			WEEK 1							
DAY 1	wt wt	wt	DAY 2	wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH PRESS			BENT OVER ROW				HANGING SQUAT			
SUPINE CURL			SKULL CRUSHER				FRONT LOADED SQUAT			
FLAT NEUTRAL PRESS			LAWNMOWER				WIDE LEG DEADLIFT			
HAMMER CURL			ISO CRUSHER				STATIC LUNGE			
INCLINE BENCH PRESS			REVERSE FLY				SINGLE LEG DEADLIFT			
WIDE CURL			TRICEP PRESS				CALF RAISE			
INCLINE BENCH FLY			FLAT BENCH PULLOVER				BRIDGE (FEET ON BENCH)			
SEATED ISO CURL			КІСКВАСК				HIPTHRUSTER			
LATERAL RAISE			OVERHEAD PRESS				STANDING HIGH PULL			
FRONT RAISE			UPRIGHT ROW				DUMBBELL PEC DECK			
Excersies are supersets	OF 12 REP	S eac	h exercise.  30-45 second b	reak l	petwe	en e	ach superset. Dumbbells ar	e pre	eferre	ed.
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Name:													
					WEEK 2					1			1
DAY 1	wt	wt	wt	DAY 2		wt	wt	wt	DAY 3		wt	wt	wt
FLAT BENCH FLY				BENT O	VER ROW				HANGI	NG SQUAT			
SUPINE CURL				SKULL (	CRUSHER				FRONT	LOADED SQUAT			
FLAT ROTATING PRESS				INCLINE SU	IPINATED SINGLE ROW				BENCH	STEP UP			
HAMMER CURL				ISO CRI	JSHER TRICEP				WIDE L	EG DEADLIFT			
INCLINE ROTATING PRESS				WIDE R	AISE				SINGLE	LEG DEADLIFT			
WIDE CURL				TRICEP	PRESS				STATIC	LUNGE			
INCLINE NEUTRAL PRESS				FLAT BE	NCH PULLOVER				BRIDGE	E (FEET ON BENCH)			
STANDING ROTATING CURL				KICKBA	СК				HIPTHR	RUSTER			
FRONT RAISE				OVERH	EAD PRESS				STAND	ING HIGH PULL			
LATERAL RAISE				UPRIGH	IT ROW				DUMB	BELL PEC DECK			
Excersies are supersets	OF 12	2 REP	S eac	h exercis	e. 30-45 second b	reak k	oetwee	en e	ach supe	erset. Dumbbells ar	e pre	eferre	ed.

			WEEK 3							
DAY 1	wt wt	wt	DAY 2	wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH PRESS			BENT OVER ROW				HANGING SQUAT			
SUPINE CURL			SKULL CRUSHER				FRONT LOADED SQUAT			
FLAT NEUTRAL PRESS			LAWNMOWER				WIDE LEG DEADLIFT			
HAMMER CURL			ISO CRUSHER				Alt Stepping Lunge			
INCLINE BENCH PRESS			REVERSE FLY				SINGLE LEG DEADLIFT			
WIDE CURL			TRICEP PRESS				CALF RAISE			
INCLINE BENCH FLY			FLAT BENCH PULLOVER				SUMO SQUAT			
SEATED ISO CURL			КІСКВАСК				HIPTHRUSTER			
LATERAL RAISE			OVERHEAD PRESS				STANDING HIGH PULL			
FRONT RAISE			UPRIGHT ROW				DUMBBELL PEC DECK			
Excersies are supersets	OF 12 REP	S eac	ch exercise.  30-45 second b	reak l	oetwe	en e	ach superset. Dumbbells a	re pre	eferre	d.
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			WEEK 4								
DAY 1	wt wt	wt	DAY 2	wt	wt	wt	DAY 3	wt	wt	wt	
FLAT BENCH FLY			BENT OVER ROW				HANGING SQUAT				
SUPINE CURL			SKULL CRUSHER				FRONT LOADED SQUAT				
FLAT ROTATING PRESS			INCLINE SUPINATED SINGLE ROW				BENCH STEP UP				
HAMMER CURL			ISO CRUSHER TRICEP				WIDE LEG DEADLIFT				
INCLINE ROTATING PRESS			WIDE RAISE				SINGLE LEG DEADLIFT				
WIDE CURL			TRICEP PRESS				STATIC LUNGE				
INCLINE NEUTRAL PRESS			FLAT BENCH PULLOVER				BRIDGE (FEET ON BENCH)				
STANDING ROTATING CURL			КІСКВАСК				HIPTHRUSTER				
FRONT RAISE			OVERHEAD PRESS				STANDING HIGH PULL				
LATERAL RAISE			UPRIGHT ROW				DUMBBELL PEC DECK		preferred		
Excersies are supersets	OF 12 REP	S eac	ch exercise.  30-45 second b	reak l	oetwe	en e	ach superset. Dumbbells ar	e pre	eferre	d.	
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Name:										
				WEEK 5						
DAY 1	wt	wt	wt	DAY 2 wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH PRESS				SUPINE CURL			HANGING SQUAT			
BENT OVER ROW				SKULL CRUSHER			FRONT LOADED SQUAT			
FLAT NEUTRAL PRESS				HAMMER CURL			STATIC LUNGE			
LAWNMOWER				ISO CRUSHER TRICEP			WIDE LEG DEADLIFT			
INCLINE BENCH PRESS				WIDE CURL			SINGLE LEG DEADLIFT			
REVERSE FLY				TRICEP PRESS			BULGARIAN SPLIT SQUAT			
INCLINE BENCH FLY				SEATED ISO CURL			BRIDGE (FEET ON BENCH)			
FLAT BENCH PULLOVER				КІСКВАСК			HIPTHRUSTER			
LATERAL RAISE				UPRIGHT ROW			OVERHEAD PRESS			
FRONT RAISE				STANDING HIGH PULL			DUMBBELL PEC DECK			
Excersies are supersets	OF 12	REP	S eac	ch exercise. 30-45 second break	betwe	een e	each superset. Dumbbells a	re pre	eferre	ed.
										<u> </u>

			WEEK 6							
DAY 1	wt wt	wt	DAY 2	wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH FLY			SUPINE CURL				HANGING SQUAT			
BENT OVER ROW			SKULL CRUSHER				FRONT LOADED SQUAT			
FLAT ROTATING PRESS			HAMMER CURL				BENCH STEP UPS			
INCLINE SUPINATED SINGLE ROW			ISO CRUSHER TRICEP				WIDE LEG DEADLIFT			
INCLINE ROTATING PRESS			WIDE CURL				SINGLE LEG DEADLIFT			
WIDE RAISE			TRICEP PRESS				STATIC LUNGE			
INCLINE NEUTRAL PRESS			STANDING ROTATING CURL				BRIDGE (FEET ON BENCH)			
FLAT BENCH PULLOVER			КІСКВАСК				BULGARIAN SPLIT SQUAT			
FRONT RAISE			UPRIGHT ROW				OVERHEAD PRESS			
LATERAL RAISE			STANDING HIGH PULL				DUMBBELL PEC DECK			
Excersies are supersets (	OF 12 RFP	S eac	h exercise 30-45 second h	oreak l	oetwe	en e	ach superset. Dumbbells ar	e pre	ferre	d
								• p. •		

Name:										
				WEEK 7						
DAY 1	wt	wt	wt	DAY 2 wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH PRESS				SUPINE CURL			HANGING SQUAT			
BENT OVER ROW				SKULL CRUSHER			FRONT LOADED SQUAT			
FLAT NEUTRAL PRESS				HAMMER CURL			BENCH STEP UPS			
LAWNMOWER				ISO CRUSHER TRICEP			WIDE LEG DEADLIFT			
INCLINE BENCH PRESS				WIDE CURL			SINGLE LEG DEADLIFT			
REVERSE FLY				TRICEP PRESS			STATIC LUNGE			
INCLINE BENCH FLY				SEATED ISO CURL			HIPTHRUSTER			
FLAT BENCH PULLOVER				KICKBACK			SIDE LUNGE (6 REPS)			
LATERAL RAISE				UPRIGHT ROW			OVERHEAD PRESS			
FRONT RAISE				STANDING HIGH PULL			DUMBBELL PEC DECK			
Excersies are supersets	OF 12	2 REP	S eac	h exercise. 30-45 second break	betwe	een e	each superset. Dumbbells a	re pre	eferre	ed.

Name:										
				WEEK 8						
DAY 1	wt	wt	wt	DAY 2	wt	wt wt	DAY 3	wt	wt	wt
FLAT BENCH FLY				SUPINE CURL			HANGING SQUAT			
BENT OVER ROW				SKULL CRUSHER			FRONT LOADED SQUAT			
FLAT ROTATING PRESS				HAMMER CURL			BENCH STEP UPS			
INCLINE SUPINATED SINGLE ROW				ISO CRUSHER TRICEP			WIDE LEG DEADLIFT			
INCLINE ROTATING PRESS				WIDE CURL			SINGLE LEG DEADLIFT			
WIDE RAISE				TRICEP PRESS			STATIC LUNGE			
INCLINE NEUTRAL PRESS				STANDING ROTATING CURL			BRIDGE (FEET ON BENCH)			
FLAT BENCH PULLOVER				КІСКВАСК			BULGARIAN SPLIT SQUAT			
FRONT RAISE				UPRIGHT ROW			OVERHEAD PRESS			
LATERAL RAISE				STANDING HIGH PULL			DUMBBELL PEC DECK			
Excersies are supersets (	DF 12	2 REP	S eac	h exercise. 30-45 second l	oreak	between	each superset. Dumbbells a	re pre	eferre	ed.