

# 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	Dumbbell walking lunges	3x8	50	2010	8 Reps	8 Reps	8 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	High step up	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Dumbbell bench press	3x8	100	2010	8 Reps	8 Reps	8 Reps				
4	Set	Pull	Seal row	3x8	100	2010	8 Reps	8 Reps	8 Reps				
5	Set	Shoulders	Dumbbell shoulder press	3x8	100	2010	8 Reps	8 Reps	8 Reps				
6	Set	Arms - Tricep	Narrow DB floor press	3x11	90	3110	11 Reps	11 Reps	11 Reps				
7	Set	Arms - Bicep	Zottman curls	3x11	90	3010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2703										
		Total time (min and sec)	45min3sec										

**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	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Swiss ball hamstring curl	3x12	90	2010	12 Reps	12 Reps	12 Reps				
1	Set	Legs - Quad	Dumbbell front squat	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)	2268										
		Total time (min and sec)	37min48sec										

**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	3x8	100	2010	8 Reps	8 Reps	8 Reps				
2	Set	Pull	Seal row	3x8	100	2010	8 Reps	8 Reps	8 Reps				
3	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 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	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7a	Superset	Arms - Bicep	Incline dumbbell curls	3x11	90	3010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2682										
		Total time (min and sec)	44min42sec										

**TRAINING NOTES**