

PROGRAM WEEK A

Week of:

Day 1 (Push)		Remarks	Weight x Reps		
1 st Circuit	DB Incline Press: 2-3 x 6-10		x	x	x
	Squat or Trap Bar Deadlift: 2-3 x 6-10		x	x	x
	Leg Raises: 2-3 x 15-20				
2 nd Circuit	Overhead Press: 1-2 x 8-12		x	x	
	Lateral Raises: 1-2 x 10-15		x	x	
	Hack Squat or Leg Press: 1-2 x 8-12		x	x	
3 rd Circuit	Dip or Push-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Incline DB Fly: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Leg Press: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 2 (Steady-State Cardio) 20-30 min. @ 70% Effort	Duration	Remarks

Day 3 (Pull)		Remarks	Weight x Reps		
1 st Circuit	Weighted Chin-up or Cable Pull-down: 2-3 x 6-10		x	x	x
	Still-leg Deadlift: 2-3 x 8-10		x	x	x
	Bench V Up: 2-3 x 10-15				
2 nd Circuit	Cable Rows: 1-2 x 8-12		x	x	
	Leg Curl: 1-2 x 8-12		x	x	
	Weighted Back Raise: 1-2 x 15-20		x	x	
3 rd Circuit	Inverted Rows or Chin-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Dumbbell or Cable Pullovers: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Kettlebell Swing: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 4 (HIIT Cardio) 20-30 Min. (5-10 sprints)	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Day 5 (Push)		Remarks	Weight x Reps		
1 st Circuit	DB Incline Press: 2-3 x 6-10		x	x	x
	Squat or Trap Bar Deadlift: 2-3 x 6-10		x	x	x
	Leg Raises: 2-3 x 15-20		x	x	x
2 nd Circuit	Overhead Press: 1-2 x 8-12		x	x	
	Lateral Raises: 1-2 x 10-15		x	x	
	Hack Squat or Leg Press: 1-2 x 8-12		x	x	
3 rd Circuit	Dip or Push-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Incline DB Fly: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Leg Press: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 6 (Steady-State or HIIT Cardio) 20-30 min.	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Day 7 (Active Rest) Walk 20-30 min.	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Training Guidelines: (1) Rest 60-90 seconds between sets. (2) Keep 1-2 Reps in Reserve (RIR) until the final set. (3) Take final set to failure – ending it when you cannot perform any more reps in good form.

PROGRAM WEEK B

Week of:

Day 1 (Pull)		Remarks	Weight x Reps		
1 st Circuit	Weighted Chin-up or Cable Pull-down: 2-3 x 6-10		x	x	x
	Still-leg Deadlift: 2-3 x 8-10		x	x	x
	Bench V Up: 2-3 x 10-15				
2 nd Circuit	Cable Rows: 1-2 x 8-12		x	x	
	Leg Curl: 1-2 x 8-12		x	x	
	Weighted Back Raise: 1-2 x 15-20		x	x	
3 rd Circuit	Inverted Rows or Chin-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Dumbbell or Cable Pullovers: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Kettlebell Swing: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 2 (Steady-State Cardio) 20-30 min. @ 70% Effort	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Day 3 (Push)		Remarks	Weight x Reps		
1 st Circuit	DB Incline Press: 2-3 x 6-10		x	x	x
	Squat or Trap Bar Deadlift: 2-3 x 6-10		x	x	x
	Leg Raises: 2-3 x 15-20				
2 nd Circuit	Overhead Press: 1-2 x 8-12		x	x	
	Lateral Raises: 1-2 x 10-15		x	x	
	Hack Squat or Leg Press: 1-2 x 8-12		x	x	
3 rd Circuit	Dip or Push-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Incline DB Fly: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Leg Press: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 4 (HIIT Cardio) 20-30 Min. (5-10 sprints)	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Day 5 (Pull)		Remarks	Weight x Reps		
1 st Circuit	Weighted Chin-up or Cable Pull-down: 2-3 x 6-10		x	x	x
	Still-leg Deadlift: 2-3 x 8-10		x	x	x
	Bench V Up: 2-3 x 10-15				
2 nd Circuit	Cable Rows: 1-2 x 8-12		x	x	
	Leg Curl: 1-2 x 8-12		x	x	
	Weighted Back Raise: 1-2 x 15-20		x	x	
3 rd Circuit	Inverted Rows or Chin-up: 1 x AMRAP		x	Sleep	☺ ☹ ☹
	Dumbbell or Cable Pullovers: 1 x 10-15		x	Nutrition	☺ ☹ ☹
	Kettlebell Swing: 1 x 15-20		x	Motivation	☺ ☹ ☹

Day 6 (Steady-State or HIIT Cardio) 20-30 min.	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Day 7 (Active Rest) Walk 20-30 min.	Duration	Remarks
		Sleep ☺ ☹ ☹ Nutrition ☺ ☹ ☹ Motivation ☺ ☹ ☹

Training Guidelines: (1) Rest 60-90 seconds between sets. (2) Keep 1-2 Reps in Reserve (RIR) until the final set. (3) Take final set to failure – ending it when you cannot perform any more reps in good form.