



MONDAY & THURSDAY

CONVENTIONAL DEADLIFT:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

INCLINE DUMBBELL BENCH PRESS:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

DUMBBELL SPLIT SQUATS:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

T-BAR ROWS:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

3 SET SUPERSET:

- BARBELL CURLS: 10-15 REPS
- EZ BAR SKULL-CRUSHERS: 10-15 REPS (REST 30-45 SECONDS)

CORE:

- CABLE CRUNCHES: 100 REPS

WEDNESDAY - OFF

TUESDAY & FRIDAY

BACK SQUAT:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

2 SET SUPERSET:

- LEG EXTENSIONS: 10-15 REPS
- LEG CURLS: 10-15 REPS (REST 30-45 SECONDS)

STANDING DUMBBELL PUSH-PRESS:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

BENT-OVER BARBELL ROW:

- 8 SETS X 6-10 REPS (REST 45 SECONDS)

2 SET TRIPLE SET:

- CABLE CURL: 10-15 REPS
- FACE-PULLS: 10-15 REPS
- DIAMOND PUSH-UPS: 10-15 REPS (REST 30-45 SECONDS)

CORE:

- HANGING KNEE RAISES: 100 REPS

SATURDAY - OFF

SUNDAY - OFF

CARDIO:

MONDAY: 10,000 STEPS

TUESDAY: 10,000 STEPS

WEDNESDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO

THURSDAY: 10,000 STEPS

FRIDAY: 10,000 STEPS

SATURDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO

SUNDAY: 10,000 STEPS



MONDAY & THURSDAY

3 SET SUPERSET

- CONVENTIONAL DEADLIFTS: 10-15 REPS
- STANDING DUMBBELL PRESS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET SUPERSET

- ALTERNATING DUMBBELL REVERSE LUNGES: 10-15 REPS
- BENT-OVER DUMBBELL ROWS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET SUPERSET

- GOBLET SQUAT: 10-15 REPS
- REAR DELT LATERAL RAISES: 10-15 REPS (REST FOR 60 SECONDS)

3 SET TRIPLE SET

- DUMBBELL HAMMER CURLS: 10-15 REPS
- LYING DUMBBELL TRICEP EXTENSIONS: 10-15 REPS
- LATERAL RAISES: 10-15 REPS (REST FOR 60 SECONDS)

CORE:

- CABLE CRUNCHES: 100 REPS

WEDNESDAY - OFF

TUESDAY & FRIDAY

3 SET SUPERSET

- HACK SQUATS: 10-15 REPS
- INCLINE DUMBBELL BENCH PRESS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET SUPERSET

- FRONT FOOT ELEVATED DUMBBELL SPLIT SQUAT: 10-15 REPS
 - BENT-OVER BARBELL ROWS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET SUPERSET

- BARBELL HIP THRUSTS: 10-15 REPS
- BARBELL UPRIGHT ROWS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET SUPERSET

- BARBELL HIP THRUSTS: 10-15 REPS
- BARBELL UPRIGHT ROWS: 10-15 REPS (REST FOR 60 SECONDS)

3 SET TRIPLE SET

- PREACHER CURLS: 10-15 REPS
 - (WEIGHTED) DIPS: 10-15 REPS
- LATERAL RAISES: 10-15 REPS (REST FOR 60 SECONDS)

CORE:

- HANGING KNEE RAISES: 100 REPS

SATURDAY - OFF

SUNDAY - OFF

CARDIO:

- MONDAY: 10,000 STEPS
- TUESDAY: 10,000 STEPS
- WEDNESDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO
- THURSDAY: 10,000 STEPS
 - FRIDAY: 10,000 STEPS
- SATURDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO
 - SUNDAY: 10,000 STEPS



MONDAY & THURSDAY

5 SET SUPERSET

- BARBELL HIP THRUSTS: 8 REPS
- STIFF-LEGGED BARBELL DEADLIFTS: 10-15 REPS (REST FOR 90 SECONDS)

5 SET SUPERSET

- STANDING OVERHEAD BARBELL PRESS: 8 REPS
- DUMBBELL LATERAL RAISES: 10-15 REPS (REST FOR 90 SECONDS)

5 SET TRIPLE SET

- WALKING DUMBBELL LUNGES: 10 REPS EACH LEG
 - BACK EXTENSIONS: 10-15 REPS
- PUSH-UPS: 20-30 REPS (REST FOR 60 SECONDS)

CORE:

- CABLE CRUNCHES: 100 REPS

WEDNESDAY - OFF

TUESDAY & FRIDAY

5 SET SUPERSET

- BARBELL REVERSE LUNGES: 8 REPS (EACH LEG)
- KETTLEBELL SQUATS: 10-15 REPS (REST FOR 90 SECONDS)

5 SET SUPERSET

- BENT-OVER BARBELL ROWS: 8 REPS
- INCLINE BENCH DUMBBELL ROWS: 10-15 REPS (REST FOR 90 SECONDS)

3 SET TRIPLE SET

- WALKING LUNGES & TWIST (HOLDING A WEIGHT): 10 REPS EACH LEG
 - DUMBBELL PUSH-PRESS: 10-15 REPS
 - ALTERNATING DUMBBELL CURLS: 10-15 REPS EACH ARM
- CLOSE-GRIP PUSH-UPS: 20-30 REPS (REST FOR 60 SECONDS)
 - **CORE:**
 - HANGING KNEE RAISES: 100 REPS

SATURDAY - OFF

SUNDAY - OFF

CARDIO:

- MONDAY: 10,000 STEPS
- TUESDAY: 10,000 STEPS
- WEDNESDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO
 - THURSDAY: 10,000 STEPS
 - FRIDAY: 10,000 STEPS
- SATURDAY: 10,000 STEPS + 30-45 MINUTES LISS CARDIO
 - SUNDAY: 10,000 STEPS



MONDAY & THURSDAY

5 SET SUPERSET

- INCLINE BARBELL BENCH PRESS: 6 REPS
- DUMBBELL HAMMER CURLS: 15 REPS (REST 60 SECONDS)

5 SET SUPERSET

- STANDING PUSH-PRESS: 6 REPS
- DUMBBELL LATERAL RAISES: 15 REPS (REST 60 SECONDS)

5 SET SUPERSET

- (WEIGHTED) PULL-UPS: 6 REPS
- CABLE PUSHDOWNS: 15 REPS (REST 60 SECONDS)

CORE

- CABLE CRUNCHES: 100 REPS

WEDNESDAY -- REST

TUESDAY & FRIDAY

3 SET SUPERSET

- LEG EXTENSIONS (HEAVY): 6 REPS
- LEG EXTENSIONS (LIGHT): 15 REPS (REST 60 SECONDS)

3 SET SUPERSET

- LYING LEG CURLS (HEAVY): 6 REPS
- LYING LEG CURLS (LIGHT): 15 REPS (REST 60 SECONDS)

5 SET SUPERSET

- FRONT SQUATS: 10 REPS (EACH LEG)
- CABLE PUSHDOWNS: 15 REPS (REST 60 SECONDS)

5 SET SUPERSET

- BOX JUMPS: 10-FAILURE
- STANDING CALF RAISES: 20 REPS-FAILURE

CORE

- HANGING KNEE RAISES: 100 REPS

SATURDAY -- REST

SUNDAY -- REST

CARDIO

MONDAY: 10,000 STEPS + 10 MINUTES HIIT CARDIO

TUESDAY: 10,000 STEPS + 20 MINUTES LIIS CARDIO

WEDNESDAY: 10,000 STEPS

THURSDAY: 10,000 STEPS + 10 MINUTES

HIIT CARDIO

FRIDAY: 10,000 STEPS + 20 MINUTES LIIS

CARDIO

SATURDAY: 10,000 STEPS

SUNDAY: 10,000 STEPS