



MONDAY - SESSION

D

1) LEG EXTENSION

set 1 x 20 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions
set 4 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) SQUATS

set 1 x 20 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions
set 4 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) LYING LEG CURL

set 1 x 20 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions
set 4 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

**4) DUMBBELL STIFF LEG
DEADLIFT**

set 1 x 20 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions
set 4 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

**5) SMYTHE MACHINE
CALF RAISE**

set 1 x 12 repetitions
set 2 x 10 repetitions
set 3 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

A

1) STANDING DUMBBELL SHOULDER PRESS

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions
set 4 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) DUMBBELL LATERAL RAISE

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) BENT DUMBBELL LATERAL RAISE

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

A

1) DUMBBELL BENCH PRESS

set 1 x 15 repetitions
set 2 x 12 repetitions
set x 10 repetitions
set 4 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) INCLINE BENCH PRESS

set 1 x 15 repetitions
set 2 x 12 repetitions
set x 10 repetitions
set 4 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) INCLINE DUMBBELL FLYE

set 1 x 15 repetitions

4) CABLE CROSSOVER

set 1 x 15 repetitions

set 2 x 12 repetitions
set x 10 repetitions
set 4 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

WEDNESDAY - SESSION

A

1) SUPERSET SEATED CABLE ROW

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) WITH LAT PULLDOWN

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) SUPERSET REVERSE GRIP BAR ROW

set 1 x 15 set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

4) WITH CLOSE GRIP LAT PULLDOWN

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

5) BACK EXTENSION ON HYPEREXTENSION

set 1 x 20 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

6) BAR SHRUGS

set 1 x 12 repetitions
set 2 x 10 repetitions
set 3 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

FRIDAY - SESSION

A

1) BARBELL CURL

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions
set 4 x 8 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) SEATED ALTERNATE DUMBBELL CURL

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) CABLE PREACHER CURL

set 1 x 15 repetitions
set x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

FRIDAY - SESSION

A

1) LYING ON BENCH LEG RAISE

3 sets x 20 to 25 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) ELBOW TO KNEE OBLIQUE CRUNCH

3 sets x 15 to 20 repetitions

1) LYING ON BENCH LEG RAISE

3 sets x 20 to 25 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

2) ELBOW TO KNEE OBLIQUE CRUNCH

3 sets x 15 to 20 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) LYING CRUNCH

3 sets 15 to 20 reps

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) LYING CRUNCH

3 sets 15 to 20 reps

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

SUNDAY - SESSION



To set exercises for Sunday Session 1, choose a body part and/or exercise group.

SUNDAY - SESSION



To set exercises for Sunday Session 2, choose a body part and/or exercise group.