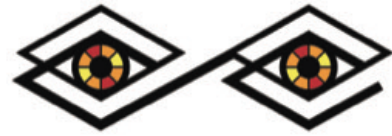


TRAINING (Week 1-4)**CHEST DAY (Monday)**

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Cable Flies (squeeze handles to eye level) super set with Cable flies (squeeze handles to groin level)	4 working sets	(Handles squeezed to eye level) 12 reps (Handles squeezed to groin level) 12 reps	Have cables locked in at mid chest level. 12 reps squeezing handles to eye level followed by 12 reps squeezing handles down to groin level
90 second rest between sets	Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline dumbbell press super set with incline dumbbell flies	4 sets	(Incline dumbbell press) 6-12 reps (Incline dumbbell flies) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Dips (Assisted or weighted)	4 sets	(Working sets) 10-20 reps	
60 second rest between sets	Flat machine chest press on a machine	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second between sets	Peck deck	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Lat-Pulldown with straight bar attachment	1 warm up set 4 working sets	(Warm up) 20 reps (Working Sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Reverse Grip Lat-Pulldown with straight bar attachment	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	T-bar rows with v-bar attachment	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Dumbbell rows (one arm at a time)	4 sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Reverse grip cable rows with straight bar attachment	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Cable Pullovers superset with pull-ups (any variation)	4 sets	(Cable pullovers) 10-20 reps (Pull-ups) Until Failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Leg extensions	1 warm up set 4 working sets	(Warm up) 30 reps (Working Sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Laying leg curls	1 warm up set 4 working sets	(Warm up) 25 reps (Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Back Squats	1 warm up set 4 working sets	(Warm up) 25 reps (Working Sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Hack Squats	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) FEET CLOSE TOGETHER/HEELS TOUCHING
90 second rest between sets	Stationary Lunges with dumbbells	4 sets	(Working sets) 6-12 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range) ONE LEG AT A TIME
90 second rest between sets	Seated leg curls super set with hip abductions	4 sets	(Seated leg curls) 10-20 reps (Hip abductions) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Side laterals with dumbbells	1 warm up set 4 working sets	(Warm up) 30 reps (Working Sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Front Raises with dumbbells	4 working sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Shoulder Press with Barbell	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 seconds between sets	Reverse peck deck super set with bent over rows with barbell (Elbows flared out, focusing on pulling with rear delt)	4 sets	(Reverse peck deck) 10-20 reps (Bent over barbell rows) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable side laterals (starting from behind the back)	4 sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range) one arm at a time

-2 minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest between sets	Crunches Super Set with Oblique Crunches	4 sets	(Crunches) 20 reps (Oblique Crunches) 10 reps each oblique	Laying on floor/mat
45 second rest between sets	Hanging Leg raises (feet together) Super Set with Hanging Scissor Kicks	4 sets	(Hanging Leg Raises) 20 reps (Hanging Oblique Raises) 5 rep each oblique	
1 minute	Weighted Abdominal Crunch machine	4 sets	25 reps	
1 minute	Weighted Oblique Crunches	4 sets	15 reps each side	
1 minute	Mountain Climbers super set with planks	4 sets	Mountain Climbers for 20 sec/plank for 40se	

-1 minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Triceps Extension with rope attachment	1 warm up set 4 working sets	(Warm up) 30 reps (Working Sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Cable Curls with straight bar attachment	1 warm up set 4 working sets	(Warm up) 30 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Skull Crushers with barbell superset with barbell curls	4 sets	(Skull crushers) 6-12 reps (Barbell Curls) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Hammer curls with dumbbells	4 sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Reverse grip triceps extension with straight bar attachment (supinated hand grip)	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Preacher curls	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rests between sets	Dips	4 sets	Until Failure	

-2 minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE

***TERMS:**

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

-To continue an exercise with a lower weight once muscle failure has been reached at a higher weight

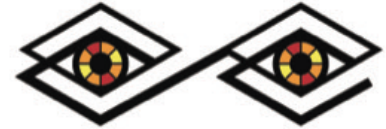
Supinated Hand Grip:

-Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body

TRAINING (Week 4-8)



CHEST DAY (Monday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Cable Flies (squeeze handles to mid chest level) super set with Cable flies (squeeze handles to groin level)	4 working sets	(Handles squeezed to mid chest level) 12 reps (Handles squeezed to groin level) 12 reps	Have cables locked in at head level. 12 reps squeezing handles to mid chest level followed by 12 reps squeezing handles down to groin level
90 second rest between sets	Decline Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Decline dumbbell press super set with Decline dumbbell flies	4 sets	(Decline dumbbell press) 6-12 reps (Decline dumbbell flies) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Dips (Assisted or weighted)	4 sets	(Working sets) 10-20 reps	
60 second rest between sets	Flat machine chest press on a machine	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second between sets	Peck deck	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Wide Grip Pull-Ups (Pronated Hand Grip)	4 working sets	(Working Sets) Until Failure	If Using Assisted Pull-Up Machine aim for 20reps
45 second rest between sets	Narrow Grip Pull-Ups (Supinated Hand Grip)	4 working sets	(Working sets) Until Failure	If Using Assisted Pull-Up Machine aim for 20reps
60 second rest between sets	Cable Rows with V-Bar Attachment	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Barbell Rows (supinated hand grip)	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Lat Pull-Down with V-Bar Attachment (DROP SET)	4 sets	(Working sets) 6-12 reps then drop to half the weight used and go until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Dumbbell Pullovers	4 sets	(Dumbbell pullovers) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Leg extensions (one leg at a time)	1 warm up set 4 working sets	(Warm up) 20 reps *each leg (Working Sets) 12 reps *each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Front Squats on Smith Machine	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 8-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Back Squats on Smith machine (feet close together/heels touching)	1 warm up set 4 working sets	(Warm up) 20 reps (Working Sets) 20-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Leg Press (one leg at a time)	4 sets	(Working sets) 10-20 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Leg extensions (feet close together/heels touching) Superset with Stiff legged deadlifts with dumbbells	4 sets	(Leg extensions) 12-20 reps (Stiff Legged Deadlifts) 12-20reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Hip abductions	4 sets	(Hip abductions) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Side laterals Cables	1 warm up set 4 working sets	(Warm up) 20 reps (Working Sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Shoulder Press with Dumbbells	1 warm up set 4 working sets	(Warm Up) 20 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable front raises with straight bar attachment (Drop Set)	4 working sets	(Working sets) 6-12 reps until failure then drop set to half the weight and continue again to failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Rear lateral flies with dumbbells (Squeeze and pull with rear deltoids)	4 working sets	(Working sets) 8-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Reverse Peck deck superset (rear deltoids) with side laterals with dumbbells	4 sets	(Reverse peck deck) 8-12 reps (Side laterals) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) one arm at a time

-2 minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest between sets	Hanging Leg Raises	4 sets	(Working Sets) Until Failure	
60 second rest between sets	Windshield Wipers Superset with Scissor Kicks	4 sets	(Windshield wipers) Until Failure (Scissor Kicks) as fast as possible for 10 sec	
45 seconds	Oblique Crunches (one side at a time)	4 sets	20 reps each side	Laying on a mat/floor
45 seconds	Weighted Trunk Twists	4 sets	20 reps each side	
1 minute	Weighted abdominal crunches superset with weighted oblique crunches	4 sets	(Weighted abdominal crunches) 10-20 reps (Weighted oblique crunches) 10-20 reps each oblique	

-1 minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest between sets	Close Grip Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working Sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Dips Superset with Overhead triceps extensions with dumbbells	1 warm up set 4 working sets	(Dips) Failure (Overhead triceps extensions) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Triceps extensions on cables with rope attachment	4 sets	(Warm up) 20 reps (Barbell Curls) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Seated Alternating Dumbbell Curls	4 sets	(Warm up) 30 reps between both arms (Working Sets) 12-24 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Reverse grip Barbell Curls	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable curls (one arm at a time)	4 sets	(Working sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rests between sets	Close Grip Barbell Curls Superset with Close Grip Pull Ups	4 sets	(Close Grip Barbell Curls) 6-12 reps (Close Grip Pull Ups) Until Failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE

***TERMS:**

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

-To continue an exercise with a lower weight once muscle failure has been reached at a higher weight

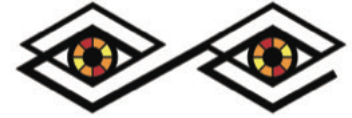
Supinated Hand Grip:

-Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body

TRAINING (Week 8-12)



CHEST DAY (Monday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Peck Deck	4 working sets	(Handles squeezed to eye level) 12-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline dumbbell press super set with Incline dumbbell flies	4 sets	(Incline dumbbell press) 6-12 reps (Incline dumbbell flies) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Unilateral Cable Flies	4 sets	(Working sets) 10-15 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range) 10-15reps on one arm then 10-15reps on the other arm=one set
45 second rest between sets	Incline Cable Flies Laying On Incline Bench	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest between sets	Single Arm Cable Rows (one arm at a time)	4 working sets	(Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Single Arm Dumbbell Rows	1 warm up set 4 working sets	(Warm up) 20 reps each arm (Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Reverse Grip Barbell Rows (Supinated Hand Grip)	4 working sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands shoulder width apart
60 second rest between sets	Lat pull downs Drop set to half the weight used (Pronated Hand Grip)	4 sets	(Working sets) 10-15 reps then drop set to half the weight previously used and rep until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands slightly wider than shoulder width apart
45 second rest between sets	Dumbbell Pullovers	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Focus on squeezing the lats to move the weight
60 second rest between sets	Wide Grip Pull-ups (Pronated hand grip)	4 sets	(Working sets) Until Failure If using assisted Pull-up machine then do 10-20reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest between sets	Single Leg Hamstring Curls	1 warm up set 4 working sets	(Warm up) 20 reps each side (Working Sets) 10-15 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Seated Leg Curls	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Back Squats	1 warm up set 4 working sets	(Warm up) 25 reps (Working Sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Leg Press one leg at a time	4 sets	(Working sets) 6-12 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Leg Press	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Feet shoulder width apart
120 second rest between sets	Leg Extensions Drop set to half the weight previously used	4 sets	(Working set) 10-20 reps then drop set the weight to half the weight previously used until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
120 second rest between sets	Unilateral Shoulder Press with Dumbbells	1 warm up set 4 working sets	(Warm up) 20 reps each arm (Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Unilateral Dumbbell Laterals (One arm at a time)	4 working sets	(Working sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Bent over rear delt flies on cables (one arm at a time)	4 working sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 seconds between sets	Cable Face-Pulls	4 sets	(Reverse peck deck) 10-20 reps (Bent over barbell rows) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Pull back with elbows and squeeze rear delts
60 second rest between sets	Front raises with barbell (pronated grip)	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands shoulder width apart

-2 minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest between sets	Weighted Trunk Twists	4 sets	(Working Sets) 20 reps	Perform on machine or with barbell on back
45 second rest between sets	Decline Abdominal Crunches Superset with Decline Oblique Crunches	4 sets	(Decline Abdominal Crunches) 20 reps (Decline Oblique Crunches) 5-10 reps each oblique	Perform laying on decline bench
1 minute	Hanging Windshield Wipers	4 sets	Until Failure	
1 minute	Hanging Scissor Kicks Superset with Hanging Leg Raises	4 sets	(Hanging scissor Kicks) 10-20sec (Hanging Legs Raises) Until Failure	
45 second rest between sets	Weighted Crunches on machine	4 sets	(Working Sets) 12-20 reps	

-1 minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Dips	4 working sets	Until Failure	Keep elbows tucked in towards the body
60 second rest between sets	Preacher Curls Superset with Hammer Curls with Dumbbells	1 warm up set 4 working sets	(Preacher Curls) 10-20 (Hammer Curls) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Close Grip Barbell Curls Drop set to half the weight previously used	4 sets	(Close Grip Barbell Curls) 12-20 reps. Drop set to half the weight used and go until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Single Arm Triceps Extensions With Cables	4 sets	(Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Cable Triceps Kick Backs (one arm at a time)	4 sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable curls with V-Bar attachment Superset with Cable Overhead Triceps extensions with V-Bar attachment	4 sets	(Cable Curls) 6-12 reps (Overhead Triceps Extensions) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

-2 minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE

***TERMS:**

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

-To continue an exercise with a lower weight once muscle failure has been reached at a higher weight

Supinated Hand Grip:

-Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body