

WORKOUT PLAN - CHEST



WEEK 1 - DAY 1

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Barbell Press	4	8,7,7,6	4111	90	
	B1	Incline Dumbbell Press	4	8,7,7,6	4111	90	
	C1	Seated Pec Dec Flyes	4	12,12,10,10	4011	75	
	D1	Incline Chest Press Machine	4	12,12,12,12	4010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 1 - DAY 2

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Front Squats	4	8,7,6,6	4111	90	
	B1	Hack Squats <i>OR Feet Forward On Smith Machine Narrow Stance</i>	4	8,8,8,8	4222	90	
	C1	Single Leg Extensions e/s	4	12,12,10,8	4012	60	
	D1	Leg Press (feet low level)	4	12,12,12,12	4010	75	
	E1	Sissy Squats <i>OR Single Step Ups Off Box</i>	2	10,10	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 1 - DAY 3

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Reverse Pec Dec Flyes	5	12,12,10,10,8	4112	60	
	B1	Seated Dumbbell Shoulder Press	5	8,8,7,7,6	5010	90	
	C1	Standing Dumbbell Side Lateral Raises	5	12,12,10,10,10	4111	60	
	D1	Bent Over Reverse Dumbbell Flyes <i>OR Bent Over Reverse Dumbbell Flyes Off Bench</i>	4	12,12,12,12	3011	60	
	E1	Standing Partial Side Laterals Off Cables (from bottom to mid range)	4	12,12,12,12	3111	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 1 - DAY 4

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Barbell Glute Bridges	4	10,10,8,8	3112	60	
	B1	Lying Hamstring Curls <i>OR Seated Hamstring Curls</i>	5	10,10,8,8,6	4112	75	
	C1	Romanian Deadlifts <i>OR Dumbbell Romanian Deadlifts</i>	5	8,8,8,8,8	3111	60	
	D1	Single Leg Hamstring Curls e/s <i>OR Single Leg Barbell Split Squats</i>	4	12,12,12,12	3111	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 1 - DAY 5

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Single Arm Reverse Grip Tricep Cable Pushdowns with a twist out	4	12,12,10,8	4112	40	
	B1	Lying Reverse Grip E-Z Bar Skullcrushers	4	12,12,10,10	3011	60	
	C1	Standing Tricep Straight Cable Pushdowns	4	8,8,8,8	4012	60	
	D1	Seated Preacher Curls Straight Bar <i>OR Seated Preacher Dumbbells Curls</i>	4	8,8,8,8	4013	60	
	E1	Seated Dumbbell Hammer Curls (one arm at a time) e/s <i>OR Alternated Seated Dumbbell Hammer Curls</i>	3	10,10,8	4012	60	
	F1	Single Arm Kneeling Cable Cable Concentration Curls e/s <i>OR Straight Bar Cable Curls Standing</i>	4	12,12,12,12	3011	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 1 - DAY 6

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Reverse Grip Pulldowns (unilateral machine if possible, both arms same time)	4	12,10,10,10	4011	75	
	B1	Dumbbell Single Arm Rows e/s	4	12,10,10,10	4011	60	
	C1	Seated Overhand Grip Upper Back Rows (unilateral machine if possible, both arms same time)	4	12,12,10,10	4012	75	
	D1	Bent Over Rows E-Z Bar Underhand Grip	6	8,8,8,8,8,8	4011	90	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 2 - DAY 8

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Barbell Press	4	8,6,6,6	4111	90	
	B1	Incline Dumbell Press	4	8,7,6,6	4111	90	
	C1	Seated Pec Dec Flyes	4	12,12,10,10	4011	75	
	D1	Incline Chest Press Machine	4	12,12,12,12	4011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 2 - DAY 9

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Front Squats	4	8,6,6,6	4111	90	
	B1	Hack Squats <i>OR Feet Forward On Smith Machine Narrow Stance</i>	4	8,8,6,6	4222	90	
	C1	Single Leg Extensions e/s	4	12,10,8,8	4012	60	
	D1	Leg Press (feet low level)	4	12,12,12,12	4010	75	
	E1	Sissy Squats <i>OR Single Step Ups Off Box</i>	2	10,10	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 2 - DAY 10

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Reverse Pec Dec Flyes	5	12,12,10,8,8	4112	60	
	B1	Seated Dumbbell Shoulder Press	5	8,8,7,6,6	5010	90	
	C1	Standing Dumbbell Side Lateral Raises	5	12,12,10,10,8	4111	60	
	D1	Bent Over Reverse Dumbbell Flyes <i>OR Bent Over Reverse Dumbbell Flyes Off Bench</i>	4	12,12,12,12	3011	60	
	E1	Standing Partial Side Laterals Off Cables (from bottom to mid range)	4	12,12,12,12	3111	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 2 - DAY 11

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Barbell Glute Bridges	4	10,8,8,8	3112	60	
	B1	Lying Hamstring Curls <i>OR Seated Hamstring Curls</i>	5	10,10,8,6,6	4112	75	
	C1	Romanian Deadlifts <i>OR Dumbbell Romanian Deadlifts</i>	5	8,8,8,8,8	3111	60	
	D1	Single Leg Hamstring Curls e/s <i>OR Single Leg Barbell Split Squats</i>	4	12,12,12,12	3111	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 2 - DAY 12

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Single Arm Reverse Grip Tricep Cable Pushdowns with a twist out	4	12,12,8,8	4112	40	
	B1	Lying Reverse Grip E-Z Bar Skullcrushers	4	12,12,10,8	3011	60	
	C1	Standing Tricep Straight Cable Pushdowns	4	8,8,8,8	4012	60	
	D1	Seated Preacher Curls Straight Bar <i>OR Seated Preacher Dumbbells Curls</i>	4	8,8,8,6	4013	60	
	E1	Seated Dumbbell Hammer Curls (one arm at a time) e/s <i>OR Alternated Seated Dumbbell Hammer Curls</i>	3	10,10,8	4012	60	
	F1	Single Arm Kneeling Cable Cable Concentration Curls e/s <i>OR Straight Bar Cable Curls Standing</i>	4	12,12,10,10	3011	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 2 - DAY 13

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Reverse Grip Pulldowns (unilateral machine if possible, both arms same time)	4	12,10,10,8	4011	75	
	B1	Dumbbell Single Arm Rows e/s	4	12,10,8,8	4011	60	
	C1	Seated Overhand Grip Upper Back Rows (unilateral machine if possible, both arms same time)	4	12,12,10,10	4012	75	
	D1	Bent Over Rows E-Z Bar Underhand Grip	6	8,8,8,8,7,6	4011	90	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 3 - DAY 15

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Bench Barbell Bench Press	5	6,6,6,6,6	2010	90	
	B1	Incline Dumbbell Press	4	10,10,10,8	4010	75	
	C1	Incline Dumbbell Flyes	4	12,12,10,10	3011	60	
	D1	High to Low Cable Flyes	6	12,12,12,12	3010	Straight into	
	D2	Decline Chest Press Machine	4	15,15,15,15	2010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 3 - DAY 16

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Squats	5	6,6,6,6,6	2010	90	
	B1	Paramount/ Pendulum Squats (feet close together) <i>OR Bulgarian Split Squats</i>	4	10,10,10,8	4011	75	
	C1	Leg Press (feet low wide)	5	20,20,20,20,20	3011	90	
	D1	Alternating Barbell Lunges	4	12 e/s	3010	Straight into	
	D2	Single Leg Extensions	4	12 e/s	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 3 - DAY 17

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Standing Military Press <i>OR Seated Military Press</i>	5	6,6,6,6,6	2010	90	
	B1	Seated Dumbbell Side Lateral Raises	4	12,12,10,8	3011	60	
	C1	Incline Bench Reverse Cable Flyes	4	12,12,12,10	4011	60	
	D1	Reverse Pec Dec Flyes	4	15,15,15,15	3011	Straight into	
	D2	Seated dumbbell Arnie Press	4	15,15,15,15	2010	Straight into	
	D3	Standing D-bell Side Laterals Partial (bottom to mid range)	4	10,10,10,10	2010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 3 - DAY 18

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Romanian Deadlifts	4	8,6,6,6	3010	90	
	B1	Lying Hamstring Curls <i>OR High Level Leg Press Or Lying Leg Curls</i>	4	10,10,8,8	4010	75	
	C1	Single Leg Hamstring Curls e/s <i>OR Single Leg Seated Hamstring Curls</i>	4	12,12,10,10	3011	Straight into	
	C2	Seated Hamstring Curls	4	12,12,10,8	2011	60	
	D1	Nordic Lowers (body weight) <i>Single Leg Barbell Split Squats</i>	4	10,10,10,10	3111	45	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 3 - DAY 19

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Close Grip Bench Press	4	6,6,6,6	2010	75	
	B1	Unilateral Cable Reverse Pushdowns <i>OR Straight Bar Cable Reverse Pushdowns</i>	4	10,10,10,10	4011	40	
	C1	Overhead Straight Bar Cable Extensions	4	15,12,12,10	3011	60	
	D1	Standing Straight Bar Barbell Curls	4	8,8,6,6	3010	75	
	E1	Dumbbell Preacher Curls e/s <i>OR Dumbbell Hammer Preacher Curls</i>	4	10,10,10,8	4011	40	
	F1	Lying Down Cable Rope Curls With A Twist Out <i>OR Standing Cable Rope Curls With A Twist Out</i>	3	15,15,15	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 3 - DAY 20

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Deadlifts	5	6,6,6,6,6	2010	90	
	B1	Lat Pulldown (palms face inwards grip)	4	10,10,10,8	4011	75	
	C1	Double Arm Hammer Rows	4	12,12,10,10	3011	60	
	D1	Close Grip Pulldowns	4	12,12,12,12	3010	Straight into	
	D2	Straight Arm Cable Pulldowns	4	15,15,15,15	3010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 4 - DAY 22

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Bench Barbell Bench Press	5	5,5,5,5,5	2010	90	
	B1	Incline Dumbbell Press	4	10,10,8,8	4010	75	
	C1	Incline Dumbbell Flyes	4	10,10,10,10	3011	60	
	D1	High to Low Cable Flyes	4	10,10,10,10	3010	Straight into	
	D2	Decline Chest Press Machine	4	15,15,12,12	2010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 4 - DAY 23

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Squats	5	5,5,5,5,5	2010	90	
	B1	Paramount/ Pendulum Squats (feet close together) <i>OR Bulgarian Split Squats</i>	4	10,10,8,8	4011	75	
	C1	Leg Press (feet low wide)	5	20,20,15,15,15	3011	90	
	D1	Alternating Barbell Lunges	4	10 e/s	3010	Straight into	
	D2	Single Leg Extensions	4	10 e/s	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 4 - DAY 24

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Standing Military Press <i>OR Seated Military Press</i>	5	5,5,5,5,5	2010	90	
	B1	Seated Dumbbell Side Lateral Raises	4	10,10,10,8	3011	60	
	C1	Incline Bench Reverse Cable Flyes	4	10,10,10,10	4011	60	
	D1	Reverse Pec Dec Flyes	4	15,15,15,15	3011	Straight into	
	D2	Seated dumbbell Arnie Press	4	12,12,10,10	2010	Straight into	
	D3	Standing D-bell Side Laterals Partial (bottom to mid range)	4	10,10,10,10	2010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 4 - DAY 25

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Romanian Deadlifts	4	6,6,6,6	3010	90	
	B1	Lying Hamstring Curls <i>OR High Level Leg Press Or Lying Leg Curls</i>	4	10,8,8,8	4010	75	
	C1	Single Leg Hamstring Curls e/s <i>OR Single Leg Seated Hamstring Curls</i>	4	10,10,10,10	3011	Straight into	
	C2	Seated Hamstring Curls	4	10,10,10,8	2011	60	
	D1	Nordic Lowers (body weight) <i>Single Leg Barbell Split Squats</i>	4	10,10,10,10	3111	45	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 4 - DAY 26

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Close Grip Bench Press	4	5,5,5,5	2010	75	
	B1	Unilateral Cable Reverse Pushdowns <i>OR Straight Bar Cable Reverse Pushdowns</i>	4	10,10,8,8	4011	40	
	C1	Overhead Straight Bar Cable Extensions	4	15,12,10,10	3011	60	
	D1	Standing Straight Bar Barbell Curls	4	8,6,6,6	3010	75	
	E1	Dumbbell Preacher Curls e/s <i>OR Dumbbell Hammer Preacher Curls</i>	4	10,10,8,8	4011	40	
	F1	Lying Down Cable Rope Curls With A Twist Out <i>OR Standing Cable Rope Curls With A Twist Out</i>	3	15,15,12	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 4 - DAY 27

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Deadlifts	5	5,5,5,5,5	2010	90	
	B1	Lat Pulldown (palms face inwards grip)	4	10,10,8,8	4011	75	
	C1	Double Arm Hammer Rows	4	10,10,10,10	3011	60	
	D1	Close Grip Pulldowns	4	12,12,10,10	3010	Straight into	
	D2	Straight Arm Cable Pulldowns	4	15,15,15,15	3010	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 5 - DAY 29

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Smith Machine Press (with resistance bands)	4	12,12,12,12	3010	80	
	B1	Incline Dumbbell Press	4	12,12,12,12	4010	Straight into	
	B2	Incline Dumbbell Flyes	4	12,12,12,12	3010	80	
	C1	Seated Chest Press Machine <i>OR Incline Chest Press Machine</i>	4	10,10,10,10 (double drop set last set...take 1/3rd weight off rep to failure & then take another lower 2 more plates off rep to failure)	3010	60	
	D1	Standing Cable Isolation Flyes	3	15,15,15	2010	Straight into	
	D2	Incline Dumbbell Hex Press <i>OR Decline Smith Machine Press</i>	3	12,12,12	2010	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 5 - DAY 30

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Single Leg Extensions e/s <i>OR Double Leg Extensions</i>	4	20,20,20,20 (double drop set last set – take 1/3rd weight off rep to failure, then 2 more plates off rep to failure)	3011	60	
	B1	Hack Squat (with resistance bands) <i>OR Leg Press (with resistance bands)</i>	5	20,20,20,20 (double drop set last set – take 1/3rd weight off rep to failure, then 2 more plates off rep to failure)	3011	90	
	C1	Alternating D-bell Lunges e/s	4	8,8,8,8 e/s	3010	Straight into	
	C2	Lying Down Machine Squats (feet narrow) <i>OR Smith Machine Squats (feet narrow)</i>	4	12,12,12,12	2010	Straight into	
	C3	D-bell Goblet Squats (don't lock out)	4	15,15,15,15	2010	80	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 5 - DAY 31

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Single Arm Dumbbell Lean away Side Lateral Raises	4	15,15,15,15 (double drop set last set drop the weight 15 reps, drop again 15 reps)	3010	40	
	B1	Seated Dumbbell Press Alternating (keep tension on non working shoulder)	4	12,12,12,12	3010	75	
	C1	Reverse Pec Dec Flyes	4	12,12,12,12	3011	Straight into	
	C2	Bent Over Reverse Dumbbell Flyes	4	12,12,12,12	3011	Straight into	
	C3	Seated Shoulder Press Machine	4	12,12,12,12	2010	60	
	D1	Lying Down Cable Side Lateral Raises <i>OR Dumbbell Side Lateral Rasises</i>	4	Cluster sets 25 reps (5 reps, hold for 5 secs at contraction point, repeat this cycle until 25 complete)	2010	50	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 5 - DAY 32

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	45% Glute Extensions <i>OR Barbell Glute Bridges</i>	4	10,10,10,10	3112	Straight into	
	A2	Lying Hamstring Curls <i>OR Lying Or Seated Hamstring Curls</i>	4	12,12,12,12 (drop set last set, take 1/3rd off then rep to failure plus partials to failure same weight)	3011	60	
	B1	Leg Press (Feet high level & wide toes out)	4	20,20,20,20	3011	Straight into	
	B2	Standing Single Leg Hamstring Curls (Body completely upright) <i>OR Single Leg Hamstring Curls</i>	4	12,12,12,12	3011	80	
	C1	Stiff Leg Deadlifts	4	12,12,12,12	3010	Straight into	
	C2	Seated Hamstring Curls <i>OR Reverse Lunges Smith Machine</i>	4	10,10,10,8	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 5 - DAY 33

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Standing Rope Cable Pushdowns (With A twist out at the bottom)	4	12,12,10,8 (double drop set last set, take 1/3rd off rep to failure, 2 more plates off rep to failure)	3011	60	
	B1	Lying Dumbbell Overhead Extensions (both arms together)	4	12,12,12,12	3011	Straight Into	
	B2	Seated Dip Press Machine <i>OR Dips</i>	4	12,12,10,10	2010	60	
	C1	Straight Bar Tricep Cable Pushdowns	3	Cluster sets (5 reps, then hold for 5 secs in contraction position, repeat until 25 reps complete)	2010 (hold for 5 secs every 5 reps)	50	
	D1	Seated E-Z bar Preacher Curls (narrow grip)	4	12,10,10,8	3011	Straight into	
	D2	Seated Dumbbell Hammer Curls (back against preacher bench) <i>OR Seated Dumbbell Preacher Hammer Curls</i>	4	12,10,10,8	2010	60	
	E1	Seated Bicep Isolation Curls	3	12,12,12 (drop set last set, take 1/3rd off rep to failure)	2011	60	
	F1	Standing Barbell Curls	3	Cluster sets (5 reps, then hold for 5 secs in contraction position, repeat until 25 reps complete)	2010 (hold for 5 secs every 5 reps)	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 5 - DAY 34

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Wide Grip Pull Ups Palms Face In (Assisted if too hard body weight)	4	8,8,8,8	3010	Straight into	
	A2	Lat Pulldown (palms face inwards grip)	4	12,12,12,12	4011	90	
	B1	Bent Over Rows E-Z Bar (underhand grip)	4	10,10,8,8	4011	Straight Into	
	B2	Dumbbell Single Arm Rows e/s	4	12,12,12,12	4011	75	
	C1	Dumbbell Arc Rows (off incline bench)	4	15,15,15,15	3011	Straight into	
	C2	Upper Back Row Machine (Over hand grip chest against the pad)	4	12,12,12,12	2010	60	
	D1	Close Grip Pulldowns	3	12,12,12	3010	30	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 6 - DAY 36

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Smith Machine Press (with resistance bands)	4	12,10,8,8	3010	80	
	B1	Incline Dumbbell Press	4	12,10,10,8	4010	Straight into	
	B2	Incline Dumbbell Flyes	4	12,12,10,10	3010	80	
	C1	Seated Chest Press Machine <i>OR Incline Chest Press Machine</i>	4	10,10,10,10 (double drop set last set...take 1/3rd weight off rep to failure & then take another lower 2 more plates off rep to failure)	3010	60	
	D1	Standing Cable Isolation Flyes	3	15,15,12	2010	Straight into	
	D2	Incline Dumbbell Hex Press <i>OR Decline Smith Machine Press</i>	3	12,12,12	2010	40	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - QUADS



WEEK 6 - DAY 37

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Single Leg Extensions e/s <i>OR Double Leg Extensions</i>	4	15,15,15,15 (double drop set last set – take 1/3rd weight off rep to failure, then 2 more plates off rep to failure)	3011	60	
	B1	Hack Squat (with resistance bands) <i>OR Leg Press (with resistance bands)</i>	5	15,15,15,15,15 (double drop set last set – take 1/3rd weight off rep to failure, then 2 more plates off rep to failure)	3011	90	
	C1	Alternating D-bell Lunges e/s	4	8,8,8,8 e/s	3010	Straight into	
	C2	Lying Down Machine Squats (feet narrow) <i>OR Smith Machine Squats (feet narrow)</i>	4	10,10,10,10	2010	Straight into	
	C3	D-bell Goblet Squats (don't lock out)	4	15,15,15,15	2010	80	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - SHOULDERS



WEEK 6 - DAY 38

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Single Arm Dumbbell Lean away Side Lateral Raises	4	12,12,10,10 (double drop set last set drop the weight 15 reps, drop again 15 reps)	3010	40	
	B1	Seated Dumbbell Press Alternating (keep tension on non working shoulder)	4	12,10,10,8	3010	75	
	C1	Reverse Pec Dec Flyes	4	10,10,10,10	3011	Straight into	
	C2	Bent Over Reverse Dumbbell Flyes	4	12,12,12,12	3011	Straight into	
	C3	Seated Shoulder Press Machine	4	10,10,10,10	2010	60	
	D1	Lying Down Cable Side Lateral Raises <i>OR Dumbbell Side Lateral Rasises</i>	4	Cluster sets 25 reps (5 reps, hold for 5 secs at contraction point, repeat this cycle until 25 complete)	2010	50	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - HAMSTRINGS



WEEK 6 - DAY 39

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	45% Glute Extensions <i>OR Barbell Glute Bridges</i>	4	10,10,10,10	3112	Straight into	
	A2	Lying Hamstring Curls <i>OR Lying Or Seated Hamstring Curls</i>	4	12,10,8,8 (drop set last set, take 1/3rd off then rep to failure plus partials to failure same weight)	3011	60	
	B1	Leg Press (Feet high level & wide toes out)	4	20,20,15,15	3011	Straight into	
	B2	Standing Single Leg Hamstring Curls (Body completely upright) <i>OR Single Leg Hamstring Curls</i>	4	12,12,12,12	3011	80	
	C1	Stiff Leg Deadlifts	4	12,10,10,8	3010	Straight into	
	C2	Seated Hamstring Curls <i>OR Reverse Lunges Smith Machine</i>	4	10,10,10,8	2011	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 6 - DAY 40

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Standing Rope Cable Pushdowns (With A twist out at the bottom)	4	12,10,10,8 (double drop set last set, take 1/3rd off rep to failure, 2 more plates off rep to failure)	3011	60	
	B1	Lying Dumbbell Overhead Extensions (both arms together)	4	12,12,10,8	3011	Straight Into	
	B2	Seated Dip Press Machine <i>OR Dips</i>	4	12,10,8,8	2010	60	
	C1	Straight Bar Tricep Cable Pushdowns	3	Cluster sets (5 reps, then hold for 5 secs in contraction position, repeat until 25 reps complete)	2010 (hold for 5 secs every 5 reps)	50	
	D1	Seated E-Z bar Preacher Curls (narrow grip)	4	12,10,8,8	3011	Straight into	
	D2	Seated Dumbbell Hammer Curls (back against preacher bench) <i>OR Seated Dumbbell Preacher Hammer Curls</i>	4	12,10,8,8	2010	60	
	E1	Seated Bicep Isolation Curls	3	12,12,10 (drop set last set, take 1/3rd off rep to failure)	2011	60	
	F1	Standing Barbell Curls	3	Cluster sets (5 reps, then hold for 5 secs in contraction position, repeat until 25 reps complete)	2010 (hold for 5 secs every 5 reps)	60	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - BACK



WEEK 6 - DAY 41

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Wide Grip Pull Ups Palms Face In (Assisted if too hard body weight)	4	8,8,8,8	3010	Straight into	
	A2	Lat Pulldown (palms face inwards grip)	4	12,10,8,8	4011	90	
	B1	Bent Over Rows E-Z Bar (underhand grip)	4	10,8,8,8	4011	Straight Into	
	B2	Dumbbell Single Arm Rows e/s	4	12,10,8,8	4011	75	
	C1	Dumbbell Arc Rows (off incline bench)	4	12,12,12,12	3011	Straight into	
	C2	Upper Back Row Machine (Over hand grip chest against the pad)	4	12,12,12,12	2010	60	
	D1	Close Grip Pulldowns	3	12,12,12	3010	30	



INDICATES: SUPERSET



INDICATES: TRISET

WORKOUT PLAN - CHEST



WEEK 7 - DAY 43

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Dumbbell Press (exaggerate squeeze in short position)	4	10,8,6,6 (last 2 sets rest pause 10 secs once you hit 6 reps, keep same weight rep to failure with no pause in short position on the rest pause set)	3012	75	
	B1	Incline Chest Press Machine	4	10,10,10,10	4010	Straight into	
	B2	Incline Cable Flyes	4	10,10,10,10	3010	Straight into	
	B3	Flat Dumbbell Press	4	10,10,10,10	3010	Straight into	
	B4	Pec Dec Flyes (with foam roller behind middle of back)	4	10,10,10,10	2010	90	
	C1	Press Ups Off MP Sliders or standard press ups	50	As many as it takes to complete 50 reps	2010	Rest as little time as possible to complete 50 reps	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - QUADS



WEEK 7 - DAY 44

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Squats	4	8,8,8,8	3010	90	
	B1	Paramount Squats (feet narrow) <i>OR Bulgarian Split Squats</i>	4	12,12,12,12	3010	Straight into	
	B2	Leg Press (feet wide low level)	4	12,12,12,12	3010	Straight into	
	B3	Sprinters Lunges Alternating e/s	4	12,12,12,12 e/s	2010	Straight into	
	B4	Single Leg Extensions e/s	4	12,12,12,12	2010	120	
	C1	Squats: Advanced – Body Weight On The bar Intermediate – 2/3rds Body Weight On The Bar Beginner – Half the Body Weight On The Bar	50 reps total	In as few sets as possible	2010	Complete the 50 reps total resting as little time as possible	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - SHOULDERS



WEEK 7 - DAY 45

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Single Arm Bent Over Laterals Off Cables e/s	4	15,15,15,15	3011	40	
	B1	Seated Military Press	4	8,8,8,8	3010	80	
	C1	45% Single Arm Dumbbell Side Laterals <i>OR Seated Dumbbell Side Lateral Raises</i>	4	12,12,12,12	3011	Straight into	
	C2	Reverse Pec Dec Flyes	4	12,12,12,12	3011	Straight into	
	C3	Standing Cable Side Lateral Partial	4	12,12,12,12	2010	Straight into	
	C4	Weight Plate Front Raises	4	12,12,12,12	2010	60	
	D1	Round The World Dumbbell Raises	3	Failure (but pick a weight you hit a minium 8 reps)	2010	45	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - HAMSTRINGS



WEEK 7 - DAY 46

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Lying Hamstring Curls (toes out, toes in, toes neutral) <i>OR Single Leg Hamstring Curls</i>	4	10,10,10 each foot position, no rest... this is one set)	3011	80	
	B1	Stiff Deadlifts	4	12,12,12,12	3010	Straight into	
	B2	Seated Hamstring Curls	4	15,15,15,15	3011	Straight into	
	B3	Reverse Lunges Smith Machine e/s	4	8,8,8,8 e/s	2010	120	
	C1	Seated Hamstring Curls <i>OR Barbell Glute Bridges</i>	2	10,10	3112	60	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 7 - DAY 47

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Close Grip Bench With Bands Off Smith Machine	4 (last set when you complete 8 reps rest pause 10 secs, then same weight rep to failure)	8,8,8,8	3011	80	
	B1	Unilateral Tricep Cable Reverse Pushdowns <i>OR Straight Bar Tricep Cable Reverse Pushdowns</i>	4	12,12,12,12	4011	Straight Into	
	B2	Overhead Tricep Cable Rope Extensions <i>OR Overhead Straight Bar Tricep Cable Extensions</i>	4	12,12,12,12	3011	Straight Into	
	B3	Unilateral Tricep Cable Pushdowns (but both arms at same time) <i>OR Single Arm Tricep Cable One Arm At A Time</i>	4	12,12,12,12	2010	80	
	C1	Decline Dumbbell Curls (take dumbbell out to the side)	3	8,8,8	4014	80	
	D1	Prone Barbell Spider Curls <i>OR Prone Dumbbell Spider Curls</i>	4	12,12,12,12	3011	Straight Into	
	D2	Seated Preacher Dumbbell Hammer Curls	4	10,10,10,10	2010	Straight Into	
	D3	Lying Cable Curls <i>OR Standing Cable Curls</i>	4	12,12,12,12	2010	80	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - BACK



WEEK 7 - DAY 48

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Overhand Grip Hammer Rows <i>OR Seated Overhand Grip Hammer Rows</i>	4	12,12,12,12 (plus partials every set 12 reps from stretch position, retract scapula row to half way)	4011	Straight into	
	B1	Reverse Grip Hammer Pull Downs <i>OR Reverse Grip Pull Down Off Machine</i>	4	10,10,10,10	4011	Straight into	
	B2	Seated Cable Rows (wider grip) <i>OR Seated Cable Rows (close grip)</i>	4	10,10,10,10	3011	Straight into	
	B3	B3) Straight Arm Cable Pulldowns	4	15,15,15,15	3010	Straight into	
	B4	Dumbbell Arc Rows (off incline bench)	4	8,8,8,8	3012	120	
	C1	Deadlifts Advanced - Double Body Weight Intermediate - Body Weight Beginner - Half Body Weight	50 reps total	Complete 50 in as less sets as possible	2110	50 reps completed with as minimal rest as possible	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - CHEST



WEEK 8 - DAY 50

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Chest	A1	Incline Dumbbell Press (exaggerate squeeze in short position)	4	8,8,6,6 (last 2 sets rest pause 10 secs once you hit 6 reps, keep same weight rep to failure with no pause in short position on the rest pause set)	3012	75	
	B1	Incline Chest Press Machine	4	10,10,10,10	4010	Straight into	
	B2	Incline Cable Flyes	4	10,10,10,10	3010	Straight into	
	B3	Flat Dumbbell Press	4	10,10,10,10	3010	Straight into	
	B4	Pec Dec Flyes (with foam roller behind middle of back)	4	10,10,10,10	2010	90	
	C1	Press Ups Off MP Sliders or standard press ups	As many reps as possible in 5 mins	As many as you need to get the maximum reps in 5 mins	2010	As much or as you little as you need to get the maximum reps in 5 mins	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - QUADS



WEEK 8 - DAY 51

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Quads	A1	Squats	4	8,6,6,6	3010	90	
	B1	Paramount Squats (feet narrow) <i>OR Bulgarian Split Squats</i>	4	10,10,10,10	3010	Straight into	
	B2	Leg Press (feet wide low level)	4	10,10,10,10	3010	Straight into	
	B3	Sprinters Lunges Alternating e/s	4	10,10,10,10 e/s	2010	Straight into	
	B4	Single Leg Extensions e/s	4	10,10,10,10 e/s	2010	120	
	C1	<p>Squats:</p> <p>Advanced – Body Weight On The bar</p> <p>Intermediate – 2/3rds Body Weight On The Bar</p> <p>Beginner – Half the Body Weight On The Bar</p>	As many as you need to get the maximum reps in 5 mins, plus the extra drop set with half the weight	As many reps as possible in 5 mins..THEN once 5 mins completed, half the weight & rep to failure	2010	As much or as you little as you need to get the maximum reps in 5 mins... then rest only to change the weight for the drop set	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - SHOULDERS



WEEK 8 - DAY 52

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Shoulders	A1	Single Arm Bent Over Laterals Off Cables e/s	4	15,15,15,15	3011	40	
	B1	Seated Military Press	4	8,8,6,6	3010	80	
	C1	45% Single Arm Dumbbell Side Laterals <i>OR Seated Dumbbell Side Lateral Raises</i>	4	10,10,10,10	3011	Straight into	
	C2	Reverse Pec Dec Flyes	4	10,10,10,10	3011	Straight into	
	C3	Standing Cable Side Lateral Partial	4	10,10,10,10	2010	Straight into	
	C4	Weight Plate Front Raises	4	10,10,10,10	2010	60	
	D1	Round The World Dumbbell Raises	3	Failure (but pick a weight you hit a minium 8 reps)	2010	45	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - HAMSTRINGS



WEEK 8 - DAY 53

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Hamstrings	A1	Lying Hamstring Curls (toes out, toes in, toes neutral) <i>OR Single Leg Hamstring Curls</i>	4	10,10,10 each foot position, no rest... this is one set)	3011	80	
	B1	Stiff Deadlifts	4	10,10,10,10	3010	Straight into	
	B2	Seated Hamstring Curls	4	12,12,12,12	3011	Straight into	
	B3	Reverse Lunges Smith Machine e/s	4	8,8,8,8 e/s	2010	120	
	C1	Seated Hamstring Curls <i>OR Barbell Glute Bridges</i>	2	10,10	3112	60	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - TRICEPS & BI'S



WEEK 8 - DAY 54

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Triceps & Biceps	A1	Close Grip Bench With Bands Off Smith Machine	4 (last set when you complete 8 reps rest pause 10 secs, then same weight rep to failure)	8,8,6,6	3011	80	
	B1	Unilateral Tricep Cable Reverse Pushdowns <i>OR Straight Bar Tricep Cable Reverse Pushdowns</i>	4	10,10,10,10	4011	Straight Into	
	B2	Overhead Tricep Cable Rope Extensions <i>OR Overhead Straight Bar Tricep Cable Extensions</i>	4	10,10,10,10	3011	Straight Into	
	B3	Unilateral Tricep Cable Pushdowns (but both arms at same time) <i>OR Single Arm Tricep Cable One Arm At A Time</i>	4	10,10,10,10	2010	80	
	C1	Decline Dumbbell Curls (take dumbbell out to the side)	3	8,8,6	4014	80	
	D1	Prone Barbell Spider Curls <i>OR Prone Dumbbell Spider Curls</i>	4	10,10,10,10	3011	Straight Into	
	D2	Seated Preacher Dumbbell Hammer Curls	4	8,8,8,8	2010	Straight Into	
	D3	Lying Cable Curls <i>OR Standing Cable Curls</i>	4	10,10,10,10	2010	80	



INDICATES: SUPERSET



INDICATES: TRISSET



INDICATES: QUADRUPLE SET

WORKOUT PLAN - BACK



WEEK 8 - DAY 55

	Order	Exercise	Sets	Reps	Tempo	Rest Time	Set/Weight/Reps
Back	A1	Overhand Grip Hammer Rows <i>OR Seated Overhand Grip Hammer Rows</i>	4	10,10,10,10 (plus partials every set 10 reps from stretch position, retract scapula row to half way)	4011	Straight into	
	B1	Reverse Grip Hammer Pull Downs <i>OR Reverse Grip Pull Down Off Machine</i>	4	10,10,10,10	4011	Straight into	
	B2	Seated Cable Rows (wider grip) <i>OR Seated Cable Rows (close grip)</i>	4	10,10,10,10	3011	Straight into	
	B3	B3) Straight Arm Cable Pulldowns	4	10,10,10,10	3010	Straight into	
	B4	Dumbbell Arc Rows (off incline bench)	4	8,8,8,8	3012	120	
	C1	Deadlifts Advanced - Double Body Weight Intermediate - Body Weight Beginner - Half Body Weight	As many as you need to get the maximum reps in 5 mins...then repeat same principle with half the weight	As many reps as possible in 5 mins...then half the weight & rep as many reps as possible in 5 mins	2110	As many as you need to get the maximum reps in 5 mins...then maximum 1 min rest as you half the weight for final set	



INDICATES: SUPERSET



INDICATES: TRISET



INDICATES: QUADRUPLE SET