

PHASE I

WEEK 1

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|---------------------------------------|------|-------|--------------|
| Barbell Bench Press | 3 | 12-15 | Chest |
| Barbell Incline Bench Press | 3 | 12-15 | Chest |
| Chest Press Machine | 3 | 12-15 | Chest |
| Triceps Pushdown | 3 | 12-15 | Triceps |
| Cable Rope Overhead Triceps Extension | 3 | 12-15 | Triceps |
| Seated Calf Raise | 3 | 30 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Mid-Grip) | 3 | 12-15 | Back |
| Wide-Grip Lat Pulldown | 3 | 12-15 | Back |
| Hyperextensions (Back Extensions) | 3 | 12-15 | Back |
| Barbell Curl | 3 | 12-15 | Biceps |
| Dumbbell Bicep Curl | 3 | 12-15 | Biceps |
| Plank | 3 | 30 seconds | Abs |
| Crunches | 3 | 25 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|-------|--------------|
| Leg Press | 3 | 12-15 | Legs |
| Seated Leg Curl | 3 | 12-15 | Legs |
| Leg Extensions | 3 | 12-15 | Legs |
| Lying Leg Curls | 3 | 12-15 | Legs |
| Machine Shoulder Press | 3 | 12-15 | Shoulders |
| Upright Barbell Row | 3 | 12-15 | Shoulders |
| Dumbbell Lateral Raise | 3 | 12-15 | Shoulders |

PHASE I

WEEK 2

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|---------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 9-11 | Chest |
| Barbell Incline Bench Press | 3 | 9-11 | Chest |
| Chest Press Machine | 3 | 9-11 | Chest |
| Triceps Pushdown | 3 | 9-11 | Triceps |
| Cable Rope Overhead Triceps Extension | 3 | 9-11 | Triceps |
| Seated Calf Raise | 3 | 25 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Mid-Grip) | 3 | 9-11 | Back |
| Wide-Grip Lat Pulldown | 3 | 9-11 | Back |
| Hyperextensions (Back Extensions) | 3 | 9-11 | Back |
| Barbell Curl | 3 | 9-11 | Biceps |
| Dumbbell Bicep Curl | 3 | 9-11 | Biceps |
| Plank | 3 | 30 seconds | Abs |
| Crunches | 3 | 25 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 9-11 | Legs |
| Seated Leg Curl | 3 | 9-11 | Legs |
| Leg Extensions | 3 | 9-11 | Legs |
| Lying Leg Curls | 3 | 9-11 | Legs |
| Machine Shoulder Press | 3 | 9-11 | Shoulders |
| Upright Barbell Row | 3 | 9-11 | Shoulders |
| Dumbbell Lateral Raise | 3 | 9-11 | Shoulders |

PHASE I

WEEK 3

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|---------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 6-8 | Chest |
| Barbell Incline Bench Press | 3 | 6-8 | Chest |
| Chest Press Machine | 3 | 6-8 | Chest |
| Triceps Pushdown | 3 | 6-8 | Triceps |
| Cable Rope Overhead Triceps Extension | 3 | 6-8 | Triceps |
| Seated Calf Raise | 3 | 20 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Mid-Grip) | 3 | 6-8 | Back |
| Wide-Grip Lat Pulldown | 3 | 6-8 | Back |
| Hyperextensions (Back Extensions) | 3 | 6-8 | Back |
| Barbell Curl | 3 | 6-8 | Biceps |
| Dumbbell Bicep Curl | 3 | 6-8 | Biceps |
| Plank | 3 | 45 seconds | Abs |
| Crunches | 3 | 25 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 6-8 | Legs |
| Seated Leg Curl | 3 | 6-8 | Legs |
| Leg Extensions | 3 | 6-8 | Legs |
| Lying Leg Curls | 3 | 6-8 | Legs |
| Machine Shoulder Press | 3 | 6-8 | Shoulders |
| Upright Barbell Row | 3 | 6-8 | Shoulders |
| Dumbbell Lateral Raise | 3 | 6-8 | Shoulders |

PHASE I

WEEK 4

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|---------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 3-5 | Chest |
| Barbell Incline Bench Press | 3 | 3-5 | Chest |
| Chest Press Machine | 3 | 3-5 | Chest |
| Triceps Pushdown | 3 | 3-5 | Triceps |
| Cable Rope Overhead Triceps Extension | 3 | 3-5 | Triceps |
| Seated Calf Raise | 3 | 15 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Mid-Grip) | 3 | 3-5 | Back |
| Wide-Grip Lat Pulldown | 3 | 3-5 | Back |
| Hyperextensions (Back Extensions) | 3 | 3-5 | Back |
| Barbell Curl | 3 | 3-5 | Biceps |
| Dumbbell Bicep Curl | 3 | 3-5 | Biceps |
| Plank | 3 | 60 seconds | Abs |
| Crunches | 3 | 25 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 3-5 | Legs |
| Seated Leg Curl | 3 | 3-5 | Legs |
| Leg Extensions | 3 | 3-5 | Legs |
| Lying Leg Curls | 3 | 3-5 | Legs |
| Machine Shoulder Press | 3 | 3-5 | Shoulders |
| Upright Barbell Row | 3 | 3-5 | Shoulders |
| Dumbbell Lateral Raise | 3 | 3-5 | Shoulders |

PHASE II

WEEK 5

DAY 1: CHEST, TRICEPS, CALVES

| Excercise | Sets | Reps | Muscle Group |
|-------------------------------------|------|-------|--------------|
| Barbell Bench Press | 3 | 12-15 | Chest |
| Incline Dumbbell Press | 3 | 12-15 | Chest |
| Dumbbell Flyes | 3 | 12-15 | Chest |
| Reverse Grip Triceps Pushdown | 3 | 12-15 | Triceps |
| Standing Dumbbell Triceps Extension | 3 | 12-15 | Triceps |
| Seated Calf Raise | 3 | 30 | Calves |

DAY 2: BACK, BICEPS, ABS

| Excercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Close-Grip) | 3 | 12-15 | Back |
| Close-Grip Front Lat Pulldowns | 3 | 12-15 | Back |
| Hyperextensions (Back Extensions) | 3 | 12-15 | Back |
| Barbell Curl | 3 | 12-15 | Biceps |
| Alternate Incline Dumbbell Curl | 3 | 12-15 | Biceps |
| Plank | 3 | 30 seconds | Abs |
| Janda Sit-Up | 3 | 20 | Abs |

DAY 3: LEGS + SHOULDERS

| Excercise | Sets | Reps | Muscle Group |
|------------------------|------|-------|--------------|
| Leg Press | 3 | 12-15 | Legs |
| Seated Leg Curl | 3 | 12-15 | Legs |
| Leg Extensions | 3 | 12-15 | Legs |
| Ball Leg Curl | 3 | 6-8 | Legs |
| Barbell Shoulder Press | 3 | 12-15 | Shoulders |
| Dumbbell Upright Row | 3 | 12-15 | Shoulders |
| Cable Lateral Raise | 3 | 12-15 | Shoulders |

PHASE II

WEEK 6

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|-------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 9-11 | Chest |
| Incline Dumbbell Press | 3 | 9-11 | Chest |
| Dumbbell Flyes | 3 | 9-11 | Chest |
| Reverse Grip Triceps Pushdown | 3 | 9-11 | Triceps |
| Standing Dumbbell Triceps Extension | 3 | 9-11 | Triceps |
| Seated Calf Raise | 3 | 25 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Close-Grip) | 3 | 9-11 | Back |
| Close-Grip Front Lat Pulldowns | 3 | 9-11 | Back |
| Hyperextensions (Back Extensions) | 3 | 9-11 | Back |
| Barbell Curl | 3 | 9-11 | Biceps |
| Alternate Incline Dumbbell Curl | 3 | 9-11 | Biceps |
| Plank | 3 | 45 seconds | Abs |
| Janda Sit-Up | 3 | 20 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 9-11 | Legs |
| Seated Leg Curl | 3 | 9-11 | Legs |
| Leg Extensions | 3 | 9-11 | Legs |
| Ball Leg Curl | 3 | 6-8 | Legs |
| Barbell Shoulder Press | 3 | 9-11 | Shoulders |
| Dumbbell Upright Row | 3 | 9-11 | Shoulders |
| Cable Lateral Raise | 3 | 9-11 | Shoulders |

PHASE II

WEEK 7

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|-------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 6-8 | Chest |
| Incline Dumbbell Press | 3 | 6-8 | Chest |
| Dumbbell Flyes | 3 | 6-8 | Chest |
| Reverse Grip Triceps Pushdown | 3 | 6-8 | Triceps |
| Standing Dumbbell Triceps Extension | 3 | 6-8 | Triceps |
| Seated Calf Raise | 3 | 20 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Close-Grip) | 3 | 6-8 | Back |
| Close-Grip Front Lat Pulldowns | 3 | 6-8 | Back |
| Hyperextensions (Back Extensions) | 3 | 6-8 | Back |
| Barbell Curl | 3 | 6-8 | Biceps |
| Alternate Incline Dumbbell Curl | 3 | 6-8 | Biceps |
| Plank | 3 | 45 seconds | Abs |
| Janda Sit-Up | 3 | 20 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 6-8 | Legs |
| Seated Leg Curl | 3 | 6-8 | Legs |
| Leg Extensions | 3 | 6-8 | Legs |
| Ball Leg Curl | 3 | 6-8 | Legs |
| Barbell Shoulder Press | 3 | 6-8 | Shoulders |
| Dumbbell Upright Row | 3 | 6-8 | Shoulders |
| Cable Lateral Raise | 3 | 6-8 | Shoulders |

PHASE II

WEEK 8

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|-------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 3-5 | Chest |
| Incline Dumbbell Press | 3 | 3-5 | Chest |
| Dumbbell Flyes | 3 | 3-5 | Chest |
| Reverse Grip Triceps Pushdown | 3 | 3-5 | Triceps |
| Standing Dumbbell Triceps Extension | 3 | 3-5 | Triceps |
| Seated Calf Raise | 3 | 20 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Close-Grip) | 3 | 3-5 | Back |
| Close-Grip Front Lat Pulldowns | 3 | 3-5 | Back |
| Hyperextensions (Back Extensions) | 3 | 3-5 | Back |
| Barbell Curl | 3 | 3-5 | Biceps |
| Alternate Incline Dumbbell Curl | 3 | 3-5 | Biceps |
| Plank | 3 | 60 seconds | Abs |
| Janda Sit-Up | 3 | 20 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|------------------------|------|------|--------------|
| Leg Press | 3 | 3-5 | Legs |
| Seated Leg Curl | 3 | 3-5 | Legs |
| Leg Extensions | 3 | 3-5 | Legs |
| Ball Leg Curl | 3 | 6-8 | Legs |
| Barbell Shoulder Press | 3 | 3-5 | Shoulders |
| Dumbbell Upright Row | 3 | 3-5 | Shoulders |
| Cable Lateral Raise | 3 | 3-5 | Shoulders |

PHASE III

WEEK 9

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|------------------------------------|------|-------|--------------|
| Barbell Bench Press | 3 | 12-15 | Chest |
| Reverse Grip Barbell Bench Press | 3 | 12-15 | Chest |
| Cable Crossover | 3 | 12-15 | Chest |
| Triceps Pushdown - Rope Attachment | 3 | 12-15 | Triceps |
| Lying Triceps Extension | 3 | 12-15 | Triceps |
| Seated Calf Raise | 3 | 30 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Wide-Grip) | 3 | 12-15 | Back |
| Reverse Close-Grip Lat Pulldowns | 3 | 12-15 | Back |
| Hyperextensions (Back Extensions) | 3 | 12-15 | Back |
| Barbell Curl | 3 | 12-15 | Biceps |
| Alternate Hammer Curl | 3 | 12-15 | Biceps |
| Plank | 3 | 45 seconds | Abs |
| Decline Crunch | 3 | 15 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|-------------------------|------|-------|--------------|
| Leg Press | 3 | 12-15 | Legs |
| Seated Leg Curl | 3 | 12-15 | Legs |
| Dumbbell Lunges | 3 | 12-15 | Legs |
| Lying Leg Curl | 3 | 12-15 | Legs |
| Dumbbell Shoulder Press | 3 | 12-15 | Shoulders |
| Upright Cable Row | 3 | 12-15 | Shoulders |
| Seated Lateral Raise | 3 | 12-15 | Shoulders |

PHASE III

WEEK 10

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 9-11 | Chest |
| Reverse Grip Barbell Bench Press | 3 | 9-11 | Chest |
| Cable Crossover | 3 | 9-11 | Chest |
| Triceps Pushdown - Rope Attachment | 3 | 9-11 | Triceps |
| Lying Triceps Extension | 3 | 9-11 | Triceps |
| Seated Calf Raise | 3 | 25 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Wide-Grip) | 3 | 9-11 | Back |
| Reverse Close-Grip Lat Pulldowns | 3 | 9-11 | Back |
| Hyperextensions (Back Extensions) | 3 | 9-11 | Back |
| Barbell Curl | 3 | 9-11 | Biceps |
| Alternate Hammer Curl | 3 | 9-11 | Biceps |
| Plank | 3 | 45 seconds | Abs |
| Decline Crunch | 3 | 15 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|-------------------------|------|------|--------------|
| Leg Press | 3 | 9-11 | Legs |
| Seated Leg Curl | 3 | 9-11 | Legs |
| Dumbbell Lunges | 3 | 9-11 | Legs |
| Lying Leg Curl | 3 | 9-11 | Legs |
| Dumbbell Shoulder Press | 3 | 9-11 | Shoulders |
| Upright Cable Row | 3 | 9-11 | Shoulders |
| Seated Lateral Raise | 3 | 9-11 | Shoulders |

PHASE III

WEEK 11

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 6-8 | Chest |
| Reverse Grip Barbell Bench Press | 3 | 6-8 | Chest |
| Cable Crossover | 3 | 6-8 | Chest |
| Triceps Pushdown - Rope Attachment | 3 | 6-8 | Triceps |
| Lying Triceps Extension | 3 | 6-8 | Triceps |
| Seated Calf Raise | 3 | 25 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Wide-Grip) | 3 | 6-8 | Back |
| Reverse Close-Grip Lat Pulldowns | 3 | 6-8 | Back |
| Hyperextensions (Back Extensions) | 3 | 6-8 | Back |
| Barbell Curl | 3 | 6-8 | Biceps |
| Alternate Hammer Curl | 3 | 6-8 | Biceps |
| Plank | 3 | 60 seconds | Abs |
| Decline Crunch | 3 | 15 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|-------------------------|------|------|--------------|
| Leg Press | 3 | 6-8 | Legs |
| Seated Leg Curl | 3 | 6-8 | Legs |
| Dumbbell Lunges | 3 | 6-8 | Legs |
| Lying Leg Curl | 3 | 6-8 | Legs |
| Dumbbell Shoulder Press | 3 | 6-8 | Shoulders |
| Upright Cable Row | 3 | 6-8 | Shoulders |
| Seated Lateral Raise | 3 | 6-8 | Shoulders |

PHASE III

WEEK 12

DAY 1: CHEST, TRICEPS, CALVES

| Exercise | Sets | Reps | Muscle Group |
|------------------------------------|------|------|--------------|
| Barbell Bench Press | 3 | 3-5 | Chest |
| Reverse Grip Barbell Bench Press | 3 | 3-5 | Chest |
| Cable Crossover | 3 | 3-5 | Chest |
| Triceps Pushdown - Rope Attachment | 3 | 3-5 | Triceps |
| Lying Triceps Extension | 3 | 3-5 | Triceps |
| Seated Calf Raise | 3 | 25 | Calves |

DAY 2: BACK, BICEPS, ABS

| Exercise | Sets | Reps | Muscle Group |
|-----------------------------------|------|------------|--------------|
| Seated Cable Row (Wide-Grip) | 3 | 3-5 | Back |
| Reverse Close-Grip Lat Pulldowns | 3 | 3-5 | Back |
| Hyperextensions (Back Extensions) | 3 | 3-5 | Back |
| Barbell Curl | 3 | 3-5 | Biceps |
| Alternate Hammer Curl | 3 | 3-5 | Biceps |
| Plank | 3 | 60 seconds | Abs |
| Decline Crunch | 3 | 15 | Abs |

DAY 3: LEGS + SHOULDERS

| Exercise | Sets | Reps | Muscle Group |
|-------------------------|------|------|--------------|
| Leg Press | 3 | 3-5 | Legs |
| Seated Leg Curl | 3 | 3-5 | Legs |
| Dumbbell Lunges | 3 | 3-5 | Legs |
| Lying Leg Curl | 3 | 3-5 | Legs |
| Dumbbell Shoulder Press | 3 | 3-5 | Shoulders |
| Upright Cable Row | 3 | 3-5 | Shoulders |
| Seated Lateral Raise | 3 | 3-5 | Shoulders |

CARDIO ACCELERATION EXERCISES

Walking

Jogging In Place

Squats

Squat Jumps

Forward Lunges

Backward Lunges

Step Up With Knee Raise

Tuck Jumps

Mountain Climbers

Jumping Jacks