

## CHEST AND ABS

W1 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Barbell Bench Press	5	8-12	120 s	3-0-2-0
30 Degree Incline Bench Press	5	8-12	120 s	3-0-2-0
Decline Barbell Bench Press	5	8-12	120 s	3-0-2-0
Bicycle Crunches	3	50	90 s	-
Barbell Floor Wiper	3	20	90 s	-

Revised W2 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Dumbbell Bench Press	5	8-12	120 s	3-0-2-0
Incline Dumbbell Flyes	5	8-12	120 s	3-0-2-0
Decline Push-Ups with Weight Vest	5	8-12	120 s	3-1-2-0
Dead Bug with Weight Vest	3	50	90 s	-
Weighted Plank	3	60 s	90 s	-

Revised W3 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Single-Arm Dumbbell Flyes	5	8-12	120 s	3-0-2-0
Dumbbell Pullover	5	8-12	120 s	3-0-2-0
Dumbbell Chest Press with Hip Thrust	5	8-12	120 s	3-0-2-0
Kettlebell Mountain Climbers	3	50	90 s	-
Side Plank with Hip Dip	3	30 s (each side)	90 s	-

## LEGS

Original W1 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Barbell Squats	5	8-12	120 s	3-0-2-0
Romanian Deadlift	5	8-12	120 s	3-0-2-0
Lunges	5	8-12	120 s	3-0-2-0
Seated Dumbbell Calf Raise	5	30	90 s	2-1-2-1

Variation for W2 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Goblet Squats (with Kettlebell)	5	8-12	120 s	3-0-2-0
Dumbbell Stiff-Legged Deadlift	5	8-12	120 s	3-0-2-0
Reverse Lunges (with Dumbbells)	5	8-12	120 s	3-0-2-0
Standing Calf Raise (with Barbell)	5	30	90 s	2-1-2-1

Variation for W3 Workout Table:

Exercise	Sets	Reps	Rest	Tempo
Sumo Deadlift (with Barbell)	5	8-12	120 s	3-0-2-0
Bulgarian Split Squats (with Dumbbells)	5	8-12	120 s	3-0-2-0
Single-Leg Deadlift (with Kettlebell)	5	8-12	120 s	3-0-2-0
Seated Calf Raises (with Dumbbells)	5	30	90 s	2-1-2-1

## SHOULDERS AND ABS

Variations for W1 Workout:

Exercise	Sets	Reps	Rest	Tempo
Standing Barbell Overhead Press	5	8-12	120 s	3-0-2-0
Dumbbell Lateral Raise	5	8-12	90 s	3-0-2-0
Incline Dumbbell Y Raise	5	8-12	90 s	3-0-2-0
Battle Rope Slams	3	60 s	90 s	-
Hanging Leg Raises	3	20	90 s	-

Variations for W2 Workout:

Exercise	Sets	Reps	Rest	Tempo
Seated Dumbbell Arnold Press	5	8-12	120 s	3-0-2-0
Standing Dumbbell Lateral Raise	5	8-12	90 s	3-0-2-0
Dumbbell Rear Delt Fly	5	8-12	90 s	3-0-2-0
Air Bike Intervals	3	60 s	90 s	-
Weighted Russian Twists	3	50	90 s	-

Variations for W3 Workout:

Exercise	Sets	Reps	Rest	Tempo
Seated Dumbbell Shoulder Press	5	8-12	120 s	3-0-2-0
Dumbbell Reverse Fly	5	8-12	90 s	3-0-2-0
Dumbbell Lateral Raise	5	8-12	90 s	3-0-2-0
Rowing Machine Intervals	3	60 s	90 s	-
Kettlebell Crunches	3	20	90 s	-

## ARMS

Variations for W1 Workout:

Exercise	Sets	Reps	Rest	Tempo
Close-Grip Barbell Bench Press	5	8-12	120 s	3-0-2-0
Overhead Triceps Extension with Kettlebell	5	8-12	120 s	3-0-2-0
Barbell Biceps Curl	4	8-12	90 s	3-0-2-0
Concentration Curl with Dumbbells	4	8-12	90 s	3-0-2-0
Hammer Curls with Dumbbells	3	8-12	90 s	3-0-2-0

Variations for W2 Workout:

Exercise	Sets	Reps	Rest	Tempo
Triceps Dips (using a bench or chair)	5	8-12	120 s	3-0-2-0
Standing Overhead Dumbbell Extension	5	8-12	120 s	3-0-2-0
Barbell Curl	4	8-12	90 s	3-0-2-0
Incline Dumbbell Curl	4	8-12	90 s	3-0-2-0
Dumbbell Hammer Curls	3	8-12	90 s	3-0-2-0

Variations for W3 Workout:

Exercise	Sets	Reps	Rest	Tempo
Lying Triceps Extension with Barbell ("Skullcrushers")	5	8-12	120 s	3-0-2-0
Close-Grip Barbell Press	5	8-12	120 s	3-0-2-0
Preacher Curl with Barbell	4	8-12	90 s	3-0-2-0
Zottman Curl with Dumbbells	4	8-12	90 s	3-0-2-0
Reverse Curl with Barbell	3	8-12	90 s	3-0-2-0

BACK

Exercise	Sets	Reps	Rest	Tempo
Pull-Ups	5	8-12	120 s	3-0-2-0
Inverted Row (using pull-up bar)	5	8-12	120 s	3-0-2-0
Chin-Ups	5	8-12	120 s	3-0-2-0
Dip Station Shrugs	5	12-16	90 s	2-1-2-0

Variations for W2 Workout:

Exercise	Sets	Reps	Rest	Tempo
Bodyweight Rows (feet elevated)	5	8-12	120 s	3-0-2-0
Pull-Up Hold (isometric hold at top)	5	As long as possible	120 s	-
Bodyweight Rows (underhand grip)	5	8-12	120 s	3-0-2-0
Dip Station Shrugs	5	12-16	90 s	2-1-2-0

Variations for W3 Workout:

Exercise	Sets	Reps	Rest	Tempo
One-Arm Assisted Pull-Up	5	4-6	120 s	3-0-2-0
Slow Negative Chin-Ups	5	6-8	120 s	3-0-2-0
Australian Pull-Up (underhand grip)	5	8-12	120 s	3-0-2-0
Dip Station Shrugs	5	12-16	90 s	2-1-2-0