



## MONDAY

### WARM-UP: 2 SETS

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### CONVENTIONAL SQUAT

- WEEK 1: 5/5/5/3/3/3 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 5/5/5/3/3/3 REPS (5-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 5/5/5/3/3/3 REPS (3-SECOND NEGATIVE, 2-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 5/5/3/3/3/1 REPS (3-SECOND NEGATIVE, 1 REP MAX)

### 4 SET SUPERSET

- INCLINE BENCH PRESS: 8/5/5/3 REPS
- PULL-UPS: 10-15 REPS

### **4 SET SUPERSET**

- FLAT DUMBBELL BENCH PRESS: 21 METHOD
- STANDING DUMBBELL ROWS: 10-15 REPS

### **3 SET SUPERSET**

- DIPS: 15-20 REPS
- CABLE ROWS: 15-20 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- CABLE CRUNCHES: 4 X 20 REPS

## **TUESDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- CABLE CURLS: 20 REPS

### **5 SET SUPERSET**

- BARBELL CURLS: 10/10/8/8/6/6
- STANDING DUMBBELL OVERHEAD PRESS: 20 REPS

### **5 SET SUPERSET**

- SKULL CRUSHERS: 10/10/8/8/6/6
- DUMBBELL LATERAL RAISES: 20 REPS

### **3 SET TRIPLE SET**

- DUMBBELL CURLS: 60 SECOND STATIC HOLD
- DUMBBELL LATERAL RAISES: 60 SECOND STATIC HOLD
- BENCH DIPS: 20-30 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- HANGING KNEE RAISES: 4 X 10-20 REPS

## **WEDNESDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
  - WALKING LUNGES: 20 REPS

### **CONVENTIONAL DEADLIFT**

- WEEK 1: 5/5/5/3/3/3 REPS (FROM THE GROUND)
- WEEK 2: 5/5/5/3/3/3 REPS (STANDING ON 2 MATS OR PLATES)
  - WEEK 3: 5/5/5/3/3/3 REPS (FROM 2 MATS OR PLATES UNDERNEATH THE WEIGHTS)
  - WEEK 4: 5/5/3/3/3/1 REPS (FROM THE GROUND)

### **FRONT SQUAT**

- WEEK 1: 12/10/10/8 REPS
- WEEK 2: 12/10/8/5 REPS
- WEEK 3: 12/8/5/5 REPS
- WEEK 4: 12/5/5/3 REPS

### **5 SET TRIPLE SET**

- CLOSE-STANCE LEG PRESS: 10-15 REPS
  - BOX JUMPS: 5 REPS
- WALKING LUNGES: 10 REPS EACH LEG

### **1 SET TRIPLE SET**

- LEG EXTENSIONS: 100 REPS
  - LEG CURLS: 100 REPS
  - CALF RAISES: 100 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- MEDICINE BALL CRUNCHES: 4 X 10-20 REPS

## **THURSDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
  - CABLE CURLS: 20 REPS

### **STANDING OVERHEAD BARBELL PRESS**

- WEEK 1: 8/8/5/5/3 REPS (3-SECOND NEGATIVE)
- WEEK 2: 8/8/5/5/3 REPS (5-SECOND NEGATIVE)
- WEEK 3: 8/8/5/3/3 REPS (1-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 8/8/5/3/1 REPS (3-SECOND NEGATIVE, WORK TO A 1 REP MAX)

### **4 SET SUPER SET**

- FLAT DUMBBELL BENCH PRESS: 10 REPS (5 SECOND NEGATIVE)
  - WIDE-GRIP PULL-UPS: 10-15 REPS

### **4 SET SUPER SET**

- INCLINE DUMBBELL FLYES: 15 REPS
- UNDERHAND DUMBBELL ROWS: 15 REPS
  - BENCH DIPS: 15 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- CABLE CRUNCHES: 4 X 10-20 REPS

## **FRIDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- CABLE CURLS: 20 REPS

### **BARBELL CURLS**

- WEEK 1: 10/8/5/5/10 REPS
- WEEK 2: 10/8/5/5/10 REPS (3-SECOND NEGATIVE)
- WEEK 3: 10/8/5/5/10 REPS (5-SECOND NEGATIVE)
- WEEK 4: 10/8/5/5/10 REPS (3-SECOND NEGATIVE, HOLD AT THE BOTTOM FOR 5 SECONDS)

### **OVERHEAD DUMBBELL EXTENSIONS OR SKULL-CRUSHERS**

- WEEK 1: 10/8/5/5/10 REPS
- WEEK 2: 10/8/5/5/10 REPS (3-SECOND NEGATIVE)
- WEEK 3: 10/8/5/5/10 REPS (5-SECOND NEGATIVE)
- WEEK 4: 10/8/5/5/10 REPS (3-SECOND NEGATIVE, HOLD AT THE BOTTOM FOR 5 SECONDS)

### **4 SET TRIPLE SET**

- EZ BAR CURLS: 20 REPS
- CABLE PUSH-DOWNS: 20 REPS
- LATERAL RAISES: 20 REPS

### 2 SET TRIPLE SET

- DUMBBELL CURLS: 60 SECOND STATIC HOLD
- DUMBBELL LATERAL RAISES: 60 SECOND STATIC HOLD
  - BENCH DIPS: 20-30 REPS

### CORE:

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- HANGING KNEE RAISES: 4 X 10-20 REPS

**SATURDAY - OFF**

**SUNDAY - OFF**



**MONDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **SUMO DEADLIFT**

- WEEK 1: 5/5/5/3/3/3 REPS (FROM THE GROUND)
- WEEK 2: 5/5/5/3/3/3 REPS (STANDING ON 2 MATS OR PLATES)
  - WEEK 3: 5/5/5/3/3/3 REPS (FROM 2 MATS OR PLATES UNDERNEATH THE WEIGHTS)
  - WEEK 4: 5/5/3/3/3/1 REPS (FROM THE GROUND)

### **BENCH PRESS**

- WEEK 1: 8/5/3/3/1 REPS (1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 8/5/3/3/1 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 8/5/3/3/1 REPS (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 8/5/3/3/1 REPS (3-SECOND NEGATIVE, 2-SECOND PAUSE AT THE BOTTOM)

### **4 SET SUPERSET**

- INCLINE DUMBBELL PRESS: 15 REPS
- REVERSE-GRIP PULL-UPS: 15 REPS

### **3 SET SUPERSET**

- DIPS: 10-15 REPS
- CABLE ROWS: 10-15 REPS

### **3 SET TRIPLE SET**

- DUMBBELL FLYES: 20 REPS
- DUMBBELL PULL-OVER: 20 REPS
  - PUSH-UPS: TO FAILURE

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- MEDICINE BALL TWISTS: 4 X 10-20 REPS

## **TUESDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
  - CABLE CURLS: 15 REPS

### **2 SET SUPERSET**

- DUMBBELL CURLS: 60 SECOND HOLD
- ROPE PRESS-DOWNS: 60 SECOND HOLD

### **4 SET TRIPLE SET**

- BARBELL CURL: 8/8/6/6 REPS
- DUMBBELL CURLS: 15 REPS
- WEIGHTED BENCH DIPS: 10-15 REPS

### **4 SET TRIPLE SET**

- ROPE PUSH-DOWNS: 8/8/6/6 REPS
- OVERHEAD ROPE EXTENSIONS: 15 REPS
  - (WEIGHTED) CHIN-UPS: 10-15 REPS

### **2 SET TRIPLE DROP SUPER SET**

- DUMBBELL HAMMER CURLS: 10 REPS (PERFORM 10 REPS, DROP THE WEIGHT AND PERFORM 10 MORE - REPEAT 3 TIMES)
- SINGLE-HAND OVERHEAD TRICEP EXTENSION: 20 REPS EACH ARM

### **2 SET TRIPLE DROP SET**



- INCLINE DUMBBELL TRICEP EXTENSION: 10 REPS (PERFORM 10 REPS, DROP THE WEIGHT AND PERFORM 10 MORE - REPEAT 3 TIMES)
- SEATED 1-ARM CONCENTRATION CURLS: 20 REPS EACH ARM

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- DECLINE REVERSE-CRUNCH: 4 X 10-20 REPS

## **WEDNESDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 EACH LEG

### **BACK SQUAT**

- WEEK 1: 8/5/3/3/1 REPS (1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 8/5/3/3/1 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 8/5/3/3/1 REPS (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 8/5/3/3/1 REPS (3-SECOND NEGATIVE, 2-SECOND PAUSE AT THE BOTTOM)

### **4 SET SUPERSET**

- REVERSE BARBELL LUNGES: 10-12 REPS EACH LEG
  - WALL-SITS: 30-45 SECOND HOLD

### **4 SET SUPERSET**

- DUMBBELL STIFF-LEGGED DEADLIFTS: 15 REPS (WITH TOES ON A PLATE)
- GOBLET SQUATS: 15 REPS (PAUSE AT THE BOTTOM FOR 2 SECONDS)

### **3 SET SUPERSET**

- LEG EXTENSIONS: 20/15/10/20
- CALF RAISES: 10 REPS (5 SECOND HOLD AT THE TOP - HARD FLEX)

### **3 SET SUPERSET**

- LEG CURLS: 20/15/10/20
- CALF RAISES: 20-30 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- HANGING KNEE RAISES: 4 X 10-20 REPS

## **THURSDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
- CABLE CURLS: 15 REPS

### **2 SET SUPERSET**

- INCLINE BARBELL BENCH PRESS: 30 SECOND HOLD
- WIDE-GRIP PULL-DOWNS: 30 SECOND HOLD

### **6 SET SUPERSET**

- WIDE-GRIP BENCH PRESS: 10-15 REPS
- CABLE ROWS: 20 REPS

### **6 SET SUPERSET**

- FLAT DUMBBELL BENCH PRESS: 10 REPS (2-SECOND PAUSE AT THE BOTTOM)

- T-BAR ROWS: 20 REPS

### **2 SET SUPERSET**

- INCLINE BARBELL BENCH PRESS: 30 SECOND HOLD
  - WIDE-GRIP PULL-DOWNS: 30 SECOND HOLD

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
  - CABLE CRUNCHES: 4 X 10-20 REPS

## **FRIDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS
  - LATERAL RAISES: 15 REPS

### **FRONT SQUAT**

- WEEK 1: 10/10/10/10/10 REPS
- WEEK 2: 12/10/8/6/4 REPS
- WEEK 3: 10/8/5/5/5 REPS
- WEEK 4: 8/5/5/3/15 REPS

### **STANDING BARBELL OVERHEAD PRESS**

- WEEK 1: 10/8/5/5/10 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 10/8/5/3/10 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 10/8/5/3/10 REPS (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)

- WEEK 4: 20/15/10/10/20 REPS (1-SECOND PAUSE AT THE BOTTOM)

### **5 SET SUPERSET**

- SEATED 1-ARM DUMBBELL PRESS: 10-15 REPS
- DUMBBELL LATERAL RAISES: 6-8 REPS (HOLD FOR 2 SECONDS AT THE TOP)

### **5 SET QUADRUPLE SET**

- EZ BAR CURLS: 10-15 REPS
- SKULL-CRUSHERS: 10-15 REPS
- SPIDERMAN CURLS: 10-20 REPS
  - PUSH-UPS: 10-20 REPS

### **CORE:**

- LOWER BACK EXTENSIONS: 4 X 12 REPS
- CABLE WOODCHOPS: 4 X 10-20 REPS (EACH SIDE)

**SATURDAY - OFF**

**SUNDAY - OFF**



## MONDAY

### WARM-UP: 2 SETS

- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS

### ROPE FACE PULLS

- 2 SETS OF 30 REPS

### 4 SET SUPERSET

- DUMBBELL LATERAL RAISES: 50/40/30/25 REPS
- CLOSE-GRIP LAT PULLDOWNS: 50/40/30/25 REPS (REST FOR AS LITTLE AS YOU CAN)

### 6 SET SUPERSET

- STANDING BARBELL OVERHEAD PRESS: 6/8/8/10/10/15 REPS
- BENT-OVER BARBELL ROWS: 6/8/8/10/10/15 REPS

### 4 SET SUPERSET

- DUMBBELL UPRIGHT ROWS: 10-12 REPS
- LAT PULLDOWNS (BEHIND THE NECK): 10-12 REPS

## **2 SET SUPERSET**

- REAR DELT MACHINE (OR REAR DELT FLYES): 20 REPS
  - ROPE FACE PULLS: 20 REPS

## **TUESDAY**

### **WARM-UP: 2 SETS**

- LUNGES: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS

### **AIR SQUATS**

- 2 SETS OF 30 REPS

## **4 SET SUPERSET**

- LEG EXTENSIONS: 50/40/30/25 REPS
- LEG CURLS: 50/40/30/25 REPS (REST FOR AS LITTLE AS YOU CAN)

## **6 SET SUPERSET**

- CLOSE-STANCE LEG PRESS: 6/8/8/10/10/15 REPS
- WIDE-STANCE LEG PRESS: 6/8/8/10/10/15 REPS

## **4 SET SUPERSET**

- FRONT-FOOT ELEVATED DUMBBELL LUNGES: 10-12 REPS
- SINGLE-LEG DUMBBELL STRAIGHT LEG DEADLIFTS: 10-12 REPS

## **CALF RAISES**

- STANDING CALF RAISES: 5 SETS OF 20 REPS

## **WEDNESDAY**

### **WARM-UP: 2 SETS**

- PUSH-UPS: 15 REPS

- LOW BACK EXTENSIONS: 15 REPS

### **ROPE FACE PULLS (THIS HELPS TO OPEN UP YOUR CHEST)**

- 3 SETS OF 30 REPS

### **FLAT DUMBBELL BENCH PRESS**

- 6 SETS OF 12/10/8/6/6/6 REPS

### **INCLINE BENCH PRESS**

- 6 SETS OF 8-12 REPS (SLOW REPS - 5 SECOND NEGATIVE)

### **4 SET SUPERSET**

- HAMMER CHEST PRESS: 12-15 REPS
  - DUMBBELL FLYES: 12-15 REPS

### **3 SET SUPERSET**

- CABLE FLYES: 20 REPS
- PUSH-UPS: TO FAILURE

## **THURSDAY**

### **WARM-UP: 2 SETS**

- LAT-PULLDOWNS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS

### **ROPE FACE PULLS**

- 2 SETS OF 30 REPS

### **4 SET SUPERSET**

- DUMBBELL LATERAL RAISES: 50/40/30/25 REPS

- REVERSE-GRIP LAT PULLDOWNS: 50/40/30/25 REPS (REST FOR AS LITTLE AS YOU CAN)

### **6 SET SUPERSET**

- SEATED OVERHEAD DUMBBELL PRESSES: 8/8/10/10/12/15 REPS
  - BENT-OVER DUMBBELL ROWS: 8/8/10/10/12/15 REPS

### **4 SET SUPERSET**

- EZ BAR UPRIGHT ROWS: 12-15 REPS
  - CABLE ROWS: 12-15 REPS

### **2 SET SUPERSET**

- REAR DELT MACHINE (OR REAR DELT FLYES): 20 REPS
  - ROPE FACE PULLS: 20 REPS

## **FRIDAY**

- **WARM-UP: 2 SETS**
- PUSH-UPS: 15 REPS
- LOW BACK EXTENSIONS: 15 REPS

### **4 SET SUPERSET**

- DUMBBELL CURLS: 50/40/30/25 REPS
- SKULLCRUSHERS: 50/40/30/25 REPS (REST FOR AS LITTLE AS YOU CAN)

### **6 SET SUPERSET**

- CLOSE-GRIP BENCH PRESS: 8/8/10/10/12/15 REPS
  - BARBELL CURLS: 8/8/10/10/12/15 REPS



## **5 SET SUPERSET**

- ROPE CURLS: 12-15 REPS
- CABLE PUSHDOWNS: 12-15 REPS

**SATURDAY -- REST**

**SUNDAY -- REST**