

## **Week 1**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 12-15
A1-One-Leg Leg Press	3 x 12-15
A2-Leg Extension	3 x 12-15
B1-Romanian Deadlift	4 x 12-15
B2-Lying Leg Curl	3 x 12-15
C1-BOSU Crunch	3 x 20-30*
C2-Plank	3 x 1 minute

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### **Tuesday**

Bench Press	4 x 12-15
A1-Incline Dumbbell Fly	3 x 12-15
A2-Incline Center Press	3 x 12-15
A3-Lying Triceps Extension	3 x 12-15
Cable Crossover	3 x 12-15
B1-Triceps Pressdown	3 x 12-15
B2-Cable Overhead Triceps Extension	3 x 12-15
C1-Standing Calf Raise (Unweighted)	4 x 25-30
C2-Seated Calf Raise	4 x 25-30

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Bent-Over Row	4 x 12-15
A1-Wide-Grip Pulldown	3 x 12-15
A2-Standing Pulldown	3 x 12-15
A3-Straight Arm Pulldown	3 x 12-15
B1-Dumbbell Incline Curl	3 x 12-15
B2-Barbell curl	4 x 12-15
One-Arm High TRX Curl	3 x 12-15
C1-Reverse Crunch	3 x 20-30*
C2-Crunch	3 x 20-30*
C3-Oblique Crunch	3 x 20-30*

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### **Friday**

Dumbbell Shoulder Press	4 x 12-15
A1-Dumbbell Lateral Raise	3 x 12-15
A2-Plate Front Raise	3 x 12-15
High Cable Rear Delt Fly	3 x 12-15
B1-Dumbbell Shrug	4 x 12-15
B2-Lateral Raise	4 x 12-15
Leg Press Calf Raise	4 x 25-30

## Week 2

### EXERCISE

### SETS x REPS

#### Monday

Squat	4 x 9-11
A1-One-Leg Leg Press	3 x 9-11
A2-Leg Extension	3 x 9-11
B1-Romanian Deadlift	4 x 9-11
B2-Lying Leg Curl	3 x 9-11
C1-Hanging Leg Raise	3 x 15-19*
C2-Weighted Crunch	3 x 15-19
C3-Side Plank	3 x 1 min.

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### Tuesday

Bench Press	4 x 9-11
A1-Incline Dumbbell Fly	3 x 9-11
A2-Incline Dumbbell Center Press	3 x 9-11
A3-Lying Triceps Extension	3 x 9-11
Cable Crossover	3 x 9-11
B1-Triceps Pressdown	3 x 9-11
B2-Cable Overhead Triceps Extension	3 x 9-11
C1-Standing Calf Raise (unweighted)	4 x 15-20
C2-Seated Calf Raise	4 x 15-20

#### Wednesday

Active Rest

#### Thursday

Dumbbell Bent-Over Row	4 x 9-11
A1-Wide-Grip Pulldown	3 x 9-11
A2-Standing Pulldown	3 x 9-11
A3-Straight Arm Pulldown	3 x 9-11
B1-Dumbbell Incline Curl	4 x 9-11
B2-Barbell Curl	3 x 9-11
C1-Hanging Leg Raise	3 x 15-19*
C2-Weighted Crunch	3 x 15-19
C3-Dumbbell Side Bend	3 x 15-19

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### Friday

Dumbbell Shoulder Press	4 x 9-11
A1-Dumbbell Lateral Raise	3 x 9-11
A2-High Cable Rear Delt Pull	3 x 9-11
B1-Dumbbell Shrugg	3 x 9-11
B2-Plate Front Raise	3 x 9-11
C1-Seated Calf Raise	4 x 15-20
C2-Leg Press Calf Raise	4 x 15-20
Side Plank	3 x 1 min.

## Week 3

### EXERCISE

### SETS x REPS

#### Monday

Squat	4 x 6-8
A1-Front Squat	3 x 6-8
A2-Leg Extension	3 x 6-8
B1-Romanian Deadlift	4 x 6-8
B2-Seated Leg Curl	3 x 6-8
B3-Weighted Hip Thrust*	3 x 10-14
C1-Cable Crunch	3 x 10-14
C2-Cable Woodchopper	3 x 10-14

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### Tuesday

Bench Press	4 x 6-8
A1-Incline Bench Press	3 x 6-8
A2-Incline Dumbbell Fly	3 x 6-8
A3-Lying Triceps Extension	3 x 6-8
Cable Crossover	3 x 6-8
B1-Triceps Pressdown	3 x 6-8
B2-Cable Overhead Triceps Extension	3 x 6-8
Standing Calf Raise	4 x 10-14
Seated Calf Raise	4 x 10-14

#### Wednesday

Active Rest

#### Thursday

Dumbbell Bent-Over Row	4 x 6-8
A1-Wide-Grip Pulldown	3 x 6-8
A2-Standing Pulldown	3 x 6-8
A3-Straight Arm Pulldown	3 x 6-8
B1-Dumbbell Incline Curl	4 x 6-8
B2-Barbell Curl	3 x 6-8
One-Arm High TRX Curl	3 x 6-8
C1-Hanging Leg Raise	3 x 10-14
C2-Cable Crunch	3 x 10-14
C3-Cable Oblique Crunch	3 x 10-14

#### Friday

Dumbbell Shoulder Press	4 x 6-8
A1-Smith Machine Upright Row	3 x 6-8
A2-Dumbbell Lateral Raise	3 x 6-8
B1-Barbell Shrug	4 x 6-8
B2-Bent-Over Lateral Raise	3 x 6-8
C1-Seated Calf Raise	4 x 10-14
C2-Leg Press Calf Raise	4 x 10-14

## **Week 4**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 3-5
A1-Front Squat	3 x 3-5
A2-Leg Extension	3 x 3-5
B1-Romanian Deadlift	4 x 3-5
B2-Seated Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
C1-Machine Crunch	3 x 6-9
C2-Plank	3 x 90 sec

#### **Tuesday**

Bench Press	4 x 3-5
A1-Dumbbell Fly	3 x 3-5
A2-Incline Dumbbell Center Press	3 x 3-5
A3-Lying Triceps Extension	3 x 3-5
Incline Cable Cable Fly	3 x 3-5
B1-Triceps Pressdown	3 x 3-5
B2-Dumbbell Overhead Triceps Extension	3 x 3-5
Standing Calf Raise	4 x 6-9
Seated Calf Raise	4 x 6-9

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Bent-Over Row	4 x 3-5
A1-Reverse-Grip Pulldown	3 x 3-5
A2-Behind-Neck Pulldown	3 x 3-5
Seated Cable Row	3 x 3-5
B1-Preacher Curl	4 x 3-5
B2-Barbell curl	3 x 3-5
B3-Wrist Curl	3 x 3-5
Smith Machine Bent Over Row	3 x 6-9
C1-Machine Crunch	3 x 6-9
C2-Band Elbow Twist	3 x 6-9

#### **Friday**

Dumbbell Shoulder Press	4 x 3-5
A1-Smith Machine Upright Row	3 x 3-5
A2-One-Arm Leaning Lateral Raise	3 x 3-5
B1-Barbell Shrug	4 x 3-5
B2-Bent-Over Lateral Raise	3 x 3-5
C1-Seated Calf Raise	4 x 6-9
C2-Leg Press Calf Raise	4 x 6-9

## **Week 5**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 12-15
A1-Front Squat	3 x 12-15
A2-Leg Extension	3 x 12-15
Hexbar Deadlift	3 x 12-15
B1-Romanian Deadlift	4 x 12-15
B2-Seated Leg Curl	3 x 12-15
C1-Crunch	3 x 20-30*
C2-Plank	3 x 75 sec.

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### **Tuesday**

Bench Press	4 x 12-15
Incline Dumbbell Press	3 x 12-15
A1-Incline Dumbbell Fly	3 x 12-15
A2-Incline Dumbbell Center Press	3 x 12-15
A3-Single Dumbbell Center Press	3 x 12-15
B1-Dumbbell Overhead Triceps Extension	3 x 12-15
B2-Cable Lying Triceps Extension	3 x 12-15
C1-Standing Calf Raise	4 x 25-30
C2-Seated Calf Raise	4 x 25-30

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Bent-Over Row	4 x 12-15
A1-Reverse-Grip Pulldown	3 x 12-15
A2-Behind-Neck Pulldown	3 x 12-15
Seated Cable Row	3 x 12-15
Bent Over Barbell Row	3 x 12-15
B1-Preacher Curl	4 x 12-15
B2-Barbell curl	3 x 12-15
Low Double Cable Forward Leaning Curl	3 x 12-15
C1-Crunch	3 x 20-30*
C2-Oblique Crunch	3 x 20-30*

#### **Friday**

Dumbbell Shoulder Press	4 x 12-15
A1-Smith Machine Upright Row	3 x 12-15
A2-One-Arm Leaning Lateral Raise	3 x 12-15
B1-Barbell Shrug	4 x 12-15
B2-Bent-Over Lateral Raise	3 x 12-15
C1-Seated Calf Raise	4 x 25-30
C2-Leg Press Calf Raise	4 x 25-30

## **Week 6**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 9-11
A1-Front Squat	3 x 9-11
A2-Leg Extension	3 x 9-11
B1-Romanian Deadlift	4 x 9-11
B2-Seated Leg Curl	3 x 9-11
C1-Hanging Leg Raise	3 x 15-19*
C2-Weighted Crunch	3 x 15-19
C3-Side Plank	3 x 75 sec.

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### **Tuesday**

Bench Press	4 x 9-11
Incline Dumbbell Press	3 x 9-11
A1-Incline Dumbbell Fly	3 x 9-11
A2-Incline Dumbbell Center Press	3 x 9-11
A3-Single Dumbbell Center Press	3 x 9-11
B1-Dumbbell Overhead Triceps Extension	3 x 9-11
B2-Cable Lying Triceps Extension	3 x 9-11
C1-Standing Calf Raise	4 x 15-20
C2-Seated Calf Raise	4 x 15-20

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Bent-Over Row	4 x 9-11
A1-Reverse-Grip Pulldown	3 x 9-11
A2-Behind-Neck Pulldown	3 x 9-11
Seated Cable Row	3 x 9-11
B1-Preacher Curl	4 x 9-11
B2-Barbell curl	4 x 9-11
Low Double Cable Forward Leaning Curl	3 x 9-11
C1-Hanging Leg Raise	3 x 15-19*
C2-Weighted Crunch	3 x 15-19
C3-Dumbbell Side Bend	3 x 15-19

\*If failure is not achieved, in allotted reps, continue until failure is reached

#### **Friday**

Dumbbell Shoulder Press	4 x 9-11
A1-Smith Machine Upright Row	3 x 9-11
A2-One-Arm Leaning Lateral Raise	3 x 9-11
B1-Barbell Shrug	4 x 9-11
B2-Bent-Over Lateral Raise	3 x 9-11
C1-Seated Calf Raise	4 x 15-20
C2-Leg Press Calf Raise	4 x 15-20

## **Week 7**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 6-8
A1-Front Squat	3 x 6-8
A2-Leg Extension	3 x 6-8
Hexbar Deadlift	3 x 6-8
B1-Romanian Deadlift	4 x 6-8
B2-Seated Leg Curl	3 x 6-8
C1-Cable Crunch	3 x 10-14
C2-Cable Woodchopper	3 x 10-14

#### **Tuesday**

Bench Press	4 x 6-8
Incline Dumbbell Press	3 x 6-8
A1-Incline Dumbbell Fly	3 x 6-8
A2-Incline Dumbbell Center Press	3 x 6-8
A3-Single Dumbbell Center Press	3 x 6-8
B1-Dumbbell Overhead Triceps Extension	3 x 6-8
B2-Cable Lying Triceps Extension	3 x 6-8
C1-Standing Calf Raise	4 x 10-14
C2-Seated Calf Raise	4 x 10-14

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Bent-Over Row	4 x 6-8
A1-Reverse-Grip Pulldown	3 x 6-8
A2-Behind-Neck Pulldown	3 x 6-8
Seated Cable Row	3 x 6-8
Bent Over Barbell Row	3 x 6-8
B1-Preacher Curl	4 x 6-8
B2-Barbell curl	4 x 6-8
Low Double Cable Forward Leaning Curl	3 x 6-8
C1-Cable Crunch	3 x 10-14
C2-Cable Oblique Crunch	3 x 10-14

#### **Friday**

Dumbbell Shoulder Press	4 x 6-8
A1-Smith Machine Upright Row	3 x 6-8
A2-One-Arm Leaning Lateral Raise	3 x 6-8
B1-Barbell Shrug	4 x 6-8
B2-Bent-Over Lateral Raise	3 x 6-8
C1-Seated Calf Raise	4 x 10-14
C2-Leg Press Calf Raise	4 x 10-14

## Week 8

### EXERCISE

### SETS x REPS

#### Monday

Squat	4 x 3-5
A1-Front Squat	3 x 3-5
A2-Leg Extension	3 x 3-5
B1-Romanian Deadlift	4 x 3-5
B2-Seated Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
C1-Machine Crunch	3 x 6-9
C2-Plank	3 x 90 sec.

#### Tuesday

Bench Press	4 x 3-5
Incline Dumbbell Press	3 x 3-5
A1-Incline Dumbbell Fly	3 x 3-5
A2-incline Dumbbell Center press	3 x 3-5
A3-Incline Single Dumbbell Center Press	3 x 3-5
B1-Dumbbell Overhead Triceps Extension	3 x 3-5
B2-Single Dumbbell (Heavy) Center press	3 x 3-5
C1-Standing Calf Raise	4 x 6-9
C2-Seated Calf Raise	4 x 6-9

#### Wednesday

Active Rest

#### Thursday

Single Dumbbell Bent-Over Row	4 x 3-5
A1-Reverse-Grip Pulldown	3 x 3-5
A2-Behind-Neck Pulldown	3 x 3-5
Seated Cable Row	3 x 3-5
B1-Preacher Curl	3 x 3-5
B2-Barbell curl	4 x 3-5
Low Double Cable Forward Leaning Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
C1-Machine Crunch	3 x 6-9
C2-Band Roundhouse Elbow	3 x 6-9

#### Friday

Dumbbell Shoulder Press	4 x 3-5
A1-Smith Machine Upright Row	3 x 3-5
A2-One-Arm Cable Lateral Raise	3 x 3-5
B1-Barbell Shrug	4 x 3-5
B2-Bent-Over Lateral Raise	3 x 3-5
C1-Seated Calf Raise	4 x 6-9
C2-Leg Press Calf Raise	4 x 6-9



## **Week 9**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 9-11
A1-Leg Press	3 x 9-11
A2-Leg Extension	3 x 9-11
B1-Romanian Deadlift	4 x 9-11
B2-Lying Leg Curl	3 x 9-11
C1-Hanging Leg Raise	3 x 15-19*
C2-Weighted Crunch	3 x 15-19
C3-Side Plank	3 x 90 sec.

#### **Tuesday**

Bench Press	4 x 9-11
Reverse-Grip Incline Dumbbell Press	3 x 9-11
A1-Incline Dumbbell Fly	3 x 9-11
A2-Incline Dumbbell Center press	3 x 9-11
A3-Incline Single Dumbbell Center press	3 x 9-11
B1-One-Arm Overhead Cable Triceps Ext	3 x 9-11
B2-Triceps Pressdown	3 x 9-11
Close-Grip Bench Press	3 x 9-11
C1-Standing Calf Raise	4 x 15-20
C2-Seated Calf Raise	4 x 15-20

#### **Wednesday**

Active Rest

#### **Thursday**

Dumbbell Single Arm Bent-Over Row	4 x 9-11
A1-Straight-Arm Pulldown	3 x 9-11
A2-Wide-Grip Pulldown	3 x 9-11
B1-Seated Cable Row	4 x 9-11
B2-Barbell curl	4 x 9-11
C1-Dumbbell Concentration Curl	3 x 9-11
C2-Incline Bench Seated Curl	3 x 9-11
D1-Hanging Leg Raise	3 x 15-19*
D2-Weighted Crunch	3 x 15-19
D3-Dumbbell Side Bend	3 x 15-19

#### **Friday**

Dumbbell Shoulder Press	4 x 9-11
A1-Dumbbell Lateral Raise	3 x 9-11
A2-Dumbbell Upright Row	3 x 9-11
B1-One-Arm Smith Machine Shrug	4 x 9-11
B2-Bent-Over Lateral Raise	3 x 9-11
Seated Calf Raise	4 x 15-20
Leg Press Calf Raise	4 x 15-20

## **Week 10**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 6-8
A1-Leg Press	3 x 6-8
A2-Leg Extension	3 x 6-8
Hex Bar BDL	4 x 6-8
B1-Romanian Deadlift	3 x 6-8
B2-Lying Leg Curl	3 x 6-8
C1-Cable Crunch	3 x 10-14
C2-Cable Woodchopper	3 x 10-14

#### **Tuesday**

Bench Press	4 x 6-8
Reverse-Grip Incline Dumbbell Press	3 x 6-8
A1-Incline Dumbbell Fly	3 x 6-8
A2-Incline Dumbbell Center Press	3 x 6-8
A3-Incline Single Dumbbell Center Press	3 x 6-8
One-Arm Overhead Cable Triceps Ext	3 x 6-8
Close-Grip Bench Press	3 x 6-8
B1-Standing Calf Raise	4 x 10-14
B2-Seated Calf Raise	4 x 10-14

#### **Wednesday**

Active Rest

#### **Thursday**

Single Dumbbell Bent-Over Row	4 x 6-8
A1-Wide-Grip Pulldown	3 x 6-8
A2-Straight-Arm Pulldown	3 x 6-8
B1-Seated Cable Row	3 x 6-8
B2-Barbell curl	4 x 6-8
C1-Incline Cable Curl	3 x 6-8
C2-Dumbbell Concentration Curl	3 x 6-8
Weighted Hip Thrust	3 x 10-14
D1-Cable Crunch	3 x 10-14
D2-Cable Oblique Crunch	3 x 10-14

#### **Friday**

Dumbbell Shoulder Press	4 x 6-8
A1-Dumbbell Upright Row	3 x 6-8
A2-Dumbbell Lateral Raise	3 x 6-8
B1-One-Arm Smith Machine Shrug	4 x 6-8
B2-Bent-Over Lateral Raise	4 x 6-8
C1-Seated Calf Raise	4 x 10-14
C2-Leg Press Calf Raise	4 x 10-14

## **Week 11**

### **EXERCISE**

### **SETS x REPS**

#### **Monday**

Squat	4 x 3-5
A1-Leg Press	3 x 3-5
A2-Leg Extension	3 x 3-5
Hex Bar BDL	4 x 3-5
B1-Romanian Deadlift	3 x 3-5
B2-Lying Leg Curl	3 x 3-5
C1-Machine Crunch	3 x 6-9
C2-Plank	3 x 105 sec.

#### **Tuesday**

Bench Press	4 x 3-5
Reverse-Grip Incline Dumbbell Press	3 x 3-5
A1-Incline Dumbbell Fly	3 x 3-5
A2-Incline Dumbbell Center Press	3 x 3-5
A3-Incline Single Dumbbell Center Press	3 x 3-5
B1-Overhead Triceps Ext	3 x 3-5
B2-Close-Grip Bench Press	3 x 3-5
C1-Standing Calf Raise	4 x 6-9
C2-Seated Calf Raise	4 x 6-9

#### **Wednesday**

Active Rest

#### **Thursday**

Single Arm Dumbbell Bent-Over Row	4 x 3-5
A1-Wide-Grip Pulldown	3 x 3-5
A2-Straight-Arm Pulldown	3 x 3-5
B1-Seated Cable Row	4 x 3-5
B2-Barbell curl	4 x 3-5
C1-Incline Cable Curl	3 x 3-5
C2-Dumbbell Concentration Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
D1-Machine Crunch	3 x 6-9
D2-Band Roundhouse Elbow	3 x 6-9

#### **Friday**

Dumbbell Shoulder Press	4 x 3-5
A1-Dumbbell Upright Row	3 x 3-5
A2-Dumbbell Lateral Raise	3 x 3-5
B1-One-Arm Smith Machine Shrug	4 x 3-5
B2-Bent-Over Lateral Raise	3 x 3-5
C1-Seated Calf Raise	4 x 6-9
C2-Leg Press Calf Raise	4 x 6-9

