

PRESSLUFTHAMMER

P R O G R A M M E

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
BENCH PRESS (FLAT)	4	8-12
BENCH PRESS (INCLINE)	6	25,20,10,10,20,25
PEC DEC FLYES SS	3	25,15,10
CABLE CROSSOVERS	3	10,15,25
DUMBBELL BENCH PRESS (FLAT)	3	25,15,10/15
DUMBBELL BENCH PRESS (INCLINE)	3	10/15,15,25

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

CHEST



DAY 01

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
SHOULDER PRESS	4	12-15
SHOULDER PRESS (UNILATERAL)	6	25,15,10,10,15,25
SIDE LATERAL SS	3	25,15,10
ROPE PULLBACK	3	25,15,10
SIDE LATERAL CABLE (UNILATERAL)	3	10,15,25
REAR DELT FLYES (UNILATERAL)	3	10,15,25
PREACHER CURL	4	12
TRICEP EXTENSION	4	12
CABLE CURL	6	25,15,10,10,15,25
CABLE TRICEP PUSHDOWN	6	25,15,10,10,15,25
HAMMER CURL (UNILATERAL)	3	25,15,10
TRICEP EXTENSION (UNILATERAL)	3	10,15,25
CABLE CURL	RUN THE CABLE STACK	
CABLE TRICEP EXTENSION	RUN THE CABLE STACK	

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SHOULDERS/ARMS



DAY 02

PRESSLUFTHAMMER

P R O G R A M M E

SETS REPETITIONS

ACTIVE REST DAY



DAY 03

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
LEG EXTENSION	4	12-15
BARBELL SQUAT	4	8
LEG PRESS	6	30,20,10,10,20,30
LEG CURL (SEATED)	3	30,15,10
LEG CURL (LYING)	3	10,15,30
CALF PRESS (SEATED)	6	30,20,10,10,20,30
CALF PRESS (LYING)	3	25,15,10

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

LEGS



DAY 04

PRESSLUFTHAMMER

P R O G R A M M E

DEADLIFT

BARBELL ROW

DUMBBELL ROW (UNILATERAL)

SEATED MACHINE ROW

LAT PULLDOWN (UNILATERAL)

SHRUG

SETS REPETITIONS

4 8

4 15/10, 10/5,5,5

3 8,8,15/10

6 25,15,5,5,15,25

3 5,5,10/5,15/10

RUN THE RACK

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

BACK



DAY 05

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
BENCH PRESS (FLAT)	4	8,8,8,6/8
BENCH PRESS (INCLINE)	6	25,15,5,5,15,25
BENCH PRESS DUMBBELL (FLAT)	3	10/15,15/10,10/15
CABLE CROSSOVER	3	25,15,10
BENCH PRESS (INCLINE UNILATERAL)	3	10,15,25

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

CHEST



DAY 06

PRESSLUFTHAMMER

P R O G R A M M E

SETS REPETITIONS

ACTIVE REST DAY



DAY 07

PRESSLUFTHAMMER

P R O G R A M M E

SETS REPETITIONS

ACTIVE REST DAY



DAY 08

PRESSLUFTHAMMER

P R O G R A M M E

SETS REPETITIONS

ACTIVE REST DAY



DAY 09

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
LEG EXTENSION	4	25,25,25,25/10
SQUAT (BARBELL)	4	8
HACK SQUAT	3	20/15,15/10,10/5
LEG PRESS	6	30,20,10,10,20,30
LEG CURL (SEATED)	3	30,20,10
LEG CURL (LYING)	3	10,20,30
CALF PRESS (ON LEG PRESS)	6	30,20,10,10,20,30
CALF PRESS (SEATED)	4	30,20,10,FAILURE

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

LEGS



DAY 10

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
SHOULDER PRESS (BARBELL)	4	12-15
SHOULDER PRESS (UNILATERAL)	8	30,20,10,5,5,10,20,30
SHOULDER PRESS (DROPSETS)	3	20/25,15/20,10/15
SIDE LATERAL (DUMBBELL)	3	30,20,10
REAR DELT FLYES (DUMBBELL)	3	10,20,30
BICEP CURL (CABLE) SS	4	15-20
TRICEP EXTENSION (CABLE)	4	15-20
PREACHER CURL SS	6	30,20,10,10,20,30
TRICEP OVERHEAD EXTENSION	6	30,20,10,10,20,30
CURLS (ISOLATION UNILATERAL) SS	3	30,20,10
EXTENSIONS (ISOLATION UNIL-)	3	10,20,30
HIGH CURLS (UNILATERAL) SS	4	EXHAUST SET
KICK BACK EXTENSION (UNILATERAL)	4	EXHAUST SET

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SHOULDERS/ARMS



DAY 11

PRESSLUFTHAMMER

P R O G R A M M E

DEADLIFT

BARBELL ROW

DUMBBELL ROW (UNILATERAL)

MACHINE ROW (UNILATERAL)

MACHINE ROW

LAT PULLDOWN

DUMBBELL SHRUG

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SETS REPETITIONS

4 6-8

4 10/8,8/6,6/4,4/2

4 6,6,10,10

8 30,20,10,5,5,10,20,30

3 30,20,10

3 10,20,30

EXHAUST SET - - -

RUN HALF RACK,

HEAVY ONLY

BACK



DAY 12

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
FLAT BENCH (BARBELL)	4	3-6
FLAT BENCH (DUMBBELL)	4	15/10/5
PRESS MACHINE	4	10
INCLINE BENCH (UNILATERAL)	6	30,20,10,10,20,30
INCLINE BENCH (DUMBBELL)	3	30,20,10
INCLINE BENCH FLYES (CABLE)	3	10,20,30
FLAT BENCH FLYES (CABLE)	4	EXHAUST SETS

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

CHEST



DAY 13

PRESSLUFTHAMMER

P R O G R A M M E

SETS REPETITIONS

ACTIVE REST DAY



DAY 14

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
LEG EXTENSION	4	25/15
SQUATS (BARBELL)	4	8-10
HACK SQUAT	3	8/10,6/8,4/6
LEG PRESS	8	40,30,20,10,20,30,40
LEG CURL (LYING)	5	40,30,20,10,5
LEG CURL (SEATED)	5	5,10,20,30,40
CALF PRESS (STANDING)	3	30,20,10
CALF PRESS (ON LEG PRESS)	8	40,30,20,10,20,30,40
LEG PRESS	4	EXHAUST SETS

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

LEGS



DAY 15

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
SHOULDER PRESS	4	15/25
SHOULDER PRESS (UNILATERAL)	10	40,30,20,10,5,5,10,20,30,40
SIDE LATERAL RAISES	5	40,30,20,10,5
SIDE LATERAL (UNILATERAL)	5	5,10,20,30,40
REAR DELT FLYES (DUMBBELL)	5	40,30,20,10,5
REAR DELT FLYES (UNILATERAL)	5	5,10,20,30,40
SHRUGS	3	EXHAUST SETS

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SHOULDERS



DAY 16

PRESSLUFTHAMMER

P R O G R A M M E

	SETS	REPETITIONS
BICEP CURL (BARBELL)	4	12/20
SKULLCRUSHER	4	12/20
BICEP CURL (UNILATERAL) SS	4	8-15
TRICEP EXTENSION (UNILATERAL)	4	8-15
PREACHER CURL SS	8	40,30,20,10,10,20,30,40
OVERHEAD EXTENSION	8	40,30,20,10,10,20,30,40
HIGH CURL (CABLE) SS	4	EXHAUST SETS
KICKBACKS (CABLE)	4	EXHAUST SETS

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

ARMS



DAY 17

PRESSLUFTHAMMER

P R O G R A M M E

DEADLIFT

BARBELL ROW

MACHINE ROW (CABLE)

LAT PULLDOWN

DUMBBELL ROW

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SETS REPETITIONS

2 8-12

6 30,20,10,10,20,30

3 30,20,10

3 10,20,30

HEAVIEST WEIGHT TO
FAILURE 6 SETS

BACK



DAY 18

PRESSLUFTHAMMER

P R O G R A M M E

BENCH PRESS (FLAT)

BENCH PRESS (DUMBBELL)

BENCH PRESS (INCLINE)

PRESS MACHINE

BENCH PRESS (FLAT)

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

SETS REPETITIONS

2 8-12

6 30,20,10,10,20,30

3 30,20,10

3 10,20,30

EXHAUST SET-----

75% NEAR MAX

CHEST



DAY 19

PRESSLUFTHAMMER

P R O G R A M M E

HACK SQUATS

LEG EXTENSIONS

LEG CURL (SEATED)

LEG CURL (LYING)

CALF RAISES (SEATED)

LEG EXTENSIONS

SETS REPETITIONS

2 8-12

6 30,20,10,10,20,30

3 30,20,10

3 10,20,30

4 30,20,10,25

HALF STACK - 10 REPS
PER STACK

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

LEGS



DAY 20

PRESSLUFTHAMMER

P R O G R A M M E

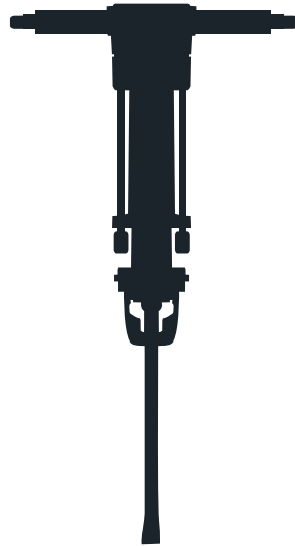
	SETS	REPETITIONS
CABLE CURLS	2	8-12
TRICEP EXTENSIONS (ROPE)	2	8-12
CABLE CURL (UNILATERAL) SS	6	30,20,10,10,20,30
TRICEP PULLS (UNILATERAL)	6	30,20,10,10,20,30
CABLE CURL SS		HALF THE STACK
TRICEP PUSHDOWN		HALF THE STACK
SHOULDER PRESS	3	30,20,10
REAR DELT FLYES	3	10,20,30
SIDE LATERAL RAISES (MACHINE)	3	30,20,10

↳ **90 MINUTES CARDIO - 45 BEFORE AND AFTER WORKOUT

ARMS/SHOULDERS



DAY 21



PRESSLUFTHAMMER

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