- This free PLT training plan covers all body parts
- This free PLT training plan covers 6 weeks, pls rest week 7 & perform active recover, before commencing Meso Cycle 2
- The plan has 3 or 4 days training, depending on your available time and recovery.
- The additional 4th training day adds another Leg focused workout
- The training days should be performed in sequence to allow for recovery
- '3/failure' means, perform as many reps as you can but stop 3 reps from failure
- If you find the number of reps possible are >20, pls add weight to the movement
- We have chosen movements that would be typical to resistance training
- If you find you cannot perform a certain movement, pls use Google to find an aleternative solution
- 'DB' = Dumbbell
- *** This free training plan is an aid to compliment your nutrition coaching service & does not include coaching.



Nutrition & Fitness

pltnutritionandfitness.com

	PL) Nu	trition & Fitness		Week 1		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3	Weight	8-12	Керз
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch		N/A	3/failure	
					cy raman c	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Bent Over Rows	3		8-12	
	Back	DB Shrugs	3		8-12	
	Biceps	Cable Curls	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	Rear Elevated Split Squat	3		8-12	
	Legs	Goblet Squat	3		8-12	
	Legs	Leg Press	3		8-12	
		Bench Knee Tucks	3		3/failure	
Optional	Abs	Deficit knee Tucks	J 7		3/ Talluic	

	PI Nuti	rition & Fitness		Week 2		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Da al-	Seated Machine Rows	3		8-12	
	Back	Scatca Machine Nows	<u> </u>		8-12	
	Back	Bent Over Rows	3		8-12	
	Back	Bent Over Rows	3		8-12	
PLT	Back Back	Bent Over Rows DB Shrugs	3		8-12 8-12	
PLT (Pull)	Back Back Biceps	Bent Over Rows DB Shrugs Cable Curls	3 3		8-12 8-12 12-16	
	Back Back Biceps Biceps	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls	3 3 3 3		8-12 8-12 12-16 12-16 3/failure	
(Pull)	Back Back Biceps Biceps Abs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups	3 3 3 3 3		8-12 8-12 12-16 12-16	
(Pull)	Back Back Biceps Biceps Abs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups	3 3 3 3 3	Weight	8-12 8-12 12-16 12-16 3/failure	Reps
(Pull)	Back Back Biceps Biceps Abs Abs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise	3 3 3 3 3 3	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure	Reps
(Pull)	Back Back Biceps Biceps Abs Abs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat	3 3 3 3 3 3 5 Sets	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure	Reps
(Pull)	Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat Rear Elevated Split Squat	3 3 3 3 3 3 Sets	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12	Reps
(Pull)	Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs Legs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat Rear Elevated Split Squat Goblet Squat	3 3 3 3 3 3 Sets 3 3	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12	Reps
(Pull) Day 3	Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs Legs Legs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat Rear Elevated Split Squat Goblet Squat Leg Press	3 3 3 3 3 3 Sets 3 3 3	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12 8-12	Reps
(Pull)	Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs Legs	Bent Over Rows DB Shrugs Cable Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat Rear Elevated Split Squat Goblet Squat	3 3 3 3 3 3 Sets 3 3	Weight	8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12	Reps

		rition & Fitness		Week 3		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Coto	Weight	Den Cool	Done
			Sets 3	Weight	Rep Goal 8-12	Reps
	Back	Seated Lat Pull-Down	-			
	Back	Seated Machine Rows	3		8-12	
	Back	One Arm DB Rows	3		8-12	
	Back	DB Shrugs	3		8-12	
	Biceps	Hammer Curls	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
	1	Leg Press	3		8-12	
	Legs	==0:::===				
Optional	Abs	Bench Knee Tucks	3		3/failure	

		itrition & Fitness	_	Week 4		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks	3	N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	One Arm DB Rows	3		8-12	
	Back	DB Shrugs	3		8-12	
	Biceps	Hammer Curls	3		12-16	
	Discus	Control in aline DD Coule			12-16	
PLT	Biceps	Seated incline DB Curls	3		12-10	
PLT (Pull)	Abs	Sit-Ups	3		3/failure	
	•		3	N/A		
(Pull)	Abs Abs	Sit-Ups Leg Raise	3		3/failure 3/failure	
(Pull)	Abs	Sit-Ups Leg Raise Exercise	3 3 Sets	N/A Weight	3/failure 3/failure Rep Goal	Reps
(Pull)	Abs Abs Muscle Group Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat	3 3 Sets		3/failure 3/failure Rep Goal 8-12	Reps
(Pull)	Abs Abs Muscle Group	Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges	3 3 Sets 3		3/failure 3/failure Rep Goal 8-12 8-12	Reps
(Pull)	Abs Abs Muscle Group Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat	3 3 Sets 3 3		3/failure 3/failure Rep Goal 8-12 8-12 8-12	Reps
(Pull)	Abs Abs Muscle Group Legs Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges	3 3 Sets 3		3/failure 3/failure Rep Goal 8-12 8-12	Reps
(Pull)	Abs Muscle Group Legs Legs Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges Goblet Squat	3 3 Sets 3 3		3/failure 3/failure Rep Goal 8-12 8-12 8-12	Reps

	9	rition & Fitness		Week 5		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks	3	N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	One Arm DB Rows	3		8-12	
	Back	DB Shrugs	3		8-12	
	Biceps	Hammer Curls	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
	Abs	Leg Raise	3	N/A	3/failure	
Day 3	ADS	Leg Haise		,	-,	
рау з	ADS	Leg nuise				
Day 3	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
рау 3		ŭ			Rep Goal 8-12	Reps
- рау 3	Muscle Group	Exercise	Sets		Rep Goal	Reps
рау 3	Muscle Group Legs	Exercise Back/Hack Squat	Sets 3		Rep Goal 8-12	Reps
рау з	Muscle Group Legs Legs	Exercise Back/Hack Squat DB Walking Lunges	Sets 3		Rep Goal 8-12 8-12	Reps
Day 3 Optional	Muscle Group Legs Legs Legs	Exercise Back/Hack Squat DB Walking Lunges Goblet Squat	Sets 3 3 3 3		Rep Goal 8-12 8-12 8-12	Reps

	PL Nutr	ition & Fitness	Week 6			
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Incline Bench	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Bench Dips	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Managla Cuann	Funnian	Code	VA/a:alat	Ban Caal	Dama
	Muscle Group	Exercise Sectod Let Bull Decore	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3	Weight	8-12	Reps
	Back Back	Seated Lat Pull-Down Seated Machine Rows	3	Weight	8-12 8-12	Reps
	Back Back Back	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows	3 3 3	Weight	8-12 8-12 8-12	Reps
	Back Back Back	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs	3 3 3 3		8-12 8-12 8-12 8-12	Reps
	Back Back Back Back Biceps	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls	3 3 3 3 3		8-12 8-12 8-12 8-12 12-16	Reps
PLT	Back Back Back Back Biceps	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls	3 3 3 3 3 3		8-12 8-12 8-12 8-12 12-16 12-16	Reps
(Pull)	Back Back Back Biceps Biceps Abs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups	3 3 3 3 3 3 3 3		8-12 8-12 8-12 8-12 12-16 12-16 3/failure	Reps
	Back Back Back Back Biceps	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls	3 3 3 3 3 3 3 3		8-12 8-12 8-12 8-12 12-16 12-16	Reps
(Pull)	Back Back Back Biceps Biceps Abs Abs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise	3 3 3 3 3 3 3 3	N/A	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure	
(Pull)	Back Back Back Biceps Biceps Abs Abs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise	3 3 3 3 3 3 3 3 5 5	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure	Reps
(Pull)	Back Back Back Biceps Biceps Abs Abs Muscle Group Legs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat	3 3 3 3 3 3 3 3 5 Sets	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12	
(Pull)	Back Back Back Biceps Biceps Abs Abs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges	3 3 3 3 3 3 3 3 Sets	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12	
(Pull)	Back Back Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs Legs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges Goblet Squat	3 3 3 3 3 3 3 Sets	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12	
(Pull)	Back Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges Goblet Squat Leg Press	3 3 3 3 3 3 3 5 Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12 8-12	
(Pull)	Back Back Back Back Biceps Biceps Abs Abs Muscle Group Legs Legs Legs	Seated Lat Pull-Down Seated Machine Rows One Arm DB Rows DB Shrugs Hammer Curls Seated incline DB Curls Sit-Ups Leg Raise Exercise Back/Hack Squat DB Walking Lunges Goblet Squat	3 3 3 3 3 3 3 Sets	N/A Weight	8-12 8-12 8-12 8-12 12-16 12-16 3/failure 3/failure Rep Goal 8-12 8-12	

	Musels Corre	Fuereies	Cata	Week 1	Dom Caral	Dema
	Muscle Group Chest	Exercise Bench Press (barbell or machine)	Sets	Weight	Rep Goal 2/failure	Reps
	Chest	DB Fly	3		8-12	
	Shoulders	DB Fig DB Seated Press	3		8-12	
	Shoulders	DB Seated Press DB Lat Raises	3		8-12	
		Skull Crushers	3		2/failure	
PLT	Tricep	Cable Push Downs	3		10-12	
(Push)	Triceps Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
Day 1		Leg haise	3		3) failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks	3	N/A	3/failure	
Day 2	Abs	Cable Crunch	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	Walking Lunges	3		15 Steps/leg	
	Legs	Stiff Legged Deadlift	3		8-12	
		Log Dross	3		8-12	
	Legs	Leg Press	3		_	
Optional		Bench Knee Tucks	3		3/failure	

		trition & Fitness		Week 2		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Fly	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Skull Crushers	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	1-000				15 Steps/leg	
		Walking Lunges	3		TTO STOPS/TOS	
	Legs	Walking Lunges Stiff Legged Deadlift	3		8-12	
	Legs Legs	Stiff Legged Deadlift	3			
Optional	Legs Legs Legs	Stiff Legged Deadlift Leg Press	3	_	8-12 8-12	
Optional Day 4	Legs Legs	Stiff Legged Deadlift	3		8-12	

			_	Week 3		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Fly	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Skull Crushers	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Manager Comme	Francisco	Codo	Mainle	Ban Caal	Dama
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
	2.000					
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)		Sit-Ups	3		3/failure	
	Biceps				-	
(Pull)	Biceps Abs Abs	Sit-Ups	3		3/failure	
(Pull)	Biceps Abs	Sit-Ups Leg Raise Exercise	3 3 Sets	Weight	3/failure 3/failure Rep Goal	Reps
(Pull)	Biceps Abs Abs	Sit-Ups Leg Raise	3 3 Sets 3	Weight	3/failure 3/failure Rep Goal 8-12	Reps
(Pull)	Biceps Abs Abs Muscle Group	Sit-Ups Leg Raise Exercise	3 3 Sets	Weight	3/failure 3/failure Rep Goal	Reps
(Pull)	Abs Abs Muscle Group Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat	3 3 Sets 3	Weight	3/failure 3/failure Rep Goal 8-12	Reps
(Pull)	Biceps Abs Abs Muscle Group Legs Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat Walking Lunges	3 3 Sets 3 3	Weight	3/failure 3/failure Rep Goal 8-12 15 Steps/leg	Reps
(Pull)	Abs Abs Muscle Group Legs Legs Legs Legs	Sit-Ups Leg Raise Exercise Back/Hack Squat Walking Lunges Stiff Legged Deadlift	3 3 Sets 3 3	Weight	3/failure 3/failure Rep Goal 8-12 15 Steps/leg 8-12	Reps

	Musels Comm	Fuencies	Cata	Week 4	Don Carl	Dema
	Muscle Group Chest	Exercise Bench Press (barbell or machine)	Sets	Weight	Rep Goal 2/failure	Reps
			3		8-12	
	Chest	DB Fly DB Seated Press	3		8-12	
	Shoulders Shoulders	DB Seated Press DB Lat Raises	3		8-12	
		Skull Crushers	3		2/failure	
PLT	Tricep	Cable Push Downs	3		10-12	
(Push)	Triceps Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
Day I	AUS	Leg Maise	3		3/Tallure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
		MAZ-II-to- I common	3		15 Steps/leg	
	Legs	Walking Lunges				
	Legs	Stiff Legged Deadlift	3		8-12	
					8-12 8-12	
Optional	Legs	Stiff Legged Deadlift	3			

				Week 5		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Fly	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Skull Crushers	3		2/failure	
PLT	Triceps	Cable Push Downs	3		10-12	
(Push)	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
PLT	Legs	Leg Press	3		8-12	
(Legs)	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
		-				
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	Walking Lunges	3		15 Steps/leg	
	Legs	Stiff Legged Deadlift	3		8-12	
	Legs	Leg Press	3		8-12	
Optional	Abs	Bench Knee Tucks	3		3/failure	

	PL) Nut	rition & Fitness		Week 6		
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Chest	Bench Press (barbell or machine)	3		2/failure	
	Chest	DB Fly	3		8-12	
	Shoulders	DB Seated Press	3		8-12	
	Shoulders	DB Lat Raises	3		8-12	
	Tricep	Skull Crushers	3		2/failure	
	Triceps	Cable Push Downs	3		10-12	
PLT	Abs	Sit-Ups	3		3/failure	
Day 1	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	DB Walking Lunges	3		8-12	
	Legs	Goblet Squat	3		8-12	
	Legs	Leg Press	3		8-12	
	Abs	Bench Knee Tucks		N/A	3/failure	
Day 2	Abs	Cable Crunch	3	N/A	3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Back	Seated Lat Pull-Down	3		8-12	
	Back	Seated Machine Rows	3		8-12	
	Back	Chest Supported Row	3		8-12	
	Back	Face Pulls	3		8-12	
	Biceps	Hammer Curl	3		12-16	
PLT	Biceps	Seated incline DB Curls	3		12-16	
(Pull)	Abs	Sit-Ups	3		3/failure	
Day 3	Abs	Leg Raise	3		3/failure	
	Muscle Group	Exercise	Sets	Weight	Rep Goal	Reps
	Legs	Back/Hack Squat	3		8-12	
	Legs	Walking Lunges	3		15 Steps/leg	
	Legs	Stiff Legged Deadlift	3		8-12	
	Legs	Leg Press	3		8-12	
Optional	Abs	Bench Knee Tucks	3		3/failure	
Optiona.						