

Week 1-3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest Triceps Glutes	Horizontal pull Biceps Abs	Legs Shoulders	Chest Triceps Glutes	Horizontal pull Biceps Abs	Legs Shoulders	Active Recovery

All sets are followed by 30-second cardio bout (high knees, star jumps, burpees)
 Last set is always a drop set (drop the weight two times to squeeze in more reps in the set)
 Choose a weight that is heavy enough to perform the prescribed number of reps (no more or less)

WO 1: Chest /triceps /glutes

	Reps x sets	Week 1	Week 2	Week 3
Bench press	9-11 x 4			
Incline DB (dumbbell) press	9-11 x 3			
Decline press smith	9-11 x 3			
Dip	9-11 x 4			
Close grip bench press	9-11 x 4			
Hip thrust	9-11 x 4			
Elevated Bridge	9-11 x 4			

WO 2: Back/ biceps/ abs

	Reps x sets	Week 1	Week 2	Week 3
BB (barbell) bent over row	9-11 x 4			
DB bent seal row	9-11 x 3			
Seated cable row close	9-11 x 3			
BB curl	9-11 x 3			
Easy BB curl preacher	9-11 x 3			
Short crunch	10 x 10			
Oblique crunch	20 x 5			

WO 3: legs /shoulders

	Reps x sets	Week 1	Week 2	Week 3
Squat	9-11 x 4			
Deadlift	9-11 x 3			
Walking lunge	9-11 x 3			
Leg press	9-11 x 4			
BB shoulder press	9-11 x 4			
Alternating DB shoulder press	9-11 x 3			
Cable upright row	9-11 x 3			

WO 4: Chest/ triceps /glutes

	Reps x sets	Week 1	Week 2	Week 3
Incline DB fly	12-15 x 4			
DB fly	12-15 x 3			
Cable crossover	12-15 x 3			
Tricep press down	12-15 x 4			
Overhead DB extension	12-15 x 4			

Reverse hyper bench	12-15 x 4			
Side walk with band	12-15 x 4			

WO 5: Back /biceps/ abs

	Reps x sets	Week 1	Week 2	Week 3
Lat pulldown wide	12-15 x 4			
Reverse grip pulldown kneeling	12-15 x 3			
Straight pulldown	12-15 x 3			
High cable curl	12-15 x 4			
Rope cable curl	12-15 x 4			
Kneeling cable chop high-low	12-15 x 4			
Cable crunch	12-15 x 4			

WO 6: legs / shoulders

	Reps x sets	Week 1	Week 2	Week 3
Split squat	12-15 x 4			
Stiff deadlift	12-15 x 3			
Leg extension	12-15 x 3			
Leg curl	12-15 x 3			
DB lat raise	12-15 x 4			
BB front raise	12-15 x 4			
Cable rear delt	12-15 x 4			