DAY.ONE

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Barbell back squat	3x6	100	2010	6 Reps	6 Reps	6 Reps				
2	Set	Legs - Glute	Glute bridge	3x6	100	2010	6 Reps	6 Reps	6 Reps				
3	Set	Push	Barbell bench press	3x6	100	2010	6 Reps	6 Reps	6 Reps				
4	Set	Pull	Seated machine row	3x6	100	2010	6 Reps	6 Reps	6 Reps				
5	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Tricep	Parallel bar dips	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7	Set	Arms - Bicep	Narrow chin ups	3x11	90	3010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2574										
		Total time (min and sec)	42min54sec										

TRAINING NOTES

DAY.TWO

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Glute	Bulgarian split squat	3x6	50	3010	6 Reps	6 Reps	6 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Hamstring curl	3x12	90	2010	12 Reps	12 Reps	12 Reps				
1	Set	Legs - Quad	Leg press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
2	Set	Legs - Glute	Glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Calfs	Seated calf raise	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Calfs	Standing calf raise	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2262										
		Total time (min and sec)	37min42sec										

TRAINING NOTES

DAY.THREE

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	3x6	100	2010	6 Reps	6 Reps	6 Reps				
2	Set	Pull	Lat pull down	3x6	100	2010	6 Reps	6 Reps	6 Reps				
3	Set	Shoulders	Dumbbell shoulder press	3x11	90	3010	11 Reps	11 Reps	11 Reps				
4	Set	Pull	Dumbbell single arm row	3x11	45	3010	11 Reps	11 Reps	11 Reps				Take the rest between each side AND before starting the next exercise
5	Set	Push	Dumbbell bench press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Tricep	Tricep push down - rope	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7a	Superset	Arms - Bicep	Cable curls - tricep rope	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2646										
		Total time (min and sec)	44min6sec										

TRAINING NOTES