

Week - 1

MONDAY - UPPER - LIGHT TO MODERATE WEIGHT

3 SETS

12 BENCH PRESSES
(BARBELL)

2 SETS

12 OVERHEAD PRESSES
(BARBELL)

3 SETS

4-8 PULL UPS
(ASSISTED IF NEEDED)

3 SETS

+ 12 PRONATED ROW (BARBELL)
15 LATERAL RAISES (DUMBBELLS)

2 SETS

8 LOW ROW
(MACHINE)

3 SETS

6-15 DIPS
(ASSISTED IF NEEDED)

TUESDAY - LOWER - LIGHT TO MODERATE WEIGHT

3 SETS

12 BACK SQUATS

3 SETS

8 DEADLIFTS

4 SETS

+ 8 PAUSE SINGLE-LEG LEG PRESS (EACH LEG)
12 ROMANIAN DEADLIFTS (DUMBBELLS)

3 SETS

15 QUAD EXTENSIONS
(MACHINE, PAUSE FOR 2 SECONDS)

3 SETS

15 LYING LEG CURLS

THURSDAY - FULL BODY - MODERATE WEIGHT

2 SETS

12 PAUSE SQUATS

2 SETS

12 PAUSE BENCH PRESS
(BARBELL)

2 SETS

15 DUMBBELL SINGLE-ARM ROWS

2 SETS

+ 12 INCLINE BENCH PRESS (DUMBBELLS)
8 STATIONARY LUNGES (DUMBBELLS)

1 SET

15 BENT OVER DELT RAISES (DUMBBELLS)

2 SETS

+ 12 PREACHER CURLS (EZ BAR)
16 ROPE TRICEP PUSHDOWNS (CABLE)

SATURDAY - ACTIVE RECOVERY - MODERATE INTENSITY

3 SETS

15 WEIGHTED CRUNCHES
+ 15 HANGING LEG RAISES
(CABLE)

2 SETS

30 SECOND PLANK

2 SETS

30 ROLL UPS

1 SET

20 MINS TREADMILL WALKING
(INCLINE ON 15, SPEED 3-3.5)

Week 2 -

MONDAY - UPPER - MODERATE TO HEAVY WEIGHT

3 SETS

8 BENCH PRESSES
(BARBELL)

2 SETS

8 OVERHEAD PRESSES
(BARBELL)

3 SETS

4-8 CHIN UPS
(CAN'T DO? TRY ASSISTED)

3 SETS

10 PRONATED ROWS
(BARBELL)

3 SETS

12 LATERAL RAISES
(PAUSE - LIGHTWEIGHT)

2 SETS

15 EXTERNAL ROTATION FACE PULLS
(CABLE)

3 SETS

8 DIPS
(ASSISTED IF NEEDED TO BE)

TUESDAY - LOWER - MODERATE WEIGHT

3 SETS

9 BACK SQUATS

2 SETS

3 PAUSE SQUATS DEADLIFTS
(SPEED - LIGHTWEIGHT)

2 SETS

10 DEADLIFTS

3 SETS

+ 12 STEP UPS (DUMBBELLS)
6 ROMANIAN DEADLIFTS (DUMBBELLS)

3 SETS

5 QUAD EXTENSIONS
(TIME UNDER TENSIONS)

3 SETS

12 ECCENTRIC HAMSTRING CURLS
(CHOOSE MACHINE)

THURSDAY - FULL BODY - MODERATE WEIGHT

3 SETS

8 BACK SQUATS

3 SETS

8 BENCH PRESSES
(DUMBBELLS)

2 SETS

12 SINGLE-ARM DUMBBELL ROWS
(PAUSE AT TOP)

2 SETS

+ 12 INCLINE BENCH PRESS (DUMBBELL)
6 REVERSE LUNGES (DUMBBELLS , EACH LEG)

2 SETS

+ 8 SINGLE ARM PREACHER CURLS (DUMBBELL)
10 ROPE TRICEP PUSHDOWNS (CABLE)

2 SETS

+ 8 HIP THRUSTS (BARBELL)
8 SUPERMANS (PAUSE AT TOP)

SATURDAY - ABS & CARDIO - MODERATE TO HIGH INTENSITY

3 SETS

15 WEIGHTED CRUNCHES (CABLES)
+ 15 HANGING LEG RAISES
(IF CAN'T DO COMPLETE HANGING CRUNCHES)

2 SETS

20 SECOND 6 INCH HOLD

2 SETS

15 WEIGHTED TOE TOUCHES

1 SET

5 MINUTE JOGGING

1 SET

15 MINUTE TREADMILL
(INCLINE ON 15, SPEED ON 3-3.5)
(WALKING)

Week 3 -

MONDAY - UPPER - MODERATE TO HEAVY WEIGHT

4 SETS

5 BENCH PRESSES
(BARBELL)

3 SETS

5 PUSH PRESS
(BARBELL)

3 SETS

6 PENDLAY ROWS

2 SETS

3 INCLINE BENCH
(PAUSE - FAST!)

3 SETS

6 LAT PULL DOWNS
+ 8 SINGLE-ARM PREACHER CURL
(DUMBBELL)

2 SETS

10 OVERHEAD TRICEP EXTENSIONS
(DUMBBELL)

TUESDAY - LOWER - MODERATE TO HEAVY WEIGHT

4 SETS

5 BACK SQUATS

3 SETS

6 SUMO DEADLIFTS

4 SETS

+ 6 SINGLE-LEG LEG PRESS
12 GLUTE BRIDGES

2 SETS

7 STEP UPS
(DUMBBELLS)

3 SETS

6 GOBLET SQUATS

THURSDAY - UPPER BODY - MODERATE WEIGHT

2 SETS

5 BENCH PRESS
(PAUSE) (LIGHTWEIGHT) (FAST!)

5 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

6 INCLINE BENCH PRESS
(DUMBBELLS)

3 SETS

6 SUPINATED ROWS
(BARBELL)

3 SETS

+ 6 CHEST SUPPORTED ROWS (T-BAR)
+ 8 POSTERIOR DELT RAISE (PAUSE AT TOP)

3 SETS

+ 6 STRAIGHT BAR CURLS
+ 6 WEIGHTED DIPS
(CAN'T DO? JUST BODYWEIGHT)

FRIDAY - LOWER BODY - MODERATE WEIGHT

3 SETS

4 BACK SQUATS

3 SETS

5 DEADLIFTS

2 SETS

+ 6 SINGLE-LEG LEG PRESS
+ 8 ROMANIAN DEADLIFTS
(DUMBBELLS)

4 SETS

+ 8 HIP THRUSTS (BARBELL)
+ 5 PISTOL SQUATS W/ BOX (DUMBBELL)

3 SETS

15 CALF RAISES
(SMITH MACHINE)

Week 4 -

MONDAY - UPPER - LIGHT TO MODERATE WEIGHT

3 SETS

12 BENCH PRESS
(BARBELL)

3 SETS

12 PUSH PRESS
(BARBELL)

2 SETS

15 PENDLAY ROWS
(BARBELL)

3 SETS

12 SUPINATED LAT PULLDOWN
+ 15 BENT OVER DELT RAISES
(DUMBBELLS)

3 SETS

15 EXTERNAL ROTATION FACE PULLS
(CABLE)

3 SETS

12 HAMMER CURLS (DUMBBELLS)
+ 12 STRAIGHT BAR TRICEP PUSHDOWN
(CABLE)

TUESDAY - LOWER - LIGHT TO MODERATE WEIGHT

3 SETS

12 BACK SQUATS
(PAUSE)

2 SETS

12 DEADLIFTS

4 SETS

+ 12 RACK PULLS
8 STEP UPS (EACH SIDE)

3 SETS

12 LEG PRESS
(PAUSE)

2 SETS

12 QUAD EXTENSIONS

2 SETS

12 LEG CURLS
(SEATED OR LYING)

THURSDAY - UPPER - MODERATE TO HEAVY WEIGHT

3 SETS

12 PAUSE BENCH PRESS
(BARBELL)

3 SETS

12 SINGLE ARM OVERHEAD PRESS
(DUMBBELLS)

3 SETS

8 WEIGHTED CHIN UPS
(IF CAN'T DO, REMOVE WEIGHT)

3 SETS

+ 12 TRICEP KICKBACKS (DUMBBELL)
8 STRAIGHT ARM LAT RAISES (CABLE)

2 SETS

+ 12 PRONATED ROWS (BARBELL)
15 LATERAL RAISES (DUMBBELLS)

2 SETS

+ 15 CURLS (BARBELL)
10 DIPS (LIGHT WEIGHT)

FRIDAY - LOWER - MODERATE TO HEAVY WEIGHT

3 SETS

12 BACK SQUATS

3 SETS

12 DEFICIT DEADLIFTS

3 SETS

15 SINGLE-LEG LEG PRESS

2 SETS

12 QUAD EXTENSIONS
(EACH SIDE)

2 SETS

12 LYING LEG CURLS
(TIME UNDER TENSION)

1 SET

20 GOBLET SQUATS
(DUMBBELL)

Week 5 -

MONDAY - UPPER BODY - HEAVY WEIGHT

4 SETS

4 BENCH PRESS
(BARBELL)

4 SETS

3 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

12 WIDE GRIP PULLS UPS

2 SETS

10 PAUSE INCLINE BENCH PRESS
(DUMBBELLS)

2 SETS

10 LOW TO HIGH SINGLE ARM CABLE ROWS
+ 8 DUMBBELL LATERAL RAISES
(EACH SIDE)

2 SETS

12 PEC DECK FLY
(MACHINE)

TUESDAY - LOWER BODY - MODERATE WEIGHT

3 SETS

4 BACK SQUATS

4 SETS

3 DEADLIFTS
(HEAVY WEIGHT)

3 SETS

4 PAUSE DEADLIFT

3 SETS

12 LEG PRESS
(WIDE STANCE)

2 SETS

4 ROMANIAN DEADLIFTS (DUMBBELLS)
+ 10 WALKING LUNGES (DUMBBELLS)

THURSDAY - UPPER BODY - MODERATE WEIGHT

6 SETS

3 PAUSE BENCH PRESS
(BARBELL)

3 SETS

4 SEATED OVERHEAD PRESS
(BARBELL)

2 SETS

12 WEIGHTED CHIN PULL UPS

2 SETS

12 INCLINE CHEST PRESS
(MACHINE)

3 SETS

+ 6 SEATED ROWS (CABLE)
8 FULL FRONT RAISE (EZ BAR)

3 SETS

10 DIPS
(IF CAN'T DO, CHOOSE BODYWEIGHT)

FRIDAY - LOWER BODY - HEAVY WEIGHT

5 SETS

3 BACK SQUATS

3 SETS

3 DEADLIFTS

3 SETS

12 ROMANIAN DEADLIFTS
(BARBELL)

3 SETS

8 STEP UPS
(DUMBBELLS)

3 SETS

12 LYING LEG CURLS

Week 6 -

MONDAY - UPPER BODY - HEAVY WEIGHT

6 SETS

4 BENCH PRESS
(BARBELL)

2 SETS

3 STANDING OVERHEAD PRESS
(BARBELL)

4 SETS

4 WEIGHTED PULL UPS

2 SETS

6 LATERAL RAISES
(DUMBBELLS)

4 SETS

10 PRONATED INVERTED ROWS

TUESDAY - LOWER - LIGHT TO MODERATE WEIGHT

4 SETS

4 BACK SQUATS

4 SETS

4 DEADLIFTS

2 SETS

8 GLUTE BRIDGE
(BARBELL)

1 SET

+ 6 ROMANIAN DEADLIFTS (DUMBBELL)
4 STEP UPS (DUMBBELL)

THURSDAY - UPPER- LIGHT TO MODERATE WEIGHT

4 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

6 WEIGHTED PULL UPS
(IF CAN'T DO, USE BODYWEIGHT)

2 SETS

12 BENT OVER RAISES
(DUMBBELL)

4 SETS

+ 6 PENDLAY ROWS (BARBELL)
15 TRICEP KICKBACKS (DUMBBELL)

1 SET

20 SEATED STRAIGHT BAR CURL
(CABLE)

FRIDAY - LOWER BODY - HEAVY WEIGHT

5 SETS

5 BACK SQUATS

2 SETS

3 PAUSE SPEED SQUATS
(LIGHTWEIGHT)

3 SETS

3 DEFICIT DEADLIFTS

2 SETS

+ 6 SINGLE-LEG LEG PRESS (EACH LEG)
10 GLUTE BRIDGES (HOLD FOR 2 SECONDS)

3 SETS

10 LEG CURLS
(YOU CHOOSE MACHINE)

Week 7 -

MONDAY - UPPER BODY - LIGHT WEIGHT

3 SETS

3 PAUSE BENCH PRESS
(DUMBBELLS, FAST!)

2 SETS

5 INCLINE BENCH PRESS
(DUMBBELLS)

4 SETS

12 LAT PULL DOWNS
+ 15 DIPS
(IF CAN'T DO, LOWER REPS)

3 SETS

8 SEATED STRAIGHT BAR ROWS
(CABLE)

3 SETS

6 STANDING ALTERNATING OVERHEAD PRESS
(DUMBBELLS)

TUESDAY - LOWER BODY - LIGHT WEIGHT

3 SETS

3 BACK SQUATS

2 SETS

3 DEADLIFTS

1 SET

5 SUMO DEADLIFTS

3 SETS

6 REVERSE LUNGES
(DUMBBELLS)

THURSDAY - UPPER BODY - LIGHT WEIGHT

4 SETS

8 SINGLE-ARM INCLINE BENCH PRESS
(EACH SIDE)

3 SETS

5 SINGLE-ARM OVERHEAD PRESS
(DUMBBELLS)

2 SETS

8 WIDE GRIP PULL UPS

2 SETS

+ 8 LAT PULL DOWNS
15 DIPS

1 SET

20 TRICEP KICKBACKS
(EACH ARM)

FRIDAY - FULL BODY - LIGHT WEIGHT

3 SETS

3 BACK SQUATS

3 SETS

3 BENCH PRESS
(BARBELL)

3 SETS

3 DEADLIFTS

3 SETS

+ 15 LAT PULL DOWNS
15 DIPS

SATURDAY - FULL BODY - LIGHT WEIGHT

3 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

3 BACK SQUATS

3 SETS

5 OVERHEAD PRESS
(BARBELL)

3 SETS

15 SUPINATED LAT PULL DOWNS
+ 8 INCLINE BENCH PRESS FLY
(DUMBBELLS)

1 SET

20 GOBLET SQUATS
(DUMBBELL)

Week 8 -

MONDAY - UPPER - LIGHT TO MODERATE WEIGHT

4 SETS

5 PAUSE BENCH PRESS
(BARBELL)

3 SETS

5 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

12 CHIN UPS
(ADD WEIGHT IF YOU CAN)

2 SETS

12 PAUSE INCLINE BENCH PRESS
(LIGHT, ADD SPEED)

2 SETS

12 SEATED V-BAR ROWS
+ 12 FACE PULLS
(CABLE)

TUESDAY - LOWER BODY - HEAVY WEIGHT

4 SETS

5 BACK SQUATS

3 SETS

5 DEADLIFTS
(LIGHT WEIGHT + FAST!)

2 SETS

12 LEG PRESS

2 SETS

+ 12 QUAD EXTENSIONS
12 LYING LEG CURLS

THURSDAY - FULL BODY - LIGHT WEIGHT

3 SETS

3 BACK SQUATS

3 SETS

3 DEADLIFTS

3 SETS

4 BENCH PRESS
(DUMBBELLS)

4 SETS

8 LUNGES
(BARBELL)

FRIDAY - UPPER BODY - HEAVY WEIGHT

4 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

2 SETS

12 SUPINATED BENT OVER ROWS
(BARBELL)

3 SETS

+ 12 SINGLE-ARM REAR DELT RAISE (CABLE)
8 SINGLE ARM ROW (EACH SIDE) (CABLE)

3 SETS

12 INTERIOR PREACHER CURL
(DUMBBELL, EACH SIDE)

SATURDAY - LOWER - LIGHT TO MODERATE WEIGHT

5 SETS

3 BACK SQUATS

4 SETS

3 DEADLIFTS

3 SETS

12 SINGLE-LEG LEG PRESS
(EACH SIDE)

2 SETS

8 ROMANIAN DEADLIFTS
(DUMBBELLS)

2 SETS

8 QUAD EXTENSIONS
(UNDER TIME TENSION)

Week 9 -

MONDAY - UPPER MODERATE TO HEAVY WEIGHT

4 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

5 STANDING OVERHEAD PRESS
(BARBELL)

5 SETS

6 WEIGHTED PULL UPS
(CAN'T DO? DO CHIN UPS)

2 SETS

8 PAUSE INCLINE BENCH PRESS
(DUMBBELL)

2 SETS

12 SUPINATED LAT PULL DOWNS

TUESDAY - LOWER BODY - HEAVY WEIGHT

6 SETS

4 BACK SQUATS

3 SETS

4 DEADLIFTS

2 SETS

5 LEG PRESS
(TIME UNDER TENSION, SLOW)

2 SETS

8 ROMANIAN DEADLIFTS
(DUMBBELLS)

2 SETS

8 REAR-FOOT ELEVATED LUNGE
(DUMBBELLS EACH SIDE)

THURSDAY - FULL BODY - LIGHT WEIGHT

4 SETS

2 SPEED BACK SQUATS

4 SETS

2 SPEED DEADLIFTS

3 SETS

2 BENCH PRESS
(DUMBBELLS)

2 SETS

5 PULL UPS
(FAST!)

FRIDAY - UPPER BODY - HEAVY WEIGHT

7 SETS

3 BENCH PRESS
(BARBELL)

4 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

8 INVERTED ROWS
+ 8 BICEP CURLS
(EZ BAR)

3 SETS

5 CLOSE GRIP BENCH PRESS

SATURDAY - LOWER - MODERATE TO HEAVY WEIGHT

5 SETS

3 BACK SQUATS

5 SETS

4 DEADLIFTS

3 SETS

6 SINGLE LEG PRESS
(EACH SIDE)

4 SETS

8 HIP THRUSTS
(BARBELL)

3 SETS

15 CALF RAISES
(YOU CHOOSE MACHINE)