

General Adaptation & Size:

Name: _____

Lift Controlled with Strict Form: Tempo (2-0-2) (2s down, no pause, 2s up)
 1-1.5 Minutes Between Sets (Can combine different Body Parts for a Circuit)
 EAT DIRECTLY AFTER EACH WORKOUT

△ = Pyramid Sets (Reps)

Week 1 = 15, 12, 10, 10
 Week 2 = 12, 12, 10, 10
 Week 3 = 12, 10, 10, 8
 Week 4 = 12, 10, 8, 6
 Week 5 = 12, 10, 8, 6

Week Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.
4 Day	W/A	W/C	Rest	W/B	W/D
3 Day	W/A	W/B	Rest	W/C	W/A
	W/A	W/C	Rest	W/B	Rest
	W/D	W/B	Rest	W/A	Rest

Chest, Back, Biceps: Workout A

Date: _____ Warmup: _____

Chest: Bench x △	x	x	x	x	x
Incline DB Press	12 x	12 x	10 x	10 x	10 x
Alternate DB Press	15x	12x	12 x	10x	
Back: Deadlifts	12x	12x	10x		
Single Arm Rows	10x	10x	10x	10x	
Lat Pull Downs x △	x	x	x	x	x
Biceps: Barbell Curls	10x	10x	8x	8x	
DB Curls	15x	12x	12x	10x	
Preacher Curls x △	x	x	x	x	x
Extra: Rope Swings	30s x	30s x	30s x		
SB Crunches	Max x	Max x	Max x		
SB Planks	30s x	30s x	30s x		
Gator Walks	Max x	Max x	Max x		

Chest, Back, Biceps: Workout B

Date: _____ Warmup: _____

Chest: Flat DB Press	12 x	12 x	10 x	10 x	
Incline Bench Press △	x	x	x	x	x
Cable Pec Dec	15x	12x	12 x	10x	
Back: Cable Row x △	x	x	x	x	x
Bent Over Row	12x	12x	10x	10x	
Chin Ups (Gravitron)	10x	10x	10x	10x	
Biceps: Reverse Curls	10x	10x	8x	8x	
Alternate DB Curls	15x	12x	12x	10x	
Extra: Ab Lift	Max x	Max x	Max x		
Alternate Rope Swing	30s x	30s x	30s x	30s x	
Bosu Side Planks	30s x	30s x	30s x		
Hanging Leg Lifts	Max x	Max x	Max x		

Legs, Shoulders & Triceps: Workout C

Date: _____ Warmup: _____

Legs: Leg Press x △	x	x	x	x	x
Leg Press Calf Raise	x	x	x	x	x
Walking Lunges	12 x	12 x	10 x	10 x	10 x
SB Hamstring Curls	12x	12x	12x		
Shoulders:					
Overhead Press x △	x	x	x	x	x
DB Shrugs	15x	12x	12x	10x	
Side Lateral Raises	10x	10x	10x		
Triceps: Pressdowns	15x	12x	12x	10x	
Skull Crushers	12x	12x	10x	10x	
Extra: Prowler	x	x	x		
Body Weight Squats	30x	30x	30x		
Bench Hops	45sx	45sx	45sx		

Legs, Shoulders & Triceps: Workout D

Date: _____ Warmup: _____

Legs: Squats x △	x	x	x	x	x
Step Ups	12 x	12 x	10 x	10 x	10 x
Reverse Hyper	12 x	12 x	10 x	10 x	10 x
Single Calf Raises	20x	20x	15x	15x	
Shoulders:					
DB Overhead Press	12x	12x	12x	10x	
Upright Rows	15x	12x	12x	10x	
Front DB Raises	10x	10x	10x		
Triceps: Kickbacks	15x	12x	12x	10x	
Close Grip Bench	12x	12x	10x	10x	
Extra: Prowler	x	x	x		
External Rotators	12x	12x	12x		
Bosu Squats	30x	30x	30x		