

<b>DAY 1 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight
<b>Bench Press 4x12</b>	70.30kg	20kg			
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight
Incline Bench 3x10		15kg			
Cable Flys 3x15		20kg			
Pec Deck 2x20 - Drop Set		60kg - 30kg			
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight
Arnold Press 3x8		10kg			
Machine Shoulder Press 3x12		30kg			
Cable Lateral Raises 2x20		5kg			
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight
Rope Pushdown 3x10		30kg			
Overhead Rope Extension 3x12		20kg			
Tricep Machine 2x10 - Rest Pause		body weight			
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Cable Crunches 3x10					
Hanging Knee Raises 3x15					
Hanging Leg Raises 3x12					

DAY 2 - Pull	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>		70kg			
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10		15kg			
Dumbbell Lawnmowers 4x8		20kg			
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	30kg/35kg			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dummbell Shrugs 3x15		20kg			
Face Pulls 3x12 - Drop Set		50kg/30kg drop set			
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10		10kg/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set		10kg/5kg			
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Faliure					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>	70kg	20kg			
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8	1 side - 30kg/50kg/60kg				
Weighted Lunges 3x10 Each leg		15kg			
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10		30kgs			
Single Leg Extension 3x8		10kg/15kg			
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12		50kg			
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10		without weight			
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20		10kg			
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					









DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 4x12</b>		20kg				
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 3x10		15kg				
Cable Flys 3x15		20kg				
Pec Deck 2x20 - Drop Set		50kg/20kg				
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Arnold Press 3x8		15kg				
Machine Shoulder Press 3x12		30kg				
Cable Lateral Raises 2x20		5kg				
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Rope Pushdown 3x10		40kg				
Overhead Rope Extension 3x12						
Tricep Machine 2x10 - Rest Pause						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight)						<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure						<-- Last Set
Superset: Two exercises done back to back with no pauses between them						<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them						<-- All Sets

DAY 2 - Pull	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>		90x4/100x2			
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10		30x10/40x10/40x10			
Dumbbell Lawnmowers 4x8		20x3/25x1			
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	30kg/30kg			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dumbbell Shrugs 3x15		20kg			
Face Pulls 3x12 - Drop Set		50kg/20kg			
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	7.5/7.5			
Cable Rope Curls 4x10		30kg			
Bicep Machine 2x10 - Drop Set		10kg			
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Failure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					
20<--- weight/ 3<--- set					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>	20kg/40kg/60kg/80kg				
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8		120kg			
Weighted Lunges 3x10 Each leg		10kg each hand			
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10		30kg			
Single Leg Extension 3x8		15kg			
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12		40kg			
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					



DAY 5 - Pull	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>		80kgs x 4				
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10		40kg				
Pullups 3x10	with 40 kg on the pull-up machine					
Wide Grip Lat Pulldown 3x12		40kg				
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15		20kg				
Face Pulls 3x12 - Drop Set		50kg / 15kg				
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

Sn





DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals	
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight
<b>Bench Press 4x12</b>		20kg / 25kg			
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight
Incline Bench 3x10		20kg			
Cable Flys 3x15		20kg			
Pec Deck 2x20 - Drop Set		70kg / 35kg			
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight
Arnold Press 3x8		15kg			
Machine Shoulder Press 3x12		30kg			
Cable Lateral Raises 2x20		7.5kg / 5kg			
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight
Rope Pushdown 3x10		40kg			
Overhead Rope Extension 3x12					
Tricep Machine 2x10 - Rest Pause					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Cable Crunches 3x10					
Hanging Knee Raises 3x15					
Hanging Leg Raises 3x12					
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight)					<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure					<-- Last Set
Superset: Two exercises done back to back with no pauses between them					<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them					<-- All Sets

DAY 2 - Pull	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>					
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10		30kg			
Dumbbell Lawnmowers 4x8		20kg			
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	45kg / 35kg			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dumbbell Shrugs 3x15		25kg			
Face Pulls 3x12 - Drop Set		50kg/20kg			
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Failure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					



<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

Sr





DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 4x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 3x10						
Cable Flys 3x15						
Pec Deck 2x20 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Arnold Press 3x8						
Machine Shoulder Press 3x12						
Cable Lateral Raises 2x20						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Rope Pushdown 3x10						
Overhead Rope Extension 3x12						
Tricep Machine 2x10 - Rest Pause						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight)						<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure						<-- Last Set
Superset: Two exercises done back to back with no pauses between them						<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them						<-- All Sets

<b>DAY 2 - Pull</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>					
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10					
Dumbbell Lawnmowers 4x8					
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	/			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dumbbell Shrugs 3x15					
Face Pulls 3x12 - Drop Set					
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Failure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 4 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 3x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 4x10						
Dumbbell Chest Press 3x10						
Pec Deck 2x15 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Press 4x8						
Machine Shoulder Press 2x8 - Drop Set						
Dumbbell Lateral Raises 3x10						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Skull Crushers 3x10						
Tricep Pushdowns 4x8 - Rest Pause						
Tricep Machine 2x10 - Drop Set						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						

<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

<b>DAY 6 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 3x 15/12/8-10</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Close Leg Press 3x9					
Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x8					
Single Leg Extension 3x10					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x10 Drop Set					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x12					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf Raises 3x20 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 15, 2nd set 12, last set 8-10 reps					
Increase weight each set making last set the hardest					

<b>DAY 1 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight
<b>Bench Press 4x12</b>					
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight
Incline Bench 3x10					
Cable Flys 3x15					
Pec Deck 2x20 - Drop Set					
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight
Arnold Press 3x8					
Machine Shoulder Press 3x12					
Cable Lateral Raises 2x20					
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight
Rope Pushdown 3x10					
Overhead Rope Extension 3x12					
Tricep Machine 2x10 - Rest Pause					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Cable Crunches 3x10					
Hanging Knee Raises 3x15					
Hanging Leg Raises 3x12					
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight)					<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure					<-- Last Set
Superset: Two exercises done back to back with no pauses between them					<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them					<-- All Sets

<b>DAY 2 - Pull</b>	Bodyweight	-lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 4x 12/10/8/6-8</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Row 3x10						
Dumbbell Lawnmowers 4x8						
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	/				
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Dumbbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
Incline Curls/ Spider Curls Superset 2x10	/	/				
Cable Rope Curls 4x10						
Bicep Machine 2x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Failure						
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps						
Should be increasing weight each set, making last set the hardest						

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 4 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 3x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 4x10						
Dumbbell Chest Press 3x10						
Pec Deck 2x15 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Press 4x8						
Machine Shoulder Press 2x8 - Drop Set						
Dumbbell Lateral Raises 3x10						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Skull Crushers 3x10						
Tricep Pushdowns 4x8 - Rest Pause						
Tricep Machine 2x10 - Drop Set						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						

<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

Str

<b>DAY 6 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 3x 15/12/8-10</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Close Leg Press 3x9					
Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x8					
Single Leg Extension 3x10					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x10 Drop Set					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x12					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
mith Machine Calf Raises 3x20 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 15, 2nd set 12, last set 8-10 reps					
Increase weight each set making last set the hardest					

DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals	
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight
<b>Bench Press 4x12</b>					
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight
Incline Bench 3x10					
Cable Flys 3x15					
Pec Deck 2x20 - Drop Set					
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight
Arnold Press 3x8					
Machine Shoulder Press 3x12					
Cable Lateral Raises 2x20					
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight
Rope Pushdown 3x10					
Overhead Rope Extension 3x12					
Tricep Machine 2x10 - Rest Pause					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Cable Crunches 3x10					
Hanging Knee Raises 3x15					
Hanging Leg Raises 3x12					
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight <-- Last Set					
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure <-- Last Set					
Superset: Two exercises done back to back with no pauses between them <-- All Sets					
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them <-- All Sets					

DAY 2 - Pull	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>					
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10					
Dumbbell Lawnmowers 4x8					
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	/			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dummbell Shrugs 3x15					
Face Pulls 3x12 - Drop Set					
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Faliure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 4 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight
<b>Bench Press 3x12</b>					
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight
Incline Bench 4x10					
Dumbbell Chest Press 3x10					
Pec Deck 2x15 - Drop Set					
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight
Barbell Press 4x8					
Machine Shoulder Press 2x8 - Drop Set					
Dumbbell Lateral Raises 3x10					
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight
Skull Crushers 3x10					
Tricep Pushdowns 4x8 - Rest Pause					
Tricep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Cable Crunches 3x10					
Hanging Knee Raises 3x15					
Hanging Leg Raises 3x12					

<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

<b>DAY 6 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 3x 15/12/8-10</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Close Leg Press 3x9					
Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x8					
Single Leg Extension 3x10					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x10 Drop Set					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x12					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf Raises 3x20 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 15, 2nd set 12, last set 8-10 reps					
Increase weight each set making last set the hardest					

DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 4x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 3x10						
Cable Flys 3x15						
Pec Deck 2x20 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Arnold Press 3x8						
Machine Shoulder Press 3x12						
Cable Lateral Raises 2x20						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Rope Pushdown 3x10						
Overhead Rope Extension 3x12						
Tricep Machine 2x10 - Rest Pause						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight						<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure						<-- Last Set
Superset: Two exercises done back to back with no pauses between them						<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them						<-- All Sets

<b>DAY 2 - Pull</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>					
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10					
Dumbbell Lawnmowers 4x8					
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	/			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dumbbell Shrugs 3x15					
Face Pulls 3x12 - Drop Set					
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Failure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 4 - Push</b>	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 3x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 4x10						
Dumbbell Chest Press 3x10						
Pec Deck 2x15 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Press 4x8						
Machine Shoulder Press 2x8 - Drop Set						
Dumbbell Lateral Raises 3x10						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Skull Crushers 3x10						
Tricep Pushdowns 4x8 - Rest Pause						
Tricep Machine 2x10 - Drop Set						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						

<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

<b>DAY 6 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 3x 15/12/8-10</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Close Leg Press 3x9					
Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x8					
Single Leg Extension 3x10					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x10 Drop Set					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x12					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf Raises 3x20 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 15, 2nd set 12, last set 8-10 reps					
Increase weight each set making last set the hardest					

DAY 1 - Push	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 4x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 3x10						
Cable Flys 3x15						
Pec Deck 2x20 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Arnold Press 3x8						
Machine Shoulder Press 3x12						
Cable Lateral Raises 2x20						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Rope Pushdown 3x10						
Overhead Rope Extension 3x12						
Tricep Machine 2x10 - Rest Pause						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						
Rest Pause: At the end of a set, rest 15 seconds, go again to failure, rest 15 seconds and repeat ( all with the same weight)						<-- Last Set
Drop Set: At the end of your set drop the weight down 15%-20% and perform reps until failure						<-- Last Set
Superset: Two exercises done back to back with no pauses between them						<-- All Sets
Alternate Sets: Pair exercises with opposing muscle groups and alternate between sets of them						<-- All Sets

DAY 2 - Pull	Bodyweight	-lbs	Daily Calories	-Cals	
Back/Biceps	Weight	Weight	Weight	Weight	Weight
<b>Deadlifts 4x 12/10/8/6-8</b>					
<b>Lats</b>	Weight	Weight	Weight	Weight	Weight
Barbell Row 3x10					
Dumbbell Lawnmowers 4x8					
Reverse/Wide Grip Lat Pulldown 2x12 - Superset	/	/			
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight
Dummbell Shrugs 3x15					
Face Pulls 3x12 - Drop Set					
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight
Incline Curls/ Spider Curls Superset 2x10	/	/			
Cable Rope Curls 4x10					
Bicep Machine 2x10 - Drop Set					
<b>Opt. Abs</b>					
Weighted Russian Twist 2x50					
Leg Raises 3xFailure					
Scissor Kicks 2xFailure					
Crunches Faliure					
On Deadlifts 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

<b>DAY 3 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 4x 12/10/8/6-8</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Leg Press 3x8					
Weighted Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x10					
Single Leg Extension 3x8					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x12					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x10					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf raises 3x20					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 12, 2nd set 10, third set 8, last set 6-8 reps					
Should be increasing weight each set, making last set the hardest					

DAY 4 - Push	Bodyweight	-lbs	Daily Calories	-Cals		
Chest/Tris/Shoulders	Weight	Weight	Weight	Weight	Weight	
<b>Bench Press 3x12</b>						
<b>Chest</b>	Weight	Weight	Weight	Weight	Weight	
Incline Bench 4x10						
Dumbbell Chest Press 3x10						
Pec Deck 2x15 - Drop Set						
<b>Shoulders</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Press 4x8						
Machine Shoulder Press 2x8 - Drop Set						
Dumbbell Lateral Raises 3x10						
<b>Triceps</b>	Weight	Weight	Weight	Weight	Weight	
Skull Crushers 3x10						
Tricep Pushdowns 4x8 - Rest Pause						
Tricep Machine 2x10 - Drop Set						
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time	
Cable Crunches 3x10						
Hanging Knee Raises 3x15						
Hanging Leg Raises 3x12						

<b>DAY 5 - Pull</b>	Bodyweight	lbs	Daily Calories	-Cals		
Back/Biceps	Weight	Weight	Weight	Weight	Weight	
<b>Deadlifts 3x 15/12/8-10</b>						
<b>Lats</b>	Weight	Weight	Weight	Weight		
T-bar Rows 4x10						
Pullups 3x10						
Wide Grip Lat Pulldown 3x12						
<b>Traps/ Rear Delts</b>	Weight	Weight	Weight	Weight	Weight	
Barbell Shrugs 3x15						
Face Pulls 3x12 - Drop Set						
<b>Biceps</b>	Weight	Weight	Weight	Weight	Weight	
EZ Bar Curls 4x8						
Single Arm Dumbbell Curl 3x8						
Bicep Machine 3x10 - Drop Set						
<b>Opt. Abs</b>						
Weighted Russian Twist 2x50						
Leg Raises 3xFailure						
Scissor Kicks 2xFailure						
Crunches Faliure						
On Deadlifts 1st set is a set of 15, 2nd set 12, last set 8-10 reps						
Increase weight each set making last set the hardest						

<b>DAY 6 - Legs</b>	Bodyweight	-lbs	Daily Calories	-Cals	
Legs	Weight	Weight	Weight	Weight	Weight
<b>Squats 3x 15/12/8-10</b>					
<b>Legs</b>	Weight	Weight	Weight	Weight	Weight
Close Leg Press 3x9					
Lunges 3x10 Each leg					
<b>Quads</b>	Weight	Weight	Weight	Weight	Weight
Leg Extension 3x8					
Single Leg Extension 3x10					
<b>Hamstrings</b>	Weight	Weight	Weight	Weight	Weight
Leg Curls 3x10 Drop Set					
<b>Glutes</b>	Weight	Weight	Weight	Weight	Weight
Glute Raises 3x12					
<b>Calves</b>	Weight	Weight	Weight	Weight	Weight
Smith Machine Calf Raises 3x20 - Drop Set					
<b>Opt. Abs</b>	Weight/Time	Weight/Time	Weight/Time	Weight/Time	Weight/Time
Upper Cable Chops 3x20					
Bicycle Crunches 2x30 seconds					
Cable Crunches 2x20					
On Squats 1st set is a set of 15, 2nd set 12, last set 8-10 reps					
Increase weight each set making last set the hardest					

MAX WEEK IS COMPLETELY OPTIONAL				
TAKE A COUPLE DAYS OFF FROM THE GYM 2-3 DAYS RECCOMENDED				
WARMUP UP TO 20 LBS LESS THAN OLD MAX / START WITH +5 TO 10 LBS OF OLD MAX FOR FIRST ATTEMPT				
<b>DAY 1 BENCH</b>	Bodyweight	-lbs	Daily Calories	-Cals
BENCHMAX	1ST ATTEMPT	2ND	FINAL	
<b>Bench Press</b>				
<b>DAY 2 - DEADLIFT</b>	Bodyweight	-lbs	Daily Calories	-Cals
DEADLIFT MAX	1ST ATTEMPT	2ND	FINAL	
<b>Deadlifts</b>				
<b>DAY 3 - SQUAT</b>	Bodyweight	-lbs	Daily Calories	-Cals
SQUAT MAX	1ST ATTEMPT	2ND	FINAL	
<b>Squats</b>				