lt: w _____	lt: w _____
calf-raise (weight @ shldr)	w _____	w _____
side forearm plank	rt: r _____	rt: r _____
	lt: r _____	lt: r _____

date / week

warm up

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

deadlift

w

w

w

w

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

dumbbell pull-over

w

w

w

w

pull-up

r

r

r

GIANT SET

15 REPS

12 REPS

8 REPS

ez bar row

w

w

w

one-arm row

lt: w

lt: w

lt: w

reverse fly

w

w

w

SINGLE SET

30 SEC

30 SEC

8 SEC

close-grip chin-up

r

r

r

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

seated bicep curl

w

w

w

w

SINGLE SET

15 REPS

12 REPS

8 REPS

1,1,2 hammer curl

w

w

w

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

neutral ex bar curl

w

w

w

w

SINGLE SET

30 SEC

30 SEC

airplane cobra

r

r

date / week

warm up

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

dumbbell chest press

w

w

w

w

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

incline dumbbell fly

w

w

w

incline dumbbell press

w

w

w

w

GIANT SET

15 REPS

12 REPS

8 REPS

close grip press

w

w

w

partial chest fly

w

w

w

decline push-up

r

r

r

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

tricep extension

w

w

w

w

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

single arm kickback

lt: w

lt: w

lt: w

lt: w

rt: w

rt: w

rt: w

rt: w

tricep push-up

r

r

r

SUPER SET

60 SEC

dips on bench

r

in & outs

r

date / week

	warm up			
SINGLE SET	15 REPS	12 REPS	8 REPS	8 REPS
shoulder press	w	w	w	w
SUPER SET	15 REPS	12 REPS	8 REPS	8 REPS
lateral raise	w	w	w	
upright row	w	w	w	w
Giant Set	15 REPS	12 REPS	8 REPS	
ez bar underhand press	w	w	w	
1,1,2 front raise	w	w	w	
rear delt raise	w	w	w	
SUPER SET	15 REPS	12 REPS	8 REPS	8 REPS
standing dumbbell shrug	w	w	w	
dumbbell scap trap	w	w	w	w
SUPER SET	12 REPS	8 REPS		
sagi six-way	w	w		
	15 REPS	15 REPS		
tuck & roll	r	r		

date / week

warm up

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

standing curl

w

w

w

w

w

w

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

tricep extension

w

w

w

w

FORCE SET

5 REPS

5 REPS

5 REPS

5 REPS

5 REPS

wide ez bar curl

w

w

w

w

w

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

skull crusher

w

w

w

w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

hammer curl

rt: w

rt: w

rt: w

rt: w

rt: w

rt: w

lt: w

lt: w

lt: w

lt: w

lt: w

lt: w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

tricep kickback

rt: w

rt: w

rt: w

rt: w

rt: w

rt: w

lt: w

lt: w

lt: w

lt: w

lt: w

lt: w

SINGLE SET

30 REPS

weighted crunch

r

w

date / week

warm up

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

pull-over

w

w

w

w

10 REPS

10 REPS

10 REPS

pull up

r

r

r

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

reverse grip row

w

w

w

w

w

w

FORCE SET

5 REPS

5 REPS

5 REPS

5 REPS

5 REPS

one arm row

lt: w

w

w

w

w

rt: w

w

w

w

w

SINGLE SET

15 REPS

12 REPS

8 REPS

8 REPS

deadlift

w

w

w

w

SUPER SET

15 REPS

12 REPS

reverse fly

w

w

30 SEC

30 SEC

plank rotation

r

r

date / week

warm up

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

incline fly

w

w

w

incline press

w

w

w

w

FORCE SET

5 REPS

5 REPS

5 REPS

5 REPS

5 REPS

chest press w/ rotation

w

w

w

w

w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

incline press

w

w

w

w

w

w

COMBO SET

15 REPS

12 REPS

8 REPS

close-grip press to fly

w

w

w

MULTI SET

15 REPS

12 REPS

8 REPS

close-grip press to fly

r

r

r

10 REPS

cobra to airplane

r

30 SEC

russian twist

r

date / week

warm up

SINGLE SET

12 REPS

10 REPS

8 REPS

front to back lunge

rt: w

lt: w

rt: w

lt: w

rt: w

lt: w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

squat

w

w

w

w

w

w

FORCE SET

5 REPS

5 REPS

5 REPS

5 REPS

5 REPS

full to 1/2 sumo squat

w

w

w

w

w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

split squat w/ ez bar

rt: w

lt: w

rt: w

lt: w

rt: w

lt: w

rt: w

lt: w

rt: w

lt: w

rt: w

lt: w

SUPER SET

15 REPS

12 REPS

8 REPS

8 REPS

stiff leg deadlift

w

w

w

w

10 REPS

10 REPS

10 REPS

alt. side squat

w

w

w

SUPER SET

50 REPS

50 REPS

calf-raise

w

w

30 SEC

30 SEC

beast abs

c

c

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date / week

warm up

SUPER SET

12 REPS

10 REPS

8 REPS

8 REPS

lateral raise

w

w

w

arnold press

w

w

w

w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

upright row

w

w

w

w

w

w

SUPER SET

15 REPS

12 REPS

8 REPS

alt. front raise

w

w

w

10 REPS

10 REPS

10 REPS

plate twist-twist

w

w

w

PROGRESSIVE SET

15 REPS

12 REPS

8 REPS

8 REPS

12 REPS

15 REPS

reverse fly

w

w

w

w

w

w

SUPER SET

10 REPS

10 REPS

superman stretch

r

r

30 SEC

30 SEC

plank twist-twist

r

r

date / week

COMBO SET		ez push-up + clean + squat		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		dead lift + bent-over row		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		skull crusher + press + crunch		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		curl + military press + ez squat		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		delt raise + reverse lunch		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		lat oblique twist		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

COMBO SET		upright row + calf raise		w		
circuit 1	circuit 2	circuit 3	circuit 4	circuit 5	circuit 6	circuit 7
r	r	r	r	r	r	r

date / week

warm up

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

pull-over

w

w

w

10 REPS

wide plank in & out

r

TEMPO-SINGLE SET

10 REPS

10 REPS

8 REPS

pull-over

r

r

r

10 REPS

hanging circle

r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

reverse bent-over row

w

w

w

10 REPS

lat oblique twist

r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

preacher curl

rt: w

rt: w

rt: w

lt: w

lt: w

lt: w

10 REPS

hanging curl

r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

all-angle bicep

w

w

w

30 SEC

speed mountain climber

sec

date / week

warm up

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

chest press

w

w

w

10 REPS

figure 4 crunch

rt: r

lt: r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

incline press

w

w

w

10 REPS

cricket crunch

rt: r

lt: r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

incline fly

w

w

w

10 REPS

tempo plank

r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

skull crusher

w

w

w

10 REPS

ez bar crunch

r

TEMPO-SINGLE SET

15 REPS

12 REPS

8 REPS

tricep kickback

lt: w

lt: w

lt: w

rt: w

rt: w

rt: w

dips

r

r

r

10 REPS

plank twist-twist

r