

Wk1	Day 1	Weight	Day 2	Weight	Day 3	Weight	Day 4
	Squat Variation (goblet, back, front, belt)		Bench Press Variation (DB or BB)		Reverse Grip Lat Pull Down		Shoulder Press
	Set 1 50 reps,		Set 1 30 reps,		Set 1 30 reps,		Set 1 30 reps,
	Set 2 40 reps,		Set 2 25 reps,		Set 2 25 reps,		Set 2 25 reps,
	Set 3 30 reps,		Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,
	Set 4 20 reps,		Set 4 15 reps,		Set 4 15 reps,		Set 4 15 reps,
	Set 5 10 reps		Set 5 10 reps		Set 5 10 reps		Set 5 10 reps
	Super Set Calf Raises		Incline Bench		Chest Supported Rows		Incline Fly
	Set 1 30 reps,		Set 1 10 reps,		Set 1 10 reps,		Set 1 10 reps,
	Set 2 25 reps,		Set 2 15 reps,		Set 2 15 reps,		Set 2 15 reps,
	Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,
	Set 4 15 reps,		Set 4 25 reps,		Set 4 25 reps,		Set 4 25 reps,
	Set 5 10 reps		Set 5 30 reps		Set 5 30 reps		Set 5 30 reps
	SLDL Variation (BB or DB)		Cable Fly		Hatfield Back Raises		Lateral Raises
	Set 1 50 reps,		Set 1 30 reps,		Set 1 30 reps,		Set 1 30 reps,
	Set 2 40 reps,		Set 2 25 reps,		Set 2 25 reps,		Set 2 25 reps,
	Set 3 30 reps,		Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,
	Set 4 20 reps,		Set 4 15 reps,		Set 4 15 reps,		Set 4 15 reps,
	Set 5 10 reps		Set 5 10 reps		Set 5 10 reps		Set 5 10 reps
	Super With Lat Pull Down		Weighted Dips		Upper Back Row		Front Raises
	Set 1 30 reps,		Set 1 10 reps,		Set 1 10 reps,		Set 1 10 reps,
	Set 2 25 reps,		Set 2 15 reps,		Set 2 15 reps,		Set 2 15 reps,
	Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,
	Set 4 15 reps,		Set 4 25 reps,		Set 4 25 reps,		Set 4 25 reps,
	Set 5 10 reps		Set 5 30 reps		Set 5 30 reps		Set 5 30 reps
	Leg Ext		Lateral Raises		Goblet Squat		Bent over Lat Raises
	Set 1 10 reps,		Set 1 30 reps,		Set 1 50 reps,		Set 1 30 reps,
	Set 2 15 reps,		Set 2 25 reps,		Set 2 40 reps,		Set 2 25 reps,
	Set 3 20 reps,		Set 3 20 reps,		Set 3 30 reps,		Set 3 20 reps,
	Set 4 25 reps,		Set 4 15 reps,		Set 4 20 reps,		Set 4 15 reps,
	Set 5 30 reps		Set 5 10 reps		Set 5 10 reps		Set 5 10 reps
	Hamstring Curl		Face Pulls		Shrugs		Band Pull Apart
	Set 1 10 reps,		Set 1 10 reps,		Set 1 10 reps,		
	Set 2 15 reps,		Set 2 15 reps,		Set 2 15 reps,		
	Set 3 20 reps,		Set 3 20 reps,		Set 3 20 reps,		
	Set 4 25 reps,		Set 4 25 reps,		Set 4 25 reps,		
	Set 5 30 reps		Set 5 30 reps		Set 5 30 reps		100 reps

Wk2	Day 1	Weight	Day 2	Weight	Day 3	Weight	Day 4
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Squat Variation (goblet, back, front, belt)	Bench Press Variation (DB or BB)	Reverse Grip Lat Pull Down	Shoulder Press
Set 1 50 reps,	Set 1 30 reps,	Set 1 30 reps,	Set 1 30 reps,
Set 2 40 reps,	Set 2 25 reps,	Set 2 25 reps,	Set 2 25 reps,
Set 3 30 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 20 reps,	Set 4 15 reps,	Set 4 15 reps,	Set 4 15 reps,
Set 5 10 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Super Set Calf Raises	Incline Bench	Chest Supported Rows	Incline Fly
Set 1 30 reps,	Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,
Set 2 25 reps,	Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 15 reps,	Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,
Set 5 10 reps	Set 5 30 reps	Set 5 30 reps	Set 5 30 reps
SLDL Variation (BB or DB)	Cable Fly	Hatfield Back Raises	Lateral Raises
Set 1 50 reps,	Set 1 30 reps,	Set 1 30 reps,	Set 1 30 reps,
Set 2 40 reps,	Set 2 25 reps,	Set 2 25 reps,	Set 2 25 reps,
Set 3 30 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 20 reps,	Set 4 15 reps,	Set 4 15 reps,	Set 4 15 reps,
Set 5 10 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Super With Lat Pull Down	Weighted Dips	Upper Back Row	Front Raises
Set 1 30 reps,	Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,
Set 2 25 reps,	Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 15 reps,	Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,
Set 5 10 reps	Set 5 30 reps	Set 5 30 reps	Set 5 30 reps
Leg Ext	Lateral Raises	Goblet Squat	Bent over Lat Raises
Set 1 10 reps,	Set 1 30 reps,	Set 1 50 reps,	Set 1 30 reps,
Set 2 15 reps,	Set 2 25 reps,	Set 2 40 reps,	Set 2 25 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 30 reps,	Set 3 20 reps,
Set 4 25 reps,	Set 4 15 reps,	Set 4 20 reps,	Set 4 15 reps,
Set 5 30 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Hamstring Curl	Face Pulls	Shrugs	Band Pull Apart
Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,	
Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,	
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	
Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,	
Set 5 30 reps	Set 5 30 reps	Set 5 30 reps	100 reps

Wk3

Day 1

Weight

Day 2

Weight

Day 3

Weight

Day 4

Squat Variation (goblet, back, front, belt)	Bench Press Variation (DB or BB)	Reverse Grip Lat Pull Down	Shoulder Press
Set 1 50 reps,	Set 1 30 reps,	Set 1 30 reps,	Set 1 30 reps,
Set 2 40 reps,	Set 2 25 reps,	Set 2 25 reps,	Set 2 25 reps,
Set 3 30 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 20 reps,	Set 4 15 reps,	Set 4 15 reps,	Set 4 15 reps,
Set 5 10 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Super Set Calf Raises	Incline Bench	Chest Supported Rows	Incline Fly
Set 1 30 reps,	Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,
Set 2 25 reps,	Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 15 reps,	Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,
Set 5 10 reps	Set 5 30 reps	Set 5 30 reps	Set 5 30 reps
SLDL Variation (BB or DB)	Cable Fly	Hatfield Back Raises	Lateral Raises
Set 1 50 reps,	Set 1 30 reps,	Set 1 30 reps,	Set 1 30 reps,
Set 2 40 reps,	Set 2 25 reps,	Set 2 25 reps,	Set 2 25 reps,
Set 3 30 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 20 reps,	Set 4 15 reps,	Set 4 15 reps,	Set 4 15 reps,
Set 5 10 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Super With Lat Pull Down	Weighted Dips	Upper Back Row	Front Raises
Set 1 30 reps,	Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,
Set 2 25 reps,	Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,
Set 4 15 reps,	Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,
Set 5 10 reps	Set 5 30 reps	Set 5 30 reps	Set 5 30 reps
Leg Ext	Lateral Raises	Goblet Squat	Bent over Lat Raises
Set 1 10 reps,	Set 1 30 reps,	Set 1 50 reps,	Set 1 30 reps,
Set 2 15 reps,	Set 2 25 reps,	Set 2 40 reps,	Set 2 25 reps,
Set 3 20 reps,	Set 3 20 reps,	Set 3 30 reps,	Set 3 20 reps,
Set 4 25 reps,	Set 4 15 reps,	Set 4 20 reps,	Set 4 15 reps,
Set 5 30 reps	Set 5 10 reps	Set 5 10 reps	Set 5 10 reps
Hamstring Curl	Face Pulls	Shrugs	Band Pull Apart
Set 1 10 reps,	Set 1 10 reps,	Set 1 10 reps,	
Set 2 15 reps,	Set 2 15 reps,	Set 2 15 reps,	
Set 3 20 reps,	Set 3 20 reps,	Set 3 20 reps,	
Set 4 25 reps,	Set 4 25 reps,	Set 4 25 reps,	
Set 5 30 reps	Set 5 30 reps	Set 5 30 reps	100 reps

Wk4

Day 1

Weight

Day 2

Weight

Day 3

Weight

Day 4

Squat Variation (goblet, back, front, belt) Set 1 50 reps, Set 2 40 reps, Set 3 30 reps, Set 4 20 reps, Set 5 10 reps	Bench Press Variation (DB or BB) Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps	Reverse Grip Lat Pull Down Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Chest Supported Rows Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps Hatfield Back Raises Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Upper Back Row Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps	Shoulder Press Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Incline Fly Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps Lateral Raises Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Front Raises Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps Bent over Lat Raises Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Band Pull Apart 100 reps
Super Set Calf Raises Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps SLDL Variation (BB or DB) Set 1 50 reps, Set 2 40 reps, Set 3 30 reps, Set 4 20 reps, Set 5 10 reps Super With Lat Pull Down Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps	Incline Bench Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps Cable Fly Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Weighted Dips Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps		
Leg Ext Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps Hamstring Curl Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps	Lateral Raises Set 1 30 reps, Set 2 25 reps, Set 3 20 reps, Set 4 15 reps, Set 5 10 reps Face Pulls Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps	Goblet Squat Set 1 50 reps, Set 2 40 reps, Set 3 30 reps, Set 4 20 reps, Set 5 10 reps Shrugs Set 1 10 reps, Set 2 15 reps, Set 3 20 reps, Set 4 25 reps, Set 5 30 reps	

Weight Day 5 Weight

DB Curls

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Tricep

Pushdown

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Hammer Curls

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Skull Crushers

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Drag Curl

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Overhead Ext

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Weight Day 5 Weight

DB Curls

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Tricep

Pushdown

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Hammer Curls

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Skull Crushers

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Drag Curl

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Overhead Ext

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Weight

Day 5

Weight

DB Curls

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Tricep

Pushdown

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Hammer Curls

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Skull Crushers

Set 1 10 reps,

Set 2 15 reps,

Set 3 20 reps,

Set 4 25 reps,

Set 5 30 reps

Drag Curl

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Overhead Ext

Set 1 30 reps,

Set 2 25 reps,

Set 3 20 reps,

Set 4 15 reps,

Set 5 10 reps

Weight

Day 5

Weight

DB Curls

Set 1 30 reps,
Set 2 25 reps,
Set 3 20 reps,
Set 4 15 reps,
Set 5 10 reps

Tricep

Pushdown

Set 1 30 reps,
Set 2 25 reps,
Set 3 20 reps,
Set 4 15 reps,
Set 5 10 reps

Hammer Curls

Set 1 10 reps,
Set 2 15 reps,
Set 3 20 reps,
Set 4 25 reps,
Set 5 30 reps

Skull Crushers

Set 1 10 reps,
Set 2 15 reps,
Set 3 20 reps,
Set 4 25 reps,
Set 5 30 reps

Drag Curl

Set 1 30 reps,
Set 2 25 reps,
Set 3 20 reps,
Set 4 15 reps,
Set 5 10 reps

Overhead Ext

Set 1 30 reps,
Set 2 25 reps,
Set 3 20 reps,
Set 4 15 reps,
Set 5 10 reps